

STRONGER, SPOKEN WORD

Read Shehariah's piece on healing and resiliency

TAKE ACTION ALL MONTH

Check out the little and big ways you can Spread Love DC.

GO PURPLE THIS OCTOBER

Learn how you can paint the town purple this October!





DOMESTIC VIOLENCE AWARENESS MONTH

October 2017

Thanks to our incredible member programs and community partners for making Spread Love DC possible. We can't thank you enough for your time and dedication to raising awareness and creating change in our community.

Asian Pacific Islander Domestic Violence Resource Project

Ayuda

Becky's Fund

Break the Cycle

Collective Action for Safe Spaces

District Alliance for Safe Housing

DAWN

The DC Center for the LGBTQ Community

DC Fiscal Policy Institute

DC Forensic Nurse Examiners

DC Rape Crisis Center

DC SAFE

DC Volunteer Lawyers Project

DV Legal Empowerment and Appeals Project

House of Ruth

La Clinica del Pueblo

Latin American Youth Center

Mary's Center

My Sister's Place

Network for Victim Recovery of DC

Ramona's Way

William Kellibrew Foundation

The Women's Center

To learn how to get more involved please contact the DC Coalition Against Domestic Violence

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www.dccadv.org
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**SPREAD LOVE DC IS A CAMPAIGN OF THE DC COALITION
AGAINST DOMESTIC VIOLENCE**



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SPREAD LOVE DC



DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month (DVAM). DVAM was launched nationwide 30 years ago as a way to raise awareness and connect and unite individuals and organizations working on domestic violence issues. Over the last three decades, much progress has been made to support domestic violence victims and survivors. This month provides an excellent opportunity for the DC community to demonstrate its commitment to ending domestic violence and supporting the many victims and survivors amongst us. Nearly one in four women and one in seven men will experience domestic violence in their lifetime. We are all impacted by domestic violence and it takes ALL of us to end domestic violence in DC.

SPREAD LOVE DC CAMPAIGN

Spread Love DC is a unique way to engage young people, community leaders and advocates around raising awareness throughout Domestic Violence Awareness Month (DVAM). One way we can help prevent domestic violence is by changing the way we talk about relationships. Spread Love DC helps change the conversation by sparking discussions about healthy relationships. We encourage everyone – in their homes, neighborhoods, schools, faith communities and workplaces – to proactively engage in dialogue that promotes safety, respect and accountability. **Together, we can spread love and prevent domestic violence.**

spread **CHAMPION** *love dc*

Prevention requires many voices, roles, and support from the whole community. We're calling on individuals and organizations in the public and private sector to create the cultural shift necessary to end domestic violence in DC.

Spread Love DC Champions are leaders, activists, organizations, bars, restaurants, and other businesses who have demonstrated their commitment to safe spaces and healthy relationships through their leadership during DVAM. Will you match the courage and strength of survivors and take action this October?

Will you be a Spread Love DC Champion?

SPREAD LOVE DC



champion
2017

[Learn more >](#)



We can't talk about domestic violence and sexual assault without also talking about violence against communities of color. These are unprecedented times and it takes all of us to rally against not only gender-based violence, but all forms of oppression and violence.

KARMA COTTMAN

EXECUTIVE DIRECTOR

Executive Director's Note

KARMA COTTMAN

Dear Friends,

A lot has happened since DVAM 2016. The Coalition has changed and so has the world we live in. Emotions are raw, ideologies are being challenged on a daily basis (hourly at times), and courageous conversations are being held from kitchen tables to boardrooms about what kind of world we want to live in and how we get there.

This past year, some staff moved onto other endeavors. We said farewell to Debbie Fox who went to National Network to End Domestic Violence (NNEDV); Erin Larkin who went to Ayuda; and Smita Varia who went to the Montgomery County Domestic Violence Coordinating Council. We were so fortunate to have their expertise and passion while they were here, and we are elated to continue to work with them in their new positions. We added new staff to our family as quickly as we could and they haven't missed a beat. Please welcome Leanne Brotsky, Training & Outreach Specialist; Dawn Dalton, Policy Director; and LaToya Young, Housing Continuum Specialist. Check out their bios on our website!

