COMMUNITY CONVERSATIONS: RELATIONSHIP VIOLENCE AND COVID-19

For individuals experiencing relationship violence, the COVID-19 pandemic has created new and 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 and will discuss the needs.

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 domestic violence through a trauma-informed lens. Registration is required.

Where: Zoom
Date/Time: Oct. 13, 6 - 5 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. This panel will address the intersection of relationship violence and racism and 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. Panelists will share their unique stories and experiences with the audience and provide insights on navigating relationship 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

CONVERSATION: 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 and 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. 22, 6 - 7:30 p.m.
Audience: Everyone
Sponsored By: Health Promotion

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.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

Removing Barriers to Education & Access to Resources

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, @tamuhealthpromotion (Facebook, Twitter) and @tamu_stu (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 real, 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 for two weeks of October. With your instructor’s approval, you can bring an introduction to meditation the first week of October. Meditation is an excellent way to relieve stress and helps you to feel stronger and more empowered. Registration is required.

Location: Instagram - @tamuhealthpromotion
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 Book Display. The digital book display includes a variety of books related to experiencing and surviving domestic violence, as well as a list of current 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 day 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

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, 6 - 7:30 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, sexual, and relationship violence prevention. Share a photo on social media and tell us why you’re wearing purple! #DVPMATAMU and ATAMUPurpleThursday.

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 the state and 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

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 Prevention, Phoebe’s Home. Alpha Chi’s will be promoting awareness online in fun and interactive ways!

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