

WOMEN  DISTRESS

Support for DVAM provided by:



Domestic Violence Awareness Month

2026 Toolkit

Includes Guidance On:



Resources



Event Information



Awareness

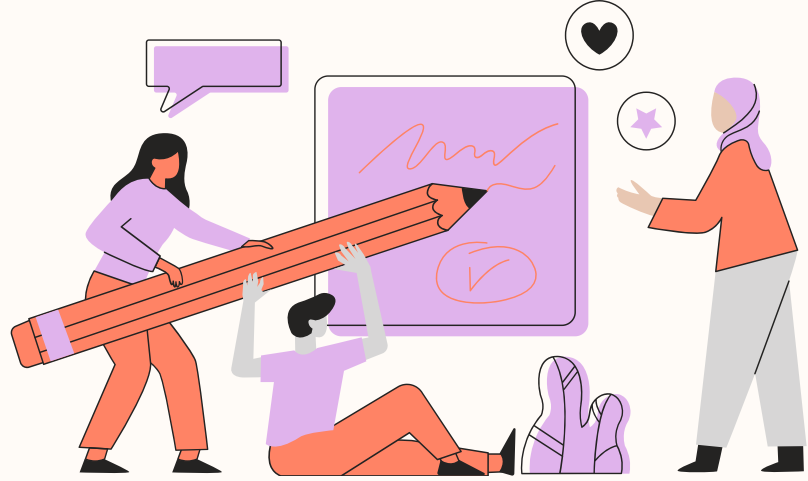


**Ways to Get
Involved**

Created by:

**The Education & Prevention Team
at Women In Distress**

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**Beyond the
Awareness Month**





Silence Hides It.

Speak Up to End It.

About WID Broward

WID Broward is the only nationally accredited, state-certified, full service domestic violence center serving Broward County, Florida. **Our mission is to stop domestic violence abuse for everyone through intervention, education and advocacy.** We strive to accomplish this mission through a 24-hour crisis line, emergency shelter program, individual counseling, support groups and professional trainings, which are aimed at educating the community on domestic violence. Our confidential services are offered, free of charge, to victims of domestic violence no matter their race, sex, age, religion, mental or physical disability, sexual orientation, gender identity, veteran or military status, immigration status or language spoken. WID believes that each survivor of domestic violence has the right to a safe, secure home and the capability to self-determine their violence free future.

About our DVAM 2026 Theme

The theme for Domestic Violence Awareness Month 2026 is **"Silence Hides It. Speak Up to End It."**. This year's theme reminds us that speaking up can be a powerful step toward breaking the campaign of silence, fear, and isolation created by domestic violence. By listening, believing survivors, offering support, and challenging behaviors that enable abuse, we can bring what is hidden into the light and help create safer, healthier communities.

About this Toolkit

This domestic violence toolkit was created with the goal of empowering community partners and members by providing varied avenues on how they can get involved in DVAM and actively make an impact in creating a safer, violence-free community. This toolkit includes information that can be adapted and applied in your own community space, with the hopes of encouraging everyone's participation in ongoing awareness and education.



Women in Distress
October 2026



COUNTYWIDE Call To Action

Domestic Violence Awareness Month



***Join the Movement:
Take a Stand Against Domestic Violence***

Women In Distress is Calling on Local Lawmakers, Businesses, Faith-Based Communities, Organizations, and Residents Across Broward County to Unite in a Powerful Show of Solidarity During October 2026 Domestic Violence Awareness Month.

Awareness in Your Community

October 6th, 2026: Talk About it Tuesday! Talk to Someone About Domestic Violence and How to Bring Awareness in Your Community



October 11th, 2026: Faith-Based Community Day of Action! Encourage Your Congregation to Wear Purple in Support of Domestic Violence Survivors

October 16th, 2026: Wear Purple in Honor of Survivors of Domestic Violence

October 20th, 2026 Through October 24th, 2026: Thrifting With a Purpose Week at WID Blooming Sales

October 29th: Show You Care, Donate & Share Day

Please email your pictures to Education@WIDBroward.org for a chance to be featured on our social media platforms!



