



31 Ways in 31 Days

Join Waypoint's "31 Ways in 31 Days" campaign this October. Each day offers a simple action to support domestic violence awareness. By taking small actions daily, we can spark conversations, provide critical resources, and work together to create a safer future for all. Every effort counts in the fight against domestic violence! For more details and where to find articles, videos, etc., please see the list below with all information needed linked in the descriptions of each day.

Week 1 (Oct. 1- 5):

1. **Domestic violence awareness: take action**
 - a. Commit to completing 10 of the 31 ways you can support Domestic Violence (DV) awareness this month
2. **Paint your nails purple**
 - a. Show your support by painting your nails purple.
3. **Practice a healthy dynamic within your current relationship.**
 - a. **Concerns vs. Criticism** - The difference between a concern and a criticism: concerns address the behavior; criticisms attack the person. Concerns are solution-focused; criticisms are shame-focused.
 - i. **Criticism sounds like this:** "You're so unsupportive of my friendships. Why do you have to be so judgmental all the time?"
 - ii. **Concern sounds like this:** "It doesn't feel good for me when I hear you say negative things about my friends. Can you help me with that?"
4. **Learn about a client's story**
 - a. ['Click here'](#) to hear about 2 clients who have been supported by Waypoint's services.
5. **Share the DV hotline**
 - a. Share the National DV hotline: (800) 208-0388 with family, friends, and coworkers.

Week 2 (Oct. 6 – 12):

6. **Read about a DV myth**
 - a. Myth: Domestic violence is due to an anger management or impulse control problem
Truth: Those who perpetrate domestic violence may have anger management or impulse issues, but they are not out of control. Quite the opposite. Domestic violence is intentional abuse against specific victims, often purposely perpetrated so as not to be discovered. Abusers target victims they can control, typically in private, in ways that are not easily apparent to the rest of the world. They may be agitated or enraged, and even use these outbursts as tools in controlling their victim, but it does not *cause* their abusive behavior. Abuse is a choice and a separate issue from either anger management or impulse control. Ask yourself, "does this person get angry with their employer,

supervisor, or other people they respect; and when they do are they able to manage that anger or disappointment without using violence?"

7. Skip your morning coffee

- a. Donate the money you save from skipping your coffee this week to DV services. '[Click here](#)' to donate.

8. Light a candle

- a. Light a candle in remembrance of everyone affected by DV and comment on our social media if you have lit your candle.

9. Help spread the word

- a. Share the "31 Ways in 31 Days" campaign. This can be found by '[clicking here](#)'.

10. Wear purple

- a. Grab a purple piece of clothing and wear it all day in solidarity with DV survivors.

11. Support DV by purchasing a shirt

- a. The store will open on Oct 11th: '[Click here](#)' to purchase your shirt!

12. Talk to your neighbor

- a. Start a conversation about domestic violence awareness.

Week 3 (Oct. 13 – 19):

13. Read an awareness article

- a. Read this insightful DV awareness article by '[clicking here](#)'.

14. Indigenous People's Day: read about DV in a cultural context

- a. Article: NATIONAL INSTITUTE OF JUSTICE FIVE THINGS ABOUT VIOLENCE AGAINST AMERICAN INDIAN AND ALASKA NATIVE WOMEN AND MEN, '[click here](#)' to read the article.

15. Anti-violence personal commitment statement

- a. Publicly share your commitment to ending domestic violence.

I, [Your Name], commit to promoting peace and understanding in my life and in my community. I recognize that violence not only inflicts harm on individuals but also tears apart the fabric of our communities and society as a whole. It creates cycles of fear, resentment, and suffering that can last for generations. Therefore, I'm joining Waypoint to actively contribute to a culture of non-violence and compassion.

I pledge to:

1. Communicate Non-Violently: I will listen, speak kindly, and seek to understand others, even in challenging situations.

2. Show Respect and Empathy: I will treat everyone with dignity and value diversity, recognizing that every person has their own story and struggles.

3. Educate Myself and Others: I will learn about the causes of violence and raise awareness in my community to foster understanding and prevention.

