OCTOBER IS NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

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DVAM 31 Day Challenge

October is Domestic Violence Awareness Month (DVAM) and ICADV is challenging you to take a stand and show you support for 31 days to raise awareness about the issue of domestic violence and support victims and survivors in your community.

1. Challenge share! Send this challenge to a friend, colleague or family member encouraging them to participate

2. Turn your Facebook profile and cover picture purple for the month of October

3. Exchange an outdoor light at your home, agency or organization with a purple light to show your support for victims and survivors of domestic abuse

4. Join ICADV at the 8th Annual It's About Time Gala on October 4, 2014

5. Post the DVAM 31 Day Challenge in your office break room

6. RSVP for the University of Northern Iowa’s Dinner and Silent Auction benefiting ICADV on Oct. 10, 2014

7. Tweet one thing about domestic violence for one week during October

8. Send an e-mail about DVAM to raise awareness

9. “Like” ICADV’s Facebook page

10. Submit an article or Op Ed piece to your local newspaper about domestic violence in your community

11. Write a letter to elected officials about the issue of domestic violence

12. Coordinate a domestic violence walk and/or event to raise awareness

13. Wear a purple ribbon to raise awareness or DVAM


15. Connect with a local domestic violence agency to see how you can get involved

16. Take a trip to Iowa City to attend a presentation of Maria’s voice at The Englert. Visit www.dviopiowa.org for more information.

17. Sign up for ICADV’s newsletter and e-news at www.icadv.org

18. Visit your local hair salon and color a stand of hair purple for the month of October
19. Make a donation to ICADV or your local domestic violence agency to help victims and survivors of domestic violence

20. Wear an item of purple clothing for DMAV

21. Submit your photos to lindsayp@icadv.org showing your participation in DVAM

22. Set an empty place at your dinner table to remember a victim of domestic violence

23. Coordinate a scholarly lecture/presentation on domestic violence

24. Participate in Jeans Day on October 23

25. Light a candle for victims of domestic violence

26. Learn about domestic violence in your community by watching videos visiting www.icadv.org

27. Organize a panel at your school and/or university to discuss teen dating violence prevention and bring awareness to the issue

28. Contact colleen@icadv.org to learn how your organization can partner with ICADV

29. Are you looking for help? Visit www.icadv.org to find a domestic violence agency in your community

30. Submit your photos to lindsayp@icadv.org showing your participation in DMAM

31. Save the Date! ICADV will host Iowa’s first Wine, Women and Shoes event in May 2015.

32. Remember 1 out of 4 women in the U.S. are victims of domestic violence. Together, we can prevent domestic violence in Iowa.