WID
WOMEN *in* DISTRESS

If you need help, please call: 24 Hour Crisis Line: (954) 761-1133 TTY/TDD (954) 527-5385
www.WIDBroward.org

THRIFTING ★ WITH A PURPOSE WEEK

100% OF THE PROCEEDS WILL GO TOWARDS SUPPORTING
SURVIVORS OF DOMESTIC VIOLENCE ★

October 20TH, 2026 - October 24TH, 2026



10:00AM - 5:45PM

WID BLOOMING SALES
1372 STATE ROAD 7, US-441
MARGATE, FL 33063

Wid
WOMEN  DISTRESS



KINDNESS

* WOMEN IN DISTRESS, *
BROWARD

HOPE

SMALL ACTS BIG IMPACT



WID
WOMEN IN DISTRESS

*Together We Can Take
a Stand Against
Domestic Violence*



Help Survivors Heal,
Hope, and Thrive. Donate
funds, clothing, and daily
essentials today.

BE PART OF THE
MOVEMENT THAT
CHANGES LIVES.

WID MAKE A DIFFERENCE DAY

10/29/26

www.widbroward.org * 24/7 CRISIS HOTLINE (954) 761-1133 *

Emergency Shelter, Outreach
Services, and Support

Donate Hope

Donate new or gently-used items
and give hope to families
affected by domestic violence.

About Women In Distress

Women In Distress is the only nationally accredited, state-certified, full service domestic violence center serving Broward County, Florida. Our mission is to stop domestic violence abuse for everyone through intervention, education and advocacy.

Why host a donation drive?

Hosting a donation drive is a simple way to give back to your community and those in need. It is a team building activity, where family members, co-workers and friends can make a difference in the lives of adults and children affected by domestic violence.

How do donation drives help families affected by domestic violence?

By hosting a new or gently-used donation drive you will be providing families dealing with domestic violence with both comfort and the every day essentials they need to build their new violence-free lives.



Donation Drive Ideas

New Items

Feed our Families: Canned goods, sugar, rice, non-perishable food

Home Sweet Home: Twin sheet sets, pillows, towels, blankets

Family Meal Time: Pots, pans, plastic dishware, plastic utensils, mixing bowls, measuring cups

Clean Sweep: Sponges, mops, brooms, dish soap, laundry detergent, bleach

Shower our Babies with Love: Bottles, clothes, diapers, wipes, formula, baby food, playpens, bibs, baby blankets, sippy cups, pacifier

Goodies for Kids: Stickers, coloring books, crayons, notebooks, teen books, arts and craft kits, bookbags

Gently-Used Items

Dress for Success: Professional clothing for men and women, dresses, suits, slacks, shirts

Walk in their Shoes: Women's, men's, and children's shoes

Accessorize: Purses, watches, jewelry, scarves, belts, hats, ties, wallets

These items give monetary support to Women In Distress, allowing the agency to continue to provide free and confidential services to those affected by domestic violence in our community.

Answer a Call for Help/Cell Phone Donations:

Cell phones play an integral role in the safety of the families we serve, as they allow for an individual to dial 911 in case of emergencies. Cell phones can also be recycled for a monetary donation to Women In Distress.

Car or Truck Donations:

Women In Distress can greatly benefit from your donation of a used or new car. The value of a car donation will allow Women In Distress to provide critical services to victims of domestic violence and their families.

For more info contact Nicole Winter
954-760-9800 ext. 1245
nwinter@womenindistress.org

**WOMEN
DISTRESS**

**Virtual, Free, &
Open to All
Community Members**

Upcoming Events

✱ **Florida Domestic Violence Collaborative** ✱

OCT. 1

AT 10AM

Active Listening
for Advocates



OCT. 14

AT 12PM

Trauma-Informed Practices
for Coordinated Community
Response Members



OCT. 21

AT 10AM

When Faith Meets Harm: Engaging
Faith Communities to Understand
Domestic Abuse and Promote
Accountability



OCT. 21

AT 2PM

Without a Face: Building
Rapport with Survivors over
Telecommunications



OCT. 29

AT 11AM

Victim-Blaming:
Victim vs. Problem



Women in Distress of Broward County
CASA Pinellas
The Spring of Tampa Bay



Florida's 24-Hour Domestic Violence Hotline:



(800) 500-1191 | TTY: (800) 621-4202



www.flhivtraining.org



ToniTA@CASAPinellas.org

**Register online & get more information by
scanning the QR codes for each training
you'd like to attend.**

WOMEN DISTRESS

MYTHS VS. FACTS



Understanding the true dynamics of domestic violence can help us speak up when we notice red flags and support survivors.