Additionally, we are pleased to announce that the DCCADV was awarded a grant on October 1, 2016 from the U.S. Department of Health and Human Services to form one of the new culturally specific institutes to address domestic violence. Together with partners in DC and across the country, DCCADV has created Ujima: The National Center on Violence Against Women in the Black Community. We are delighted to have been able to bring Tiffany Turner-Allen, Program Director; Whitney Parker, Program Specialist; and Nadine Terrell, Sr. Staff Accountant, into the DCCADV family to implement the center. Ujima will formally launch this month, and you can visit their [website](#) to learn more about its initiatives and amazing team.

Ultimately, we are excited about the breadth of talent and commitment at the Coalition as we surge forward in these uncertain times. We have accomplished a lot this year and have been honored to be a part of many collaborations and accomplishments. To name just a few, we launched our **Girls Coalition** under the auspices of the National Girls Initiative through the Office of Juvenile Justice and Delinquency Prevention; and partnered with researchers from our local universities to identify gaps in preventing and interrupting domestic violence on campus. We have been busy!

As we prepare for DVAM2017, we have a lot of exciting plans for a robust and engaging month. The Policy Team is hosting a series of "Domestic Violence in the District" breakfast briefings, sponsored by Councilmember Charles Allen at the Wilson Building throughout the month of October. Please visit www.spreadlovedc.org to see all we have planned and how you can get involved!

In these unprecedented times, it takes all of us to rally against not only gender-based violence, but all forms of oppression and violence. When called to stand up for yourself and others, we are counting on you to stand with us and #resist.

In Solidarity,



DOMESTIC VIOLENCE

IN DC

OVER 36,000 DOMESTIC VIOLENCE-RELATED CALLS WERE MADE TO THE METROPOLITAN POLICE DEPARTMENT IN 2016.

That is approximately 1 call every 15 minutes.

15

5,578 PEOPLE SOUGHT HELP AT THE COURT'S DOMESTIC VIOLENCE INTAKE CENTER IN 2016.

The intake centers assist individuals in obtaining protection orders, safety planning, and connecting with referrals for legal assistance, housing and social services.

5,578

Sources: Metropolitan Police Department, DC Superior Court Annual Report, The Community Partnership for the Prevention of Homelessness (TCP) annual Point in Time (PIT), National Network to End Domestic Violence, Domestic Violence Counts: A 24-hour Census of Domestic Violence Shelters and Services (Census) - District of Columbia 2016, 2015 District of Columbia Youth Risk Behavior Survey Surveillance Report, Office of the State Superintendent of Education: Washington, DC.

20% OF HOMELESS FAMILIES IN DC REPORT A HISTORY OF DOMESTIC VIOLENCE IN 2016.

15.3% were homeless as a direct result of a violence incident.

20

LAST YEAR, ON ONE DAY, 728 VICTIMS WERE SERVED BY LOCAL SERVICE PROVIDERS.

Local domestic violence service providers received 73 requests by victims for services that they were unable to meet.

728

YOUNG PEOPLE BETWEEN 16-24 ARE AT THE GREATEST RISK FOR EXPERIENCING DOMESTIC VIOLENCE

20% of girls and young women in DC high school report experiencing physical or sexual dating violence.

20

There are lots of *little* and **BIG** ways for you to take action this October. Here are seven ways to spark change in 2017 for **DVAM!**

TAKE ACTION



GO PURPLE

Join the Coalition and our partners on October 2nd to Paint the Town Purple at metro stations across the District. **Register your organization** or business for Purple Thursday on October 19th! Turn any day or event purple to help raise awareness this October.



MARK YOUR CALENDAR

There will be over 30 community events hosted throughout October! Take a look at the DVAM calendar and pencil an event (or two) into your calendar. This is a great opportunity learn more about resources and support your local advocates.



GIVE

You can help increase the network of support for victims, survivors and service providers in the District. Your financial support of DCCADV or a member program will make a tangible difference in the lives of survivors.



TWEET, TWEET

Social media is a great and easy way to raise awareness all month long. It only takes a minute - maybe seconds - to share something that will spark important conversation!



LEARN ABOUT RESOURCES

Educate yourself and others on domestic violence and resources in our community. Learn more by visiting www.dccadv.org.