4. Stand Against Injustice: I will oppose bullying, discrimination, and any form of violence, advocating for those who cannot speak up for themselves.

5. Promote Peaceful Conflict Resolution: I will encourage dialogue and understanding instead of aggression, believing that most conflicts can be resolved without violence.

6. Support Mental Health: I will advocate for mental health resources, understanding that emotional well-being is crucial in preventing violence.

7. Engage in Community Building: I will participate in programs that foster safety, connection, and a sense of belonging among individuals.

8. By making this commitment during Domestic Violence Awareness month and all my days moving forward, I hope to contribute to a world where everyone can live free from violence and fear. Together, we can create a more compassionate future for all

16. Learn about prevention efforts

- a. Explore prevention programs like Caring Dads, [‘click here’](#).

17. Watch “A Day in the Life of a DV Advocate”

- a. To watch this short clip, please [‘click here’](#).

18. Wear a purple ribbon

- a. Show support by wearing a purple ribbon in your hair, around your wrists, or pinned to your shirt.

19. Learn about Teen Dating Violence Awareness and take the quiz to see if you're a good partner

- a. You can find this article and quiz by [‘clicking here.’](#)

Week 4 (Oct. 20 – 26):

20. Walk 1 to 3 miles in solidarity

- a. Walk to show support for the 1 in 3 women affected by DV.

21. Have a courageous conversation with a young adult

- a. Talking to your children about their dating relationships is a great conversation starter. Here is an example on how to get that conversation started, "Does your partner make you feel understood and respected? How do they do that?" or "I'm curious about how you and your partner handle disagreements, tell me about a time where you were proud of how you resolved it."

22. Share Waypoint’s post

- a. [‘Click here’](#) to share a post related to what you have done so far in the 31 Ways in 31 Days campaign.

23. Chalk your walk

- a. Write supportive notes with chalk in your driveway and include a drawing of a purple ribbon in support of Domestic Violence. Here are some examples: believe survivors,

prevention is possible, healing happens, consent matters- YOU matter, you are brave, 1 in 3 women is too many.

24. Gentleman Day: encourage a man to take the pledge

- a. Ask a man in your life to take the Waypoint Gentleman pledge. [‘Click here’](#) to learn about the pledge.

25. Paint a pumpkin purple

- a. Paint a pumpkin purple and place it on your front step to raise awareness.

26. Learn about red flags in relationships

- a. Educate yourself on the signs of an unhealthy relationship, [‘click here’](#).

27. Learn about Waypoint’s DV Services

- a. Waypoint’s DV Services impacts thousands of lives throughout seven Northeast Iowa counties each year, offering free, confidential services to domestic violence victims and survivors, as well as their families. Through a safety net of supportive services, the DV Program helps empower victims and survivors to safely move forward in their lives.
- b. **These services, provided by dedicated, certified Victim Advocates, include:** Support groups, 24/7 Resource & Support Line, peer counseling, legal advocacy, medical advocacy, information, and referrals
- c. [Click here to find our more!](#)

Week 5 (Oct. 27 – 31):

28. Participate in the “In Her Shoes” simulation

- a. Experience the life of a DV survivor through this interactive simulation at Waypoint. This will be held in the ballroom at Waypoint on 10/28/24. Timing is TBD. If you have question regarding the “In Her Shoes” simulation, please contact Nelly at nelly@waypointservices.org.

29. Donate gift cards to Waypoint

- a. Donate gift cards in any amount to support survivors. You can drop off or mail your gift cards to Waypoint at 318 5th St SE, Cedar Rapids, IA 52401.

30. Watch an informational video on DV

- a. Domestic violence and sexual abuse are often called “women’s issues”; but Jackson Katz points out that these are intrinsically men’s issues — and shows how these violent behaviors are tied to definitions of manhood. [‘Click here’](#) to watch the video.

31. Hold a moment of silence

- a. Reflect on everything you have learned for the 31 ways in 31 days and take a few minutes to hold a moment of silence.