

October is Domestic Violence Awareness month. Have you heard it talked about on the news or any of the morning shows, The Tamron Hall Show, Dr. Phil-I know I didn't. But I get it...I really do. Domestic Violence is not a happy subject and there are no easy answers. There is no medicine for the abusive partner to take for them to understand that their behavior is abusive and suddenly learn healthy ways to react to things that upset them. There is certainly no magical pill to help a victim feel safe in their home, to help them come up with a plan for financial assistance as they try to find the courage to leave their dangerous situation or help to pay legal fees as the victim helplessly fights to keep custody of their children. Domestic Violence in the form of physical and emotional abuse affect a staggering number of men, women and children yet it seems to be a cultural taboo and is never discussed.

My mission in life after losing my daughter Olivia, is to educate the public, especially kids of all ages... domestic violence doesn't discriminate on age. My story can be told in various ways depending on the audience and my mission is to share this with everyone! I honestly feel that educators believe if healthy relationships are discussed that is enough...it is not enough. Kids need to hear a real-life story that began when I was their age and I want nothing more than to share everything I experienced and went through. If I can touch just one person and make them believe they have the courage and support to leave their abusive situation, I am on my way to changing the lives of so many others.

If I had only learned the signs, realized that the small things would lead to bigger things, I would have known to call it quits. If I had been educated that Domestic Violence wasn't just about physical abuse, but emotional abuse as well, maybe my beautiful 17 year old daughter Olivia, just a senior in high school and ready to start the next chapter of her life at The University of Vermont would still be alive today...

Love,
Jody Marchand (Olivia's Mom and L4L Founder)

HAVE YOU HEARD THE STORY OF OLIVIA MARCHAND?
[CLICK HERE TO LEARN ABOUT JODY'S JOURNEY.](#)

Sexual Violence

Forcing sex on an unwilling partner; demanding sexual acts that you do not want to perform, degrading moment

Isolation

Preventing you to see friends and relatives; monitoring phone calls; reading mail; controlling where you go

Coercion

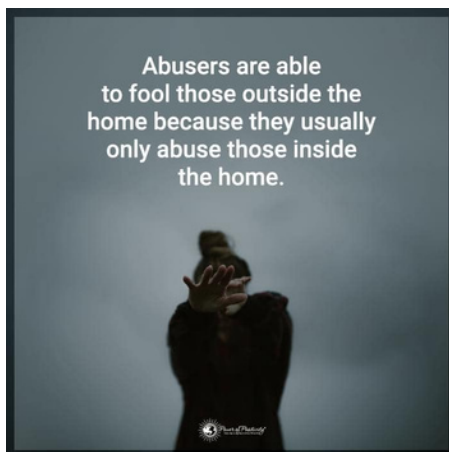
Making you feel guilty; peer pressuring you; manipulating children and other family members always insisting on being right.

Pressure Tactics

Rushing you to make decisions through "guilt tripping" and other forms of intimidation; sulking; threatening to withhold old money.

Do you know the signs of being domestically abused?

Abusers are able to fool those outside the home because they usually only abuse those inside the home.



LIVE FREE

Physical abuse

Hitting, slapping, kicking, choking, pushing, punching, beating.

Emotional Abuse

Constant criticism; not responding to what you're saying mocking, yelling, swearing, interrupting and changing the subject

Disrespect

Interrupting, changing topics, not listening or responding, twisting your words: manipulations, belittling you in public, bad-mouthing your friends and family.

Denying & Blaming

Not taking your concerns about it seriously; saying the abuse didn't happen; shifting responsibility for abusive behavior, saying you caused it.

WHAT IS GASLIGHTING?



When someone intentionally twists your perception of reality for their own gain.

Based on the play and movie, 'Gaslight.'

WHAT DOES IT SOUND LIKE?



You're overreacting.

You need help.

I didn't do that.

You're upset over nothing.

You must be confused again.

Just calm down.

You're so dramatic.

I never said that.

Why are you so defensive?

What are you talking about?

It's your fault.

You're so sensitive.

You twist things.

I never said that.

Stop imagining things

I was just joking.

You're remembering things wrong.

70

Every month, more than 70 women are shot to death by an intimate partner in the U.S.

EVERYTOWNRESEARCH.ORG | #GVSURVIVORSWEEK

CDC, National Violent Death Reporting System, 2019.



Live for Liv 1st Annual Hot Pilates Fundraising Class!

- Come join us and get your sweat on for an hour of exercise and fun in the studio's hot room. You will experience traditional Pilates set to heat and music with instruction from a very talented staff of certified instructors. This will be an amazing and exhilarating experience all for a wonderful cause! All proceeds will benefit Live for Liv. More details to come...

When: February 2024

Where: Vibe Hot Yoga Studio 142 Littleton Road, Westford, MA 01886



13TH ANNUAL RIDE/RUN LIVE FOR LIV EVENT WAS A HUGE SUCCESS!

THANK YOU FOR ALL WHO SUPPORTED THE EVENT!!!

We had 222 participants that rode and ran the event. Live for Liv raised over \$65,000 from runners, riders, sponsors and donations. A special thank you to all of the volunteers who helped the event. Click here to see the pictures courtesy of Ann Antes Photography.