LEND YOUR VOICE

We need your voice beyond October! Sign up through our website to stay-up-to-date with the Coalition, receive policy alerts, get notified of training opportunities, and learn about events. **Sign up here.**

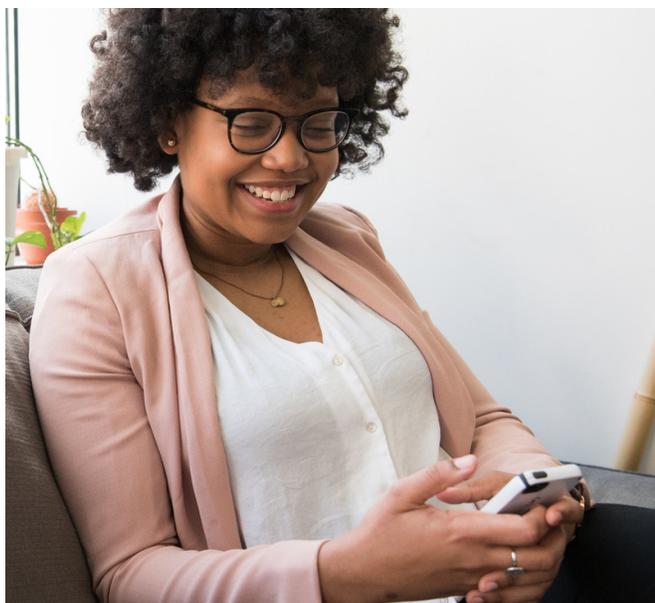


MODEL HEALTHY LOVE

You're in relationships with everyone: friends, co-workers, family, romantic partners and more. Model positive and healthy behaviors in all of your relationships. Tell us what YOU think makes a relationship on social media.

TAKE ACTION

Need help coming up with clever tweets?
Check out our [31 tweets for Spread Love DC](#) here.



SOCIAL MEDIA GUIDE

You can use social networking sites to engage online communities in domestic violence prevention. Social media tools can help spread awareness and advocate for social justice. Learn how to best utilize resources and mobilize your network for this year's campaign.

ALL ABOUT THE HASHTAGS

Make sure to use the campaign hashtags. This helps amplify our message.

- **#SpreadLoveDC:** Our official domestic violence awareness month hashtag. Include this tag on any local DVAM events.
- **#DVAM2017:** The national hashtag for the month. You can include this tag or the abbreviated **#DVAM** in any of your posts.
- **#EndDVinDC:** We'll be using this hashtag during the weekly DVAM Council briefing series, Domestic Violence in the District. Include this tag when sharing statistics and news stories.
- **#PurpleThursday:** Our annual awareness day that has gone national, include this tag in any promotional tweets leading up to and on October 19th. [Join the ThunderClap here.](#)

MARK YOUR CALENDARS

10/2

PAINT THE TOWN PURPLE!

Our official kick-off event! Use tweets, posts and status updates to spread the word about **#SpreadLoveDC!**

10/17

NATIONAL BILINGUAL TWITTER CHAT WITH NNEDV

Join partners from across the country for a conversation on DVAM! Make sure to follow **@NNEDV.**

10/19

PURPLE THURSDAY

Make a fashion statement in-person and online! Make sure to include **#PurpleThursday** on all of your tweets.



Need ideas on who to follow?

Check out all of our [#SpreadLoveDC Partners](#) here.



SOCIAL SPOTLIGHT

Need a fresh idea to engage on social media?

We love Break the Cycle's Snapchat Series, **Taco Bout It Tuesday!** This weekly show answers questions from youth about relationships, break ups and more. Add Break the Cycle on Snapchat to check it out. Feel free to submit your questions here.



Follow [@breakthecyclecdv](#)

START THE CONVERSATION

Don't know how to get started? Below are few tweets to get the conversation started!

- Mark your calendars! There are over 30+ events this October for [#DVAM2017](#). What event will you be attending? [#SpreadLoveDC](#) <http://bit.ly/DVAM2017>
- October is Domestic Violence Awareness Month ([#DVAM2017](#))! Will you RT & join us to [#SpreadLoveDC](#) and prevent domestic violence?
- [#HealthyRelationships](#) require respect, love, equality and communication. What do YOU think makes a relationship healthy? [#SpreadLoveDC](#) [#DVAM](#)
- Last year, on one day, 728 survivors were served by local service providers. How will you advocate for change? [#EndDVinDC](#) [#SpreadLoveDC](#)
- [#PurpleThursday](#) is next week! We wear purple in solidarity w/ all survivors of domestic violence. Learn more here: <http://bit.ly/PTDC2017> [#SpreadLoveDC](#)

Social media is all about networking. Find us online and let us know how you will participate.

