

31 Ways in 31 Days to Recognize Domestic Violence Awareness Month

YWCA Hanover Safe Home

- October 1 Add a Purple Ribbon to your Facebook profile picture**
- October 2 Contact Safe Home and ask about Domestic Violence Awareness Activities taking place there this month**
- October 3 Donate to the YWCA Hanover Safe Home Purple Purse Challenge**
- October 4 Ask your employer if they have a domestic violence policy; if not, encourage them to create one**
- October 5 Pick up a purple ribbon to wear at the reception desk of YWCA Hanover**
- October 6 Commit to adopt a local shelter for the holidays and send the families and individuals staying there clothing, toys, and gift cards**
- October 7 Share a domestic violence fact on Facebook or Pinterest**
- October 8 Tell Someone they matter**
- October 9 Visit the YWCA Hanover Safe Home resource table at the Guthrie Memorial Library from 10am-2PM**
- October 10 Have a moment of self-care (meditate, sit quietly or exercise)**
- October 11 Listen to Safe Home and Love Lives on WHVR-AM and FM “Better Living Radio” program from 10-11 AM (1280AM and 95.3 FM) or Livestream from computer**
- October 12 Ask your church or place of worship to include a domestic violence survivor speaker**
- October 13 Become a volunteer at a domestic violence shelter**
- October 14 Submit a letter to the editor of your local newspaper**
- October 15 Talk about healthy vs. unhealthy relationships at your family meal**
- October 16 Conduct a garage or yard sale and donate proceeds to your local domestic violence program**
- October 17 Educate your favorite teenager on dating violence**
- October 18 Learn about bystander intervention**
- October 19 Review the services offered by Safe Home on the YWCA Hanover website**

- October 20** **Ask your employer to donate to the Purple Purse Challenge**
- October 21** **Organize a moment of silence in honor of victims/survivors**
- October 22** **Encourage athletic coaches to talk to their teams about the importance of respect and non-violence**
- October 23** **Research the positions candidates running for elected office have on domestic violence, dating violence and stalking**
- October 24** **Contact your local representative and let them know why VOCA, VAWA, FVPSA Federal Programs are important for survivors**
- October 25** **“Like” the YWCA Hanover Facebook page**
- October 26** **Mark your calendar to plan to attend the Safe Home Vigil in April**
- October 27** **Organize an event at a school or college campus to show your support for domestic violence awareness**
- October 28** **Wear purple today**
- October 29** **Take a selfie or group photo and post it on social media using hashtag #Nomoreviolence**
- October 30** **Honor victims by submitting names to “Remember My Name”**
- October 31** **Place a purple ribbon on your door for Trick or Treaters to see**