MYTHS

Only women are affected by domestic violence.



Alcohol and substance use is the main cause of domestic violence.



Abuse happens when a person has anger management issues.



Abuse is only physical.



FACTS

Domestic Violence can happen to anyone.

Abuse can affect any person in any type of relationship.

The main cause of domestic violence is one person wanting POWER and CONTROL over their partner.

*Alcohol and substance use can make a situation worse or more extreme, but it is **NOT** the root cause. It can happen at the same time as domestic violence but they are separate issues.*

A person who chooses to behave in an abusive way can use anger as a tool of manipulation to gain POWER and CONTROL over their partner.

Abuse happens when one person consistently MAKES A CHOICE to behave in a way that gives them more power and control in the relationship. It is a learned behavior. We can prevent abuse by learning and practicing healthy behaviors like respect, equality, consent, and independence in relationships.

There are many different forms of abuse.

Abuse can happen in many ways such as: emotional manipulation, verbal insults and threats, limiting financial independence, digital monitoring, unwanted contact and attention, sexual activity without consent, reproductive pressure, and much more.

Any time you feel UNSAFE, CONTROLLED, SCARED, like you do not have a VOICE or a CHOICE in your relationship - it may be a red flag that your partner is choosing abusive behavior in your relationship.

Survivor-Centered Ways to Speak Up and Empower



Scan for a helpful video on supporting survivors!

1. “I Believe You”

Survivors are often doubted or blamed, and disclosure is risky. Being believed validates their experience and makes it safer to keep talking and to reach out again.

2. “You Don’t Deserve This”

Abusers often convince survivors they caused the abuse. This puts responsibility on the person using violence and counters self-blame and shame. Everyone deserves respect; everyone deserves love.

3. “I’m Here to Listen”

It offers presence without pressure or judgment. The survivor decides what to share and when, which helps rebuild the sense of control abuse takes away.

4. “How Can I Support You?”

It keeps the survivor as the expert on their own situation and safety, rather than imposing solutions. It respects their autonomy and the risks they're weighing.

The national average is 7 tries for a person to leave an abusive relationship.

Speaking up and supporting survivors with empathy and empowerment can help create judgement-free pathways to safety.



WOMEN 
DISTRESS





GET INVOLVED

Abuse can happen to anyone - and everyone can SPEAK UP about it.

Here are a few ideas to become actively involved in spreading awareness, education, and hopes of prevention; think about how you can apply them in your own life and community!

For Everyone:



Book club - choose a book highlighting DV, abuse, or empowerment for your October's book choice and discuss with your fellow members



Recommended Reads:

- o **"Something Wild" by Hanna Halperin**
- o **"Surviving: Why We Stay and How We Leave Abusive Relationships" by Beverly Gooden**
- o **"Everything I Never Dreamed: My Life Surviving and Standing Up to Domestic Violence" by Ruth Glen**

- For more book recommendations, check out:
- www.domesticshelters.org/resources/books
- <https://stopthehurt.org/dvambooks/>



Speak Up and challenge myths about Domestic Violence when you hear them.



Volunteer at your local Domestic Violence Center

- *Volunteers play an important role in helping to keep families safe as they rebuild their violence-free lives. Check out the volunteering opportunities at Women In Distress here:*
- <https://widbroward.org/get-involved/volunteer/>



Host a community potluck dinner or community event to provide access to local Domestic Violence resources.



Encourage friends, family members, and co-workers to **wear purple to increase awareness** - remember **Wear Purple Day** is Oct. 16th!



GET INVOLVED

For Teachers:



Encourage your students to create posters about Domestic Violence awareness to be displayed in school.



Invite a Domestic Violence professional in your area as a guest speaker at your PTA/PTSA meetings.

- Email education@widbroward.org if you would like a presentation in Broward County!



Use morning announcements to share statistics, facts, or quick awareness pieces about domestic violence and healthy relationships.

