

October is Domestic Violence Awareness Month

October is Domestic Violence Awareness Month and WISE is here for you!

Dating violence, domestic violence, intimate partner violence, and abusive relationships are all terms used to refer to a romantic relationship where one person uses different strategies to take power and control away from their partner. These tactics could include using emotional and verbal abuse, isolation, intimidation and threats, blackmail, minimizing, denying, blaming their partner, using and relying on gender norms and gender stereotypes, trying to have financial control over their partner, using jealousy as an excuse to have control over their partner, and using forms of physical and sexual violence. Often, abusers don't even have to use physical or sexual violence because all of these other tactics are effective and often harder to recognize as abuse. During DVAM, we like to think of the "A" in DVAM as standing for ACTION as well as AWARENESS. When we notice the tactics of abuse, we can do something to stop them.

There are lots of ways that friends, family, coworkers and peers can be supportive of someone experiencing abuse in their relationship. Often, the most effective actions are actually questions: What do you need? How can I help? You might not always know what is going on in their relationship, and there may be reasons why they are not telling you the full story of what they are experiencing. But, sometimes there are signs that the relationship is abusive, or you might have a gut feeling that something is not quite right. Staying connected lets someone know that they are loved and not alone. Stay present in their lives, and listen without judgement to their experiences and choices.

Make sure survivors know that WISE is always available no matter what they decide to do. When they are ready, offer to help them connect with WISE. WISE supports survivors in all kinds of ways, at all stages of their lives, and is here for you too. Advocacy is confidential and free, and you can call 866-348-WISE every hour, every day. You can also make an appointment or webchat on our website at wiseuv.org.

Look for WISE #DVAM2022 content on the @dartmouthpeakperformance Instagram and @WISEuv.

We can all be part of the solution.

end violence
wise
share hope ♦ change lives

#DVAM2022