

# **Awareness Bringing Change - the ABC's of DVA**



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Domestic Violence Awareness Program Manager

I'm excited to be serving as your 2025-2026 DVA program manager! As a long time member of the Northeastern chapter in Pennsylvania, I have served both my chapter and state in almost every office/leadership position throughout the years including State President twice. I served on the national staff as 2006-2007 Focus on Women/Chaplain and 2007-2008 Public Relations. I was awarded by Ambassadorship in June 2011. Some of my goals this year are:

- To have 75% of the states & local chapters participate in fundraising/donations and educational programs for DVA
- To provide information & ideas for DVA educational programming & fundraising
- To promote fundraising with a goal of raising \$10,000
- Communicate via emails, phone calls and/or text.s I will use the SIP, Today's Leader articles and Facebook to communicate and share ideas

Anyone can be a victim of family violence. It occurs in all types of relationships, and it involves people of all ages, races, religions, financial status, sexual orientation and education. Family violence is an umbrella term for child maltreatment/neglect, teen dating abuse, **domestic violence** and elder abuse. Did you know:

- A report of child abuse is made every 10 seconds.
- 1 in 3 girls is a victim of physical, emotional or verbal abuse from a dating partner.
- 1 in 4 women and 1 in 7 men have been victims of severe physical violence by an intimate partner.
- In nearly two-thirds of elder abuse and neglect cases, the abuser is a family member (adult children or spouses)

**We all play a role in breaking the cycle of family violence and abuse. This begins by following the three Rs – Recognize, Respond and Refer.**

**Recognize:** Recognize the signs and behaviors of abuse. Abuse can be physical, emotional, verbal, sexual, financial, digital or resource restrictive. All types of abuse have a commonality: power and control. LovelsRespect created a Power and Control Wheel, which is a tool to explain different ways someone can use power and control to manipulate an intimate partnership. Children who are being abused or neglected, may display specific indicators.

**Respond:** You can do your part as an active bystander by responding appropriately to abuse. Try to remain calm and pay attention to your body language. You may not have all of the answers – and that’s okay. If someone discloses abuse, start with believing them. It’s important to consider your own safety first, as well as the safety of others when you feel that a situation may escalate and become violent or dangerous. In an emergency, it is appropriate to call 911.

**Refer:** Refer to resources. There are many resources available, both local and national, to help victims of abuse. If you suspect child abuse/neglect, anyone can make a report anonymously to a child protective service agency by calling 1-800-422-4453. If you know a teen or young adult who might be in an unhealthy or abusive relationship, they can find advocates 24/7 at 1-866-331-9474, text "loveis" to 22522 or live chat at [loveisrespect.org](http://loveisrespect.org). **If you know an adult in your life who is trying to leave an abusive relationship, but isn't sure where to start, you can refer them to the National Domestic Violence Hotline at 1-800-799-7233, text "START" to 88788 or live chat at thehotline.org. Advocates are available 24/7 to provide answers to questions, help with safety planning and more.**

We are fortunate to have access to an unlimited amount of information on Domestic Violence Awareness via the world wide web. Please use these resources to promote, educate and find fundraising ideas. I am a google user and like using the image finder too when searching for information and promotional information. As an avid facebook user, I recommend that all members who are Facebook users follow/like the **National Resource Center on Domestic Violence** <https://www.facebook.com/NRCDDV> It will provide followers with relevant and timely information that we can use to promote awareness.



As a retired special education teacher with 35 years of service, acronyms and paperwork were a huge part of my professional life. That being said, I will be using acronyms to promote DVA awareness, but I want to minimize the paperwork. I prefer that DVA Fast Starts and transmittal

submissions be completed using the electronic submission forms via the website under the DVA area or Programming Vice President area. We will kick that off with the DVA Fast Start. On the website under the Programming VP, you will find a link to complete your DVA Fast Start via electronic submission. Please submit your Fast Start by August 15 and use the following link to provide an electronic submission:

<https://www.emailmeform.com/builder/form/pa71293cx1h111587>

Your Fast Start will include:

- A letter of introduction and your plan of action.
- Begin to implement on of your goals; include a description of what you have done to implement this goal
- 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
- Make an “official” contact with a foundation or organization with whom you will be working

## First Trimester Challenge

In lieu of wearing purple on Thursdays, I want to encourage the promotion of both DVA and the USWT. We will do this by challenging individual members, chapters and states to post to their Facebook or Instagram accounts DVA images, quotes or statistics. Please tag the USWT, your state or chapter on these posts. By doing this, we will not only be promoting DVA to our members, our friends, and the public, but also be promoting the Women of Today organization to potential members. Recognition & incentives will be given to those chapters and states that do this on a weekly basis and individual members' names will be put into a drawing for a DVA t-shirt of your choice.