For Community Agencies:



Create an environment of safety for survivors and of accountability for abusers – Share accessible resources like flyers or Get Help cards in your office or bathrooms.



Fundraise or host a donation drive for your local Domestic Violence center.



Host a Lunch & Learn discussion about domestic violence and invite your local DV agency trainers to share education and resources.

- Check out our events page in this toolkit for a list of workshops you can attend this month, and stay tuned for future events hosted by our Education & Prevention team!

**If you would like to be added to the Education & Prevention contact list to receive information about future trainings, please email education@widbroward.org*



Resources

Access to resources can be life-changing for survivors of abuse. The following pages contain agencies, websites, and handouts that can assist survivors on their journey to reclaim their power.



Local - Broward County

WID Broward

<https://widbroward.org/>

Crisis Line: 954-761-1133

Dial: 7-1-1 for Florida Relay

2-1-1 Broward

<https://211-broward.org/>

Call: 211

Text: 898211

SunServe

www.sunserve.org

Call: 800-599-0996

Nancy J. Cotterman Center

<https://www.broward.org/NancyJCottermanCenter/Pages/Default.aspx>

24-hr Sexual Assault Helpline: 954-761-RAPE (7273)

Neighboring DV Centers

Palm Beach County

Aid to Victims of Domestic Abuse (AVDA)

www.avdaonline.org/

Hotline (call or text): 1-800-355-8547

YWCA Palm Beach County

<https://ywcapbc.org/>

**Hotline: 561-640-9844 or
800-973-9922**

Miami-Dade County

**Miami-Dade Advocates for
Victims**

<https://tinyurl.com/MiamiDade-ViolencePrevention>

Hotline: 305-679-0303

Text Line: 305-285-5900

Statewide

Florida Department of Children & Families

www.myflfamilies.com/service-programs/domestic-violence/

Abuse* Hotline: 1-800-962-2873

*reporting hotline for known or suspected abuse, neglect, or exploitation of a child or vulnerable adult.

Florida Domestic Violence Hotline

Call or Text: 1-800-500-1119

TTY Hotline: 1-800-621-4202 / 711
for Florida Relay

Resources

National Resources

National Coalition Against Domestic Violence (NCADV)

www.ncadv.org

National Domestic Violence Hotline

www.thehotline.org

Call: 1-800-799-SAFE (7233)

Text: "START" to 88788

National Sexual Assault Hotline

www.rainn.org/resources

Call: 1-800-656-HOPE (4673)

National Network to End Domestic Violence (NNEDV)

<https://nnedv.org/>

DomesticShelters.org

Find a Domestic Violence Shelter:

<https://www.domesticshelters.org/help>

Always remember
to access
resources from a
SAFE
location and
device!

National Sexual Violence Resource Center

www.nsvrc.org

Center for Justice Innovation

www.innovatingjustice.org/

Love is Respect

www.loveisrespect.org

Call: 1-866-331-9474

Text: "LOVEIS" to 22522

Futures Without Violence

www.futureswithoutviolence.org

One Love

www.joinonelove.org



ADDITIONAL Resources



Ruth AI

<https://chat.meetruth.ai>

Trauma-informed AI chatbot that helps people navigate difficult situations by providing safety plans, resources, and guidance.

Safety Net Project

<https://www.techsafety.org>

Provides expert training and technical assistance, resources, and influences conversations on technology abuse and safety globally.

VictimConnect Resource Center (VCRC)

<https://victimconnect.org>

Call or Text: 1-855-4VICTIM (855-484-2846)

A weekday referral helpline for all victims of crime in the U.S. and its territories that provides emotional support, information, and individualized referrals.

National Resource Center on Domestic Violence (NRCDV)

<https://nrcdv.org>

Provides innovative training, resources, and support to advocates, policymakers, and communities in every U.S. state and territory to prevent and respond to domestic violence.

StrongHearts Native Helpline

<https://strongheartshelpline.org>

Call or Text: 1-844-7NATIVE (762-8483)

A lifeline to Native American and Alaska Natives impacted by domestic and sexual violence, offers a culturally-appropriate, anonymous and confidential service available 24/7 nationwide.

Don't Forget the Pets

