



Domestic Violence

AWARENESS MONTH

Midwest
Native
Coalition
for Justice
& Peace





Introduction

Honoring October as Domestic Violence Awareness Month provides opportunities for our advocacy programs to share important information on the impact of domestic violence within our communities and across Kansas.

Midwest Native Coalition for Justice and Peace supports the great work being done by our Tribal advocacy programs across Kansas. This toolkit is provided to assist in educating your communities on the impact of domestic violence.

By supporting the importance of reporting domestic violence; and finding ways to better address DV, and fostering safer Tribal communities and healing for survivors.

Victim service providers play a key role in supporting domestic violence victims in crisis. Being knowledgeable on the facts of domestic violence and sharing those facts will help us when supporting survivors.

Please take a moment to review the materials provided and use them as you deem appropriate. Our Tribal Communities deserve to be safe and free from domestic violence. By sharing information and support, we can make a change in the lives of survivors and prevent future victimization.

If you need assistance in planning for Domestic Violence Awareness Month activities, contact our office. (785)-362-2255

Proclamation

DVAM calls attention to the issue of widespread domestic violence and its impact on every person in the community. The goal of MNCJP is to raise public awareness about domestic violence and educate communities on how to address and prevent it.

I PLEDGE

- To **RECOGNIZE** domestic violence impacts everyone within our tribal communities.
- To **IDENTIFY** opportunities to support and advocate for my community.
- To **EMPOWER** survivors of domestic violence with my voice of support, acts of caring, and advocacy through efforts.
- To **CREATE** an environment in which domestic violence is unacceptable and survivors are supported.

This pledge is a personal commitment to help keep women, men, and children safe from domestic violence. It is a promise not to be a bystander to the problem, but to be a part of the solution.

- **START BY BELIEVING WHEN SOMEONE TELLS ME THEY ARE ABUSED.**
- **SUPPORT SURVIVORS ON THE ROAD TO JUSTICE AND HEALING.**
- **HELP END THE SILENCE.**

Signature

Date



Release Week for Domestic Violence Infographics

WEEK

01



Understanding DV

Definition of domestic violence

WEEK

02



Identifying an Abusive Partner

Signs of domestic violence

WEEK

03



How Abuse Impacts Victims

Symptoms of domestic violence

WEEK

04



Overcoming DV

Seek therapy, talk to someone

"DOMESTIC VIOLENCE." PSYCHOLOGY TODAY,

WWW.PSYCHOLOGYTODAY.COM/US/BASICS/DOMESTIC-VIOLENCE,

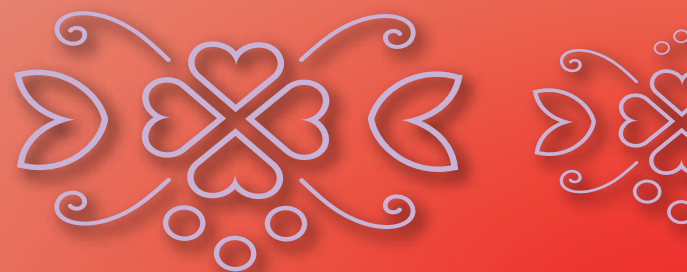
ACCESSED 29 AUG. 2024.



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In this toolkit, you will find tools to help spread awareness to the communities you work in with social media posts.

Each week in October, we will focus on a different theme relating to Domestic Violence by sharing a downloadable graphic & facts related to that weekly topic.



Infographics

Week 1

Understanding Domestic Violence

Week 2

Identifying An Abusive Partner

Understanding Domestic Violence

IPV

(Interpersonal violence)

can be physical or psychological, and it can affect anyone of any age, gender, race, or sexual orientation.

Victims of domestic violence experience diminished **self-worth, anxiety, depression, & a general sense of helplessness** that can take time and often professional help to overcome.



National Domestic Violence Hotline

800-799-7233



DOMESTIC VIOLENCE: THE HISTORY TODAY, www.psvci.org/daytoday.com/understanding-domestic-violence/, accessed 10 Aug. 2024.
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How do abusive partners act?

Abusers often isolate their victims from family, friends, work, and any other outside sources of support. They may have explosive tempers and become violent during an abusive episode.

