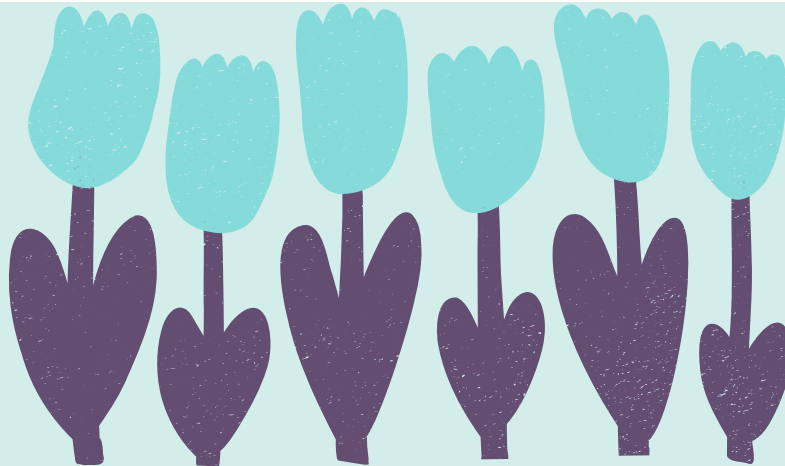


Welcome to DDVAM

Dating and Domestic Violence Awareness Month



This Month's DDVAM Theme

In this month's newsletters, SHARE will be exploring Culture and Community as it relates to domestic violence. How can our cultures and backgrounds help and/or hinder us from healing from violence? We hope to explore topics of spirituality, family, identity and many more.

If you have any suggestions or stories you would like to share and maybe see featured in a newsletter contact as at shareeducation@stanford.edu

Upcoming Events

DVAM Tabling Event

Friday October
21st

11am - 1pm

White Plaza

Stop by to pick up resources and learn more about DDVAM.

Yoga As Healing Event

More information available on the next page

Weekly Newsletters

Sign up for the mailing list at
<https://stanford.io/3RVW5IR>

If you need a disability-related accommodation or wheelchair access information, please contact the Diversity and Access Office at diversity.access@stanford.edu or the SHARE: Education Team at shareeducation@stanford.edu. Requests should be made by October 20th.

What is DDVAM?

Dating and Domestic Violence Awareness Month was recognized nationwide in October 1987. It is a month dedicated to connecting organizations across the nation that provide support and resources for all victims of any form of intimate partner violence.

DVAM strives to recognize those who are currently experiencing or are healing from violence and continue the fight to end relationship violence and abuse. SHARE is dedicated to participating in these efforts in joining the fight to end domestic violence at Stanford.

What is Domestic Violence?

The UN defines domestic violence as “a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.”

Although many of us may have preconceived notions of what domestic violence looks like, it is important to recognize that abuse takes many forms and can affect anyone. Abuse may be physical, emotional, sexual, digital, financial, and much more, and it can take place in any intimate relationship whether it be romantic, platonic, or familial.

Dating and Domestic Violence can affect anyone in any community, even yours, so it is important to be aware of the warning signs and resources available for you and those you care about on campus

There is no “one way” to experience violence and there is no one way to heal.

Yoga As Healing Event Series

Tuesday October 25th | 3pm - 4pm | Kingscote Gardens

On Tuesday, October 25th, SHARE (in partnership with both YogaX and Weiland) will be hosting a Yoga as Healing 2-Part Event outside of Kingscote Gardens from 3:15 pm to 5:00 pm. You can register for this event [here](#).

Yoga as Healing: Part 1

Time: 3:15 to 4:05pm

Location: Kingscote Gardens (outdoor)

Who: Anyone impacted by dating/domestic violence. This can include survivors, friends of survivors, allies, individuals looking to learn more, etc

Yoga as Healing: Part 2

Time: 4:15 to 5:00pm

Location: Kingscote Gardens (outdoor)

Who: We recognize that all violence is interconnected and thus this is a dedicated queer community space to intentionally center the ways queer communities may be impacted uniquely by dating/domestic violence.

Resources

For more information on the resources available if you or someone you know is experiencing violence, visit

<https://relationshipviolencesupport.stanford.edu/>

You can also contact the Confidential Support Team (CST) at (650-725-9955) 24/7 for confidential counseling services

Know the Signs

Here are some of the most common signs of abuse in relationships

- ➔ Showing extreme jealousy of your friends and time spent away from them
- ➔ Preventing or discouraging you from spending time with others
- ➔ Telling you that you never do anything right
- ➔ Insulting, demeaning, or shaming you, especially in front of others
- ➔ Preventing you from making your own decisions
- ➔ Using weapons to intimidate you
- ➔ Pressuring you to have sex or sexual acts you are uncomfortable with
- ➔ Pressuring you to use drugs and alcohol
- ➔ Using threats and threatening actions to intimate you
- ➔ Controlling your finances, including taking your money or refusing to provide money for necessary expenses
- ➔ Destroying or taking your belongings

Source: National Domestic Violence Hotline, "Warning Signs Of Abuse: Know What To Look For," <https://www.thehotline.org/identify-abuse/domestic-abuse-warning-signs/>

Power and Control

The above mentioned warning signs are often a part of the ways that an abuser will exert power and control in a domestic violence situation

To learn more, you can visit the Domestic Violence Hotline to view the Power and Control Wheel. In addition, you can view more Trans and LGBTQ+ specific power and control tactics through this handout.

Indigenous Peoples Day

In the wake of Indigenous People's Day, it is important to recognize the disproportionate amount of violence native women experience.

According to the Association on American Indian Affairs, more than 4 in 5 American Indian and Alaska Native women, or 84.3 percent, have experienced violence in their lifetime.

As we recognize Indigenous People's Day and DDVAM it is important to keep indigenous women in the forefront of our minds.

Sincerely,

SHARE: Education Team I

shareeducation@stanford.edu

Grace, Nadia, Carley, Brianna, Georgia, Sofia, and

Alexandra

Did you know we have a new SHARE website?

Provide feedback by visiting <https://share.stanford.edu>.