Facebook: www.facebook.com/dccadv
Twitter: www.twitter.com/dccadv
Instagram: www.instagram.com/dccadv

IMPORTANT NOTES ON HEALTHY RELATIONSHIPS

- ➔ You only have control over yourself.
- ➔ It takes two to make a relationship healthy - it's a two way street!
- ➔ You never have to stay in a relationship or friendship if it's hurting you (physically, emotionally, or mentally).

➔ YOU DESERVE HEALTHY RELATIONSHIPS

Learn more about healthy relationships by visiting loveisrespect.org



HEALTHY FRIENDS & RELATIONSHIPS

You're in a relationship with everyone. Different kinds: casual, deep, friendships and more. Everyone deserves healthy relationships in their life. Healthy relationships also look different for everyone. **Feelings are a good thermometer to let you know if a relationship is healthy.**

Healthy relationships have two parts:

- Both people feel good about the relationship.
Good = respected, trusted, treated as an equal, and satisfied
- Does the relationship make me a better me?
Answer YES!

Good feelings should always outweigh bad ones! Even healthy relationships aren't always 100% happy. Conflict or disagreement is normal. It's normal and natural to want different things than your friends or partner, and feel angry during disagreements.

BUT there are healthy and unhealthy ways to express anger and negative emotions. When you're in tune and responsible with your feelings, you're being a better friend and partner.

STRONGER

SHEHARIAH JOHNSON

12 times stabbed
Paralyzed
Always reminded

**It doesn't get easier, I got
stronger**

I am a walking contradiction,
with endless possibilities
Emotionally, I am unstable
Physically, I am weak
Mentally, I am strong
I am a wounded healer

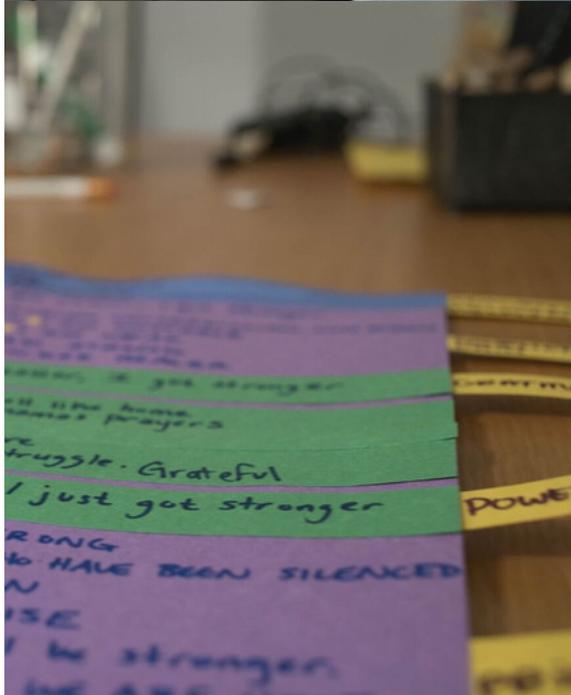
**It doesn't get easier, I got
stronger**

I am love, I smell like home
I sound like my mama's prayers
I look like I am sure
I see beauty in the struggle
Grateful

**It never got easier, I just got
stronger**

I am choosing to be strong
Be a voice for those who have
been silenced
Speak on the unspoken
Like a phoenix still I rise
**It won't be easy, but you will be
stronger**

**I am here. You are here.
We are here.**



SHARE THE PSA

Premieres October 3rd

We believe that storytelling is a powerful way to create change.

We partnered with The Sanctuaries DC to deepen and strengthen our understanding of storytelling for advocacy. The Sanctuaries team worked with Shehariah to create a spoken word piece. In partnership with Storyteller's Ink, the Coalition produced a 50-second public service announcement with Shehariah's words. You can see the PSA, **STRONGER**, and a behind the scenes documentary [here](#).



ACKNOWLEDGEMENTS

THIS TOOLKIT WAS
CREATED BY ANDREA
GLEAVES.

THANK YOU , LEANNE
BROTSKY, RACHEL
DELADESMO AND SIMONE
HOLZER FOR ALL OF YOUR
SUPPORT AND
CONTRIBUTIONS.

PHOTOS

PHOTOS THROUGHOUT
THIS TOOLKIT WERE TAKEN
FROM #WOCinTECH CHAT



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OCTOBER 2017