



Dawn Nissen
USWT DVA Program Manager
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Hello, I'd like to introduce myself. My name is Dawn Nissen and I am from Spencer, Iowa. I have been a member of the Iowa Women of Today since 2016. I have served as External Vice President, Treasurer and currently the President of the Spencer Iowa Chapter. I have also served as the Programming Vice President and currently the Treasurer of the Iowa Chapter.

I became your Domestic Violence Awareness Program Manager because I want to be more involved in raising money and promoting awareness and education to provide safety and stability for women and children.

GOALS:

- **Reach out to State contacts monthly**
- **Provide educational materials on DVA for State contacts to share with chapter members each trimester.**
- **Promote Fundraising for Domestic Violence Awareness and raise \$20,000 through reported transmittals.**

I am continuing to promote **Purple Thursday**. The 3rd Thursday each month wear purple and post your photos on the USWT Programming Facebook page or email me with your name, chapter and state to dva@uswomenoftoday.org. Each time you post your picture, your name will go into a drawing for Mid Year.

Fast Start

Complete the following requirements postmarked or emailed to me by August 15, 2024. Each individual completing this Fast Start will be recognized at Mid-year convention.

1. Send me a letter of introduction and your plan of action.
2. Begin to implement on of your goals; include a description of what you have done to implement this goal.
3. Send a copy of at least one of the materials you have prepared for promotion of your area within your state. This may be a mailing, article in your newsletter, information shared to your chapters in your state, outline for a forum you are doing etc.
4. Make an "official" contact with a foundation or organization with whom you will be working. If no foundation, please reach out to your national contact (me).

Send verification to me at dva@uswomenoftoday.org

What is Domestic Violence?

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another intimate partner. It is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Domestic violence is when one person behaves in a way that controls or dominates another person and causes fear for their safety and wellbeing. It can occur between partners, relatives, and even divorcees and ex-partners. Domestic violence can take many forms, including emotional, sexual and physical abuse and threats of abuse.

Domestic violence symptoms can include

- Feeling scared, anxious, isolated, or low self-confidence
- Having trouble sleeping or concentrating
- Being called names, insulted, or put down by your partner
- Being prevented or discouraged from working, studying, or seeing friends or family
- Being controlled or monitored by your partner in terms of money, activities, medicine, or clothing
- Being threatened, hit, or forced to have sex by your partner
- Seeing signs of jealousy, possessiveness, unpredictability, or bad temper in your partner