How can you tell if you're in an abusive relationship?

Abusive relationships center around control and power. Common tactics that perpetrators use include:

1. A pattern of violence – episodes interspersed with apologies, gifts, and promises to stop.
2. Isolating the victim from friends, family, hobbies, or even the job.
3. Instilling guilt in the victim for their behavior or wanting more freedom.

TURN TO COUNSELORS/PEOPLE YOU TRUST FOR ADVICE.

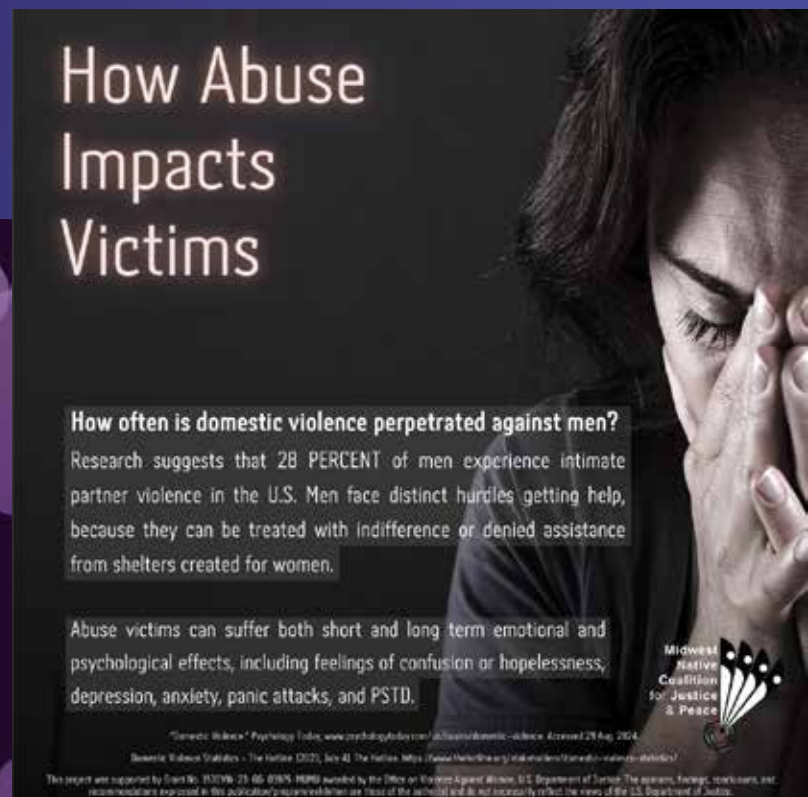
Help is available, speak with someone today.
CALL 800-799-7233

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Infographics

Week 3

How Abuse Impacts Victims



How Abuse Impacts Victims

How often is domestic violence perpetrated against men?
Research suggests that 28 PERCENT of men experience intimate partner violence in the U.S. Men face distinct hurdles getting help, because they can be treated with indifference or denied assistance from shelters created for women.

Abuse victims can suffer both short and long term emotional and psychological effects, including feelings of confusion or hopelessness, depression, anxiety, panic attacks, and PTSD.

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"Domestic Violence." Psychology Today, www.psychologytoday.com/us/informational/domestic-violence. Accessed 29 Aug. 2024.
Domestic Violence Statistics - The National DV Helpline, https://www.nationaldvhelpline.org/statistics/domestic-violence-statistics/
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Week 4

Overcoming Domestic Violence



Help end the silence. Report it if you see it.

OVERCOMING DOMESTIC VIOLENCE

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Leaving an abusive relationship is exceptionally challenging.

Survivors can gradually work to rebuild the self-esteem that was damaged in the relationship.

Develop a non-judgemental support system, practice self care, and discuss the experience with a mental health professional.

