

DOMESTIC VIOLENCE PREVENTION & AWARENESS MONTH

2020 CALENDAR

#SURVIVORSPEAKS

This year for National Domestic Violence Prevention & Awareness Month, the Offices of the Dean of Student Life (ODSL) and Health Promotion are collecting stories to share on social media during the entire month of October. These stories are from survivors, bystanders, friends, family members, or supporters of those who have experienced relationship violence. Check out the ODSL social media accounts, @tamustudentlife (Facebook, Twitter) and @tamu_studentlife (Instagram) to read the stories. We encourage others to share their stories of strength and courage using the hashtag #SurvivorSpeaks.

SILENT WITNESS PROJECT

The Silent Witness Project is Texas A&M University's traveling memorial to victims of dating and domestic violence. The exhibit contains red, life-sized silhouettes, each representing a victim who died through an act of dating or domestic violence. Each silhouette includes a shield with a summary about the victim. This year, Health Promotion is hosting this exhibit virtually in order to increase awareness and education about how these issues impact our state and local communities.

Where: tx.ag/SilentWitnessProject
Date/Time: Oct. 1 - 31
Audience: Everyone
Sponsored By: Health Promotion

BOOKS THAT SPEAK OUT

Health Promotion and Phoebe's Home have partnered with the Texas A&M Libraries to host Books That Speak Out: Domestic Violence Prevention & Awareness Month Digital Book Display. The digital book display includes a variety of books related to experiencing and surviving dating and domestic violence, as well as a list of support resources. You will find everything from narratives to poetry and policy to self-care.

Location: tx.ag/BooksThatSpeakOut
Date/Time: Oct. 1 - 31
Audience: Everyone
Sponsored By: Health Promotion, Phoebe's Home and the University Libraries

MEDITATION MOMENT

Do you want to learn about meditation and how to implement this into your daily life? Meditation can enable you to focus, work through emotions, gather your energy and much more. Your instructor will give an introduction to meditation the first week of October, followed by a one minute meditation each of the following weeks of October. With your instructor's knowledge from her 100-hour meditation certification, educator experience and ability to connect with people, you can learn how to practice the skills of meditation.

Location: Instagram - @tamuhealthpromotion
Date/Time: Weekly Oct. 1 - 31
Audience: Everyone
Sponsored By: Rec Sports

PREVENTION PANEL

Join us for a panel to introduce the importance and history of Domestic Violence Prevention and Awareness Month. Texas A&M community partners will talk about why dating and domestic violence are public health issues that impact people across all walks of life, what these issues look like and how it's relevant to all populations. Come learn about prevention, response, resources, and local and national trends on college campuses and other communities.

Location: Facebook Live - fb.com/tamuhealthpromotion
Date/Time: Oct. 1, 6 - 7:30 p.m.
Audience: Everyone
Sponsored By: Health Promotion, Phoebe's Home, the Sexual Assault Resource Center and the Brazos County Coalition Against Domestic Violence

COMMUNITY CONVERSATIONS: RELATIONSHIP VIOLENCE AND COVID-19

For individuals experiencing relationship violence, the COVID-19 pandemic has made an already difficult situation even more dangerous. This panel will focus on how the pandemic has created new safety concerns for victim-survivors of domestic violence, dating violence and relationship violence. Panelists will talk about trends, resources and how program services are being adjusted to work with survivors and supporters during the pandemic.

Location: Facebook Live - fb.com/tamuhealthpromotion
Date/Time: Oct. 7, 6 - 7:30 p.m.
Audience: Everyone
Sponsored By: Health Promotion

EMPOWER HOUR

Join us for a virtual kickboxing workshop facilitated by Rec Sports! You will learn the basics of boxing and kickboxing as well as participate in a FREE 45 minute cardio kickboxing class. Bring it on! This 45 minute full body cardio workout includes a series of strong punches, powerful kicks and plyometric moves with options to make you feel successful. This workshop is designed to help you relieve stress, as well as leave you feeling strong and empowered! Registration is required.

Location: Zoom
Date/Time: Oct. 8, 5:30 - 6:30 p.m.
Audience: Everyone
Registration: tx.ag/EmPOWERhour
Sponsored By: Health Promotion and Rec Sports

STAND UP VIRTUAL OVERVIEW

The STAND Up Virtual Overview helps Aggies learn basic information and skills about how to support survivors of violence through a trauma-informed lens. Registration is required.

Where: Zoom
Date/Time: Oct. 13, 5 - 6 p.m.
Audience: Everyone
Registration: tx.ag/STANDUpWorkshop
Sponsored By: Health Promotion

COMMUNITY CONVERSATIONS: RELATIONSHIP VIOLENCE AND RACE/ETHNICITY

For many victim-survivors of relationship violence, racism complicates the challenges they face to seeking help & staying safe. Relationship violence and racism are both rooted in power and control, and movements to end these public health issues are reliant on each other. Panelists who represent different parts of Texas and the nation will discuss the connections between relationship violence and racism, highlight the social and cultural implications of experiencing and responding to these issues, and discuss the need and availability of culturally-specific resources for victim-survivors and allies.

