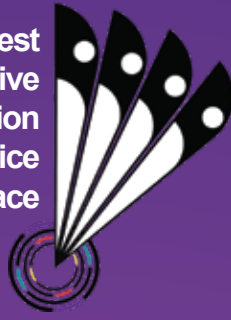


Midwest
Native
Coalition
for Justice
& Peace



Restoring Our Spirit

Ending Domestic Violence
in Native Communities



**Domestic Violence
Awareness Month Toolkit**

2025

Restoring Our Spirit

Introduction

This toolkit serves as a vital resource for anyone committed to understanding and addressing the widespread crisis of domestic violence within Native American and Alaska Native communities.

It is a painful truth that Indigenous women experience some of the highest rates of physical and sexual violence in the nation today.

Today's alarming rates of violence are a direct consequence of historical trauma, colonization, and the systemic disruption of traditional Indigenous societal structures that honored women as sacred.

This toolkit provides statistics, compelling narratives, and actionable guidance for social media advocacy..

To help us foster informed dialogue, amplify Native voices, and empower everyone to contribute to the healing and safety of Native women and all Indigenous people.

Awareness Graphic

Use the "DVAM 2025" ribbon graphic from the toolkit in a variety of ways to raise domestic violence awareness on social media and on t-shirts.



Outreach Graphics



break the cycle

Domestic violence has a lasting impact on children, even if they are not the direct targets of the abuse. **Exposure to violence in the home**, whether witnessed directly or overheard, is **considered a form of child abuse** and can disrupt a child's physical, emotional, and cognitive development.

Symptoms to watch out for in young children include:

- Anxiety or increased fear
- Loss of interest in school, friends, or other things they enjoyed in the past
- Anger
- Fighting at home or in school
- Spending more time alone
- Bullying or being bullied
- Changes in appetite

watch out for in adolescents:

- Drug or alcohol abuse
- Skipping school
- Changes in peer groups
- Declining grades
- Social withdrawal
- Depression or anxiety



5 million children witness domestic violence each year in the U.S.



Children from homes with violence are **much more likely** to experience significant **psychological problems** short and long-term.



Living with domestic violence significantly alters a children's DNA, aging them **prematurely 7-10 years**.

(Acap, n.d.) | Children & Domestic Violence Statistics, (n.d.). <https://www.dvs-or.org/children-domestic-violence-statistics/>
This project was supported by Grant No. 15JOVW-24-GG-01601-MUMU Midwest Native Coalition for Justice and Peace awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice

SILENT CRISIS WITH LOUD NUMBERS



Around **24 people per minute** are victims of physical violence, rape, or stalking by an intimate partner in the U.S.

About **1 in 3 women & 1 in 10 men** experience some form of physical violence by a partner in their lifetime.



Yearly, domestic violence causes over **1,500 deaths** and **two million injuries** in the U.S.



Intimate partner violence alone affects more than **12 million people** every year.



(DOMESTIC VIOLENCE STATISTICS - THE HOTLINE, 2023) (HUECKER ET AL., 2023)
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HEALTHY RELATIONSHIPS

Understanding the different characteristics to strengthen healthy relationships

1

OPEN COMMUNICATION

- listening and understanding
- compromising
- safety to share feelings
- freedom to say no
- personal responsibility



2

SAFETY

- physical, emotional, and sexual safety
- respect of partner's space
- respect of each other's sexual boundaries
- communicating non-violently



3

BOUNDARIES

- Ability to spend time alone with friends & family
- Maintaining privacy around personal technology
- Engaging in separate hobbies & activities



4

PARTNERSHIPS

- Shared responsibilities
- Joint decision making



(HEALTHY RELATIONSHIPS - WOMEN'S ADVOCATES, 2020)

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PREVENTION IS KEY TO ENDING VIOLENCE



1. Teach Safe & Healthy Relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



2. Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth and families



4. Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



5. Support survivors to increase safety

- Victim-centered services
- Housing programs
- Patient-centered approaches

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Preventing intimate partner violence. / 2024, February 8]. Intimate Partner Violence Prevention. <https://www.cdc.gov/intimate-partner-violence/prevention/index.html>



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DOMESTIC VIOLENCE & PREGNANCY

48%

of American Indian/Alaska Native women, **report physical violence, sexual violence, and/or stalking** by an intimate partner in their lifetime

Homicide is the leading cause of death among pregnant women in the United States.

Women who experience intimate partner violence (IPV) during pregnancy are about **three times more likely** to suffer perinatal death than women who do not experience IPV.

Infants exposed to IPV can show signs of trauma, including eating problems, sleep disturbances, higher irritability, and delays in development.

National Partnership for Women & Families. (2024, August 13). Intimate Partner Violence Endangers Pregnant People and Their Infants | National Partnership for Women & Families. <https://nationalpartnership.org/report/intimate-partner-violence/>

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Outreach Event Ideas

"Paint the Town Purple" Campaign: Purple is the official color for domestic violence awareness.

Encourage local businesses, landmarks, and residents to "light up" their buildings with purple lights, display purple ribbons, or wear purple on a specific day.

The Clothesline Project: This impactful project involves hanging T-shirts decorated by survivors of domestic violence or by loved ones in memory of those lost to violence. Displaying them in a public space can serve as a powerful visual testament to the issue.

Family Art Workshops: Host an art workshop where families can work together on a project that expresses a theme like "What a safe home looks like" or "Our happy family." This can be a therapeutic and creative outlet for families, especially those who have been affected by domestic violence.

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.**

Name

Date



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

CLICK LINK BELOW

[2025-DomesticViolenceAwarenessGraphics](#)