

October is Dating Violence Awareness Month



October is Dating Violence Awareness Month, also known as DVAM, and WISE is here for you! Dating violence, domestic violence, and intimate partner violence are all terms used to refer to a relationship that is abusive. There are many tactics that abusers use to make their partner's world smaller. Click [here](#) to learn more about the tactics. During DVAM, we like to think of the "A" in DVAM as standing for ACTION as well as AWARENESS. When we understand the dynamics of dating and domestic violence, we can take action to end it.

We might not always know what is going on in a friend's relationship, but we can sometimes notice signs that the relationship is abusive. Sometimes, we might have a gut feeling that something is not quite right. Maybe a friend is spending less and less time with other people in their life or maybe they mention that their partner says hurtful things or acts jealous.

When we are supporting a friend in an abusive relationship, we want to make sure we do not tell them what to do or judge them for their choices. Someone in an abusive relationship is already being controlled and we can do the opposite by providing space for them to exercise their own power and agency. We want to make sure our friends know that we are there for them, no matter what decisions they make. They can come to us for help when they need it, and we can help them get support from professionals when we don't know what to do. Asking curious and non-judgmental questions is a great way to check-in with friends about their relationships. WISE is for you to help think it through. WISE advocacy is confidential, free, and available every hour, every day at 866-348-WISE. The WISE advocate is on campus Mondays from 8am-4pm in 213 Wilson Hall. You can make an appointment or just stop by. You can email the WISE Advocate at campus@wiseuv.org and make an appointment or webchat at wiseuv.org. You don't have to figure it out alone.

We are sharing content about signs of abuse and how to be a supportive friend throughout DVAM on the [@dartmouthpeakperformance](#) Instagram as well as our own Instagram, [@WISEuv](#). Follow us to learn more.

**When we understand the dynamics
of dating violence, we can prevent it.**



end violence
wise
share hope ♦ change lives

#DVAM2021