Location: Facebook Live - fb.com/tamuhealthpromotion
Date/Time: Oct. 14, 6 - 7:30 p.m.
Audience: Everyone
Sponsored By: Health Promotion

NAVIGATING BOUNDARIES: HEALTHY RELATIONSHIPS AND DOMESTIC VIOLENCE

Developed for international students at Texas A&M, the Navigating Boundaries series explores creating and maintaining healthy relationships while abroad. In recognition of Domestic Violence Prevention and Awareness Month, we will host a discussion about dating/domestic violence through a cultural lens and make sure international students know their rights, responsibilities and resources available to them at Texas A&M. Registration is required.

Location: Zoom
Date/Time: Oct. 15, 6 - 7:30 p.m.
Audience: International students
Registration: tx.ag/DVPAMboundaries
Sponsored By: Health Promotion and International Student Services



Check tx.ag/DVPAM for Domestic Violence Prevention & Awareness Month event updates!

ALPHA CHI OMEGA DOMESTIC VIOLENCE AWARENESS WEEK

October is Domestic Violence Awareness Month, which is Alpha Chi Omega's Philanthropy. Head over to our social media platforms to learn more about Domestic Violence Awareness and our local philanthropy, Phoebe's Home. Alpha Chi's will be promoting awareness online in fun and interactive ways!

Location: Facebook (fb.com/aggieaxo) and Instagram (@aggieaxo)
Date/Time: Oct. 19-23, 10 a.m. - 3 p.m.
Audience: Everyone
Sponsored By: Alpha Chi Omega

COMMUNITY CONVERSATIONS: RELATIONSHIP VIOLENCE IN THE LGBTQ+ COMMUNITY

Individuals who identify as LGBTQ+ are currently experiencing relationship violence at rates equal to, and in many cases higher than, cisgender men and women. Yet, the legitimacy of LGBTQ+ survivors' experiences are often brought into question by those unfamiliar with the unique structural and social challenges they encounter when seeking help. This panel will specifically focus on domestic violence as a public health issue indeed impacts LGBTQ+ relationships. They will also share their approach to meaningfully supporting survivors, and best practices for advocacy.

Location: Facebook Live - fb.com/tamuhealthpromotion
Date/Time: Oct. 21, 6 - 7:30 p.m.
Audience: Everyone
Sponsored By: Health Promotion

GREEN DOT VIRTUAL OVERVIEW

The Green Dot Virtual Overview teaches Aggies safe & effective strategies to be an active bystander when acts of power-based personal violence are witnessed. Registration is required.

Where: Zoom
Date/Time: Oct. 22, 5 - 6:30 p.m.
Audience: Everyone
Registration: tx.ag/GreenDotWorkshop
Sponsored By: Health Promotion

PURPLE THURSDAY

Wear purple on Oct. 22 to show your support for domestic & dating violence awareness and prevention. Share a photo on social media and tell us why you wear purple. Use the hashtags #DVPAMTAMU and #TAMUPurpleThursday.

Where: Everywhere!
Date/Time: Oct. 22, all day
Audience: Everyone
Sponsored By: Health Promotion

CANDLELIGHT VIGIL

This annual candlelight vigil is held in honor of those we lost in the past year to domestic violence, in support of survivors, those who have escaped and those who are still in abusive relationships. This event will include a speaker on the topic of domestic violence, awards presented to individuals working and volunteering in the community, a candle-lighting, and a moment of silence to honor the lives lost. The vigil will be virtual this year via Facebook Live.

Where: Facebook Live - fb.com/bccadv
Date/Time: Oct. 22, 7 p.m.
Audience: Everyone
Sponsored By: Brazos County Coalition Against Domestic Violence

COMMUNITY CONVERSATIONS: RELATIONSHIP VIOLENCE AND ACCESS TO RESOURCES

Concerns about economic security, privacy, and safety are all barriers that impact someone's decision to leave an abusive relationship. Social class, cultural norms, social norms, and geographic space (urban, suburban, or rural) all impact whether resources are available, reasonably accessible, and of any long-term positive impact to victim-survivors. Panelists who represent different parts of Texas and the nation will join us to talk about these influences, and how communities are coordinating their response in an effort to provide better response and advocacy.

Location: Facebook Live - fb.com/tamuhealthpromotion
Date/Time: Oct. 28, 6 - 7:30 p.m.
Audience: Everyone
Sponsored By: Health Promotion



Health Promotion
OFFICES OF THE DEAN OF STUDENT LIFE

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