"DOMESTIC VIOLENCE." PSYCHOLOGY TODAY, WWW.PSYCHOLOGYTODAY.COM/US/INFORMATIONAL/DOMESTIC-VIOLENCE. ACCESSED 29 AUG. 2024.
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CALL THE NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-7233

Infographics

Contact List for Assistance

Immediate Assistance

Listed below are both local & national resources that want to help and advocate for you and your safety

KS TRIBAL VICTIM ADVOCACY PROGRAMS

Iowa Tribe of KS and NE

Peace Program - (785) 596-3261

Prairie Band Potawatomi Nation

Tribal Victim Services (785) 966-8331

Sac & Fox Nation of Missouri in KS and NE

DV Program (785) 742-4710

KS VICTIM ADVOCACY PROGRAMS

KS Coaliton Against Sexual & Domestic Violence

Crisis Hotline - 1(888) 363-2287

YWCA Northeast KS

24 hr Hotline (888) 822-2983

StrongHearts Native

Helpline 1(844) 762-8483

RAINN: Rape, Abuse, Incest National Network National

Sexual Assault Hotline (800) 656-4673



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We recognize the importance in serving our Tribal communities still dealing with the impact of COVID-19. Consider the following topics when developing community outreach efforts.

COVID-19 Information



WHAT IS COVID-19?

Midwest Native Coalition for Justice & Peace

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus

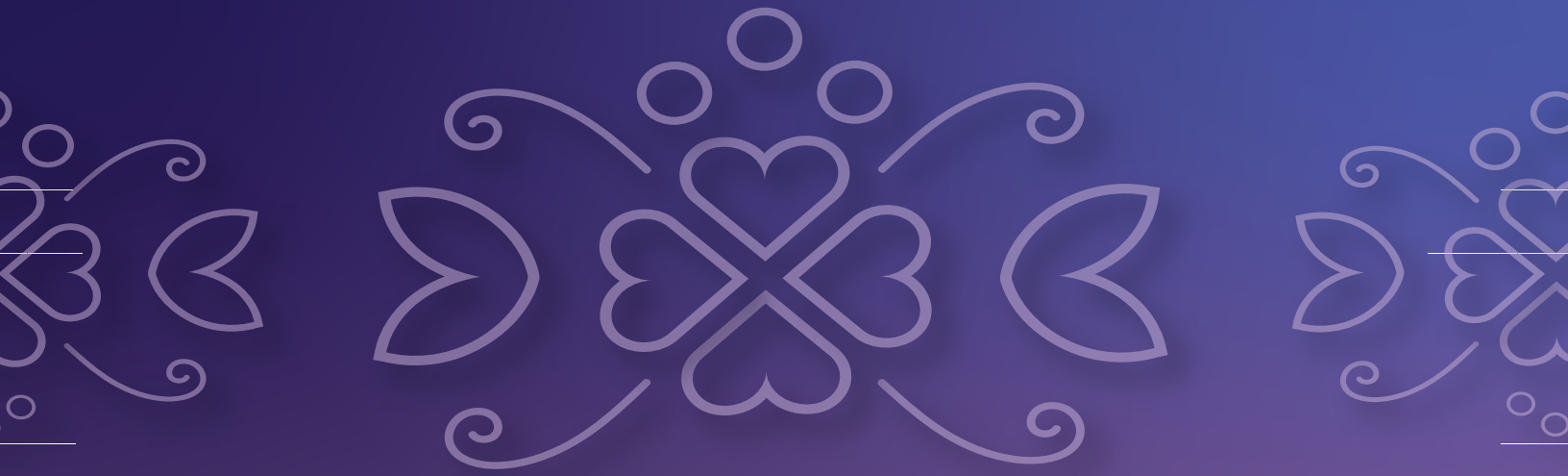
KEEP YOURSELF AND OTHERS SAFE

Protect yourself and those around you:

- Get vaccinated as soon as it's your turn and follow local guidance on vaccination.
- Keep physical distance even if they don't appear to be sick. Avoid crowds and close contact.
- Wear a mask when physical distancing is not possible and in poorly ventilated settings.
- Clean your hands frequently with hand sanitizer or anti-bacterial soap.

World Health Organization (WHO) (2020, January 10). Coronavirus. <https://www.who.int/news-room/qa/coronavirus-2019-ncov>

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Here you can access these infographics for uploading to your tribal website page, or organization's social media pages.

CLICK LINK BELOW

[Domestic Violence Infographics Downloads](#)