

Be. the. One.

31 small things you can do during Domestic Violence Awareness Month to #BeThe1 to help end domestic violence

	1 Add October is Domestic Violence Awareness Month to your email signature.	2 Save the Fairfax County 24/7 Domestic & Sexual Violence Hotline in your phone: 703.360.7273.	3 Share a fact or statistic about domestic violence on your social media.	4 Did you know: On average, nearly 20 people per minute are physically abused by an intimate partner in the U.S.?	5 Tell a friend or family member that it's Domestic Violence Awareness Month & share this calendar.	6 Go to the library and check out a book about domestic violence.
7 Check in with a neighbor, friend or family member you haven't spoken to in a while.	8 Did you know: Native American women experience the highest rates of domestic violence?	9 Learn the different ways domestic violence can manifest within a relationship.	10 Visit fairfaxcounty.gov & search "domestic violence" to learn what services are offered.	11 Watch "The Mask You Live In" on Netflix or YouTube and discuss it with a friend.	12 Check out volunteer opportunities with your local domestic violence agency.	13 Learn about the link between domestic violence and animal abuse.
14 Ask your faith leader to post domestic violence resources in your house of worship.	15 Write a letter to the editor to promote domestic violence awareness.	16 Did you know: The presence of a gun in a domestic violence situation increases the risk of homicide by 500%?	17 Think about your relationship role models. What made their relationship healthy and positive?	18 PURPLE OUT! Wear purple to show your support for ending Domestic Violence & share a photo on social media. #BeThe1Fairfax	19 Ask a neighbor if you can help them run an errand or do a chore around their house.	20 Download the Tech Safety App to learn about technology facilitated abuse.
21 Ask your children which adults they can talk to about hard things and encourage them to talk.	22 Ask your child's school what they teach about healthy relationships.	23 Commit a random act of kindness for someone you care about.	24 Ask your favorite restaurant to put domestic violence resources in their bathrooms.	25 Did you know: Victims of intimate partner violence lose a total of 8 million days of paid work each year?	26 Ask your HR Department about your company's domestic violence policy.	27 Talk to your kids about healthy relationships and how to resolve conflict peacefully.
28 Talk to your gym about placing posters with domestic violence warning signs in the locker rooms.	29 Did you know: Children who experience domestic violence are more likely to experience other forms of child abuse?	30 Tune in to La Voz del Condado de Fairfax, the county's Spanish-language radio show, on WUST 1120AM to learn about domestic violence resources.	31 Observe a moment of silence for everyone who has lost their life due to domestic violence this year.	For more information about Domestic Violence Awareness Month, contact: Colleen Armstrong, 703-324-9493. Visit: fairfaxcounty.gov Search: Domestic Violence		



Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations made upon request; call 703-324-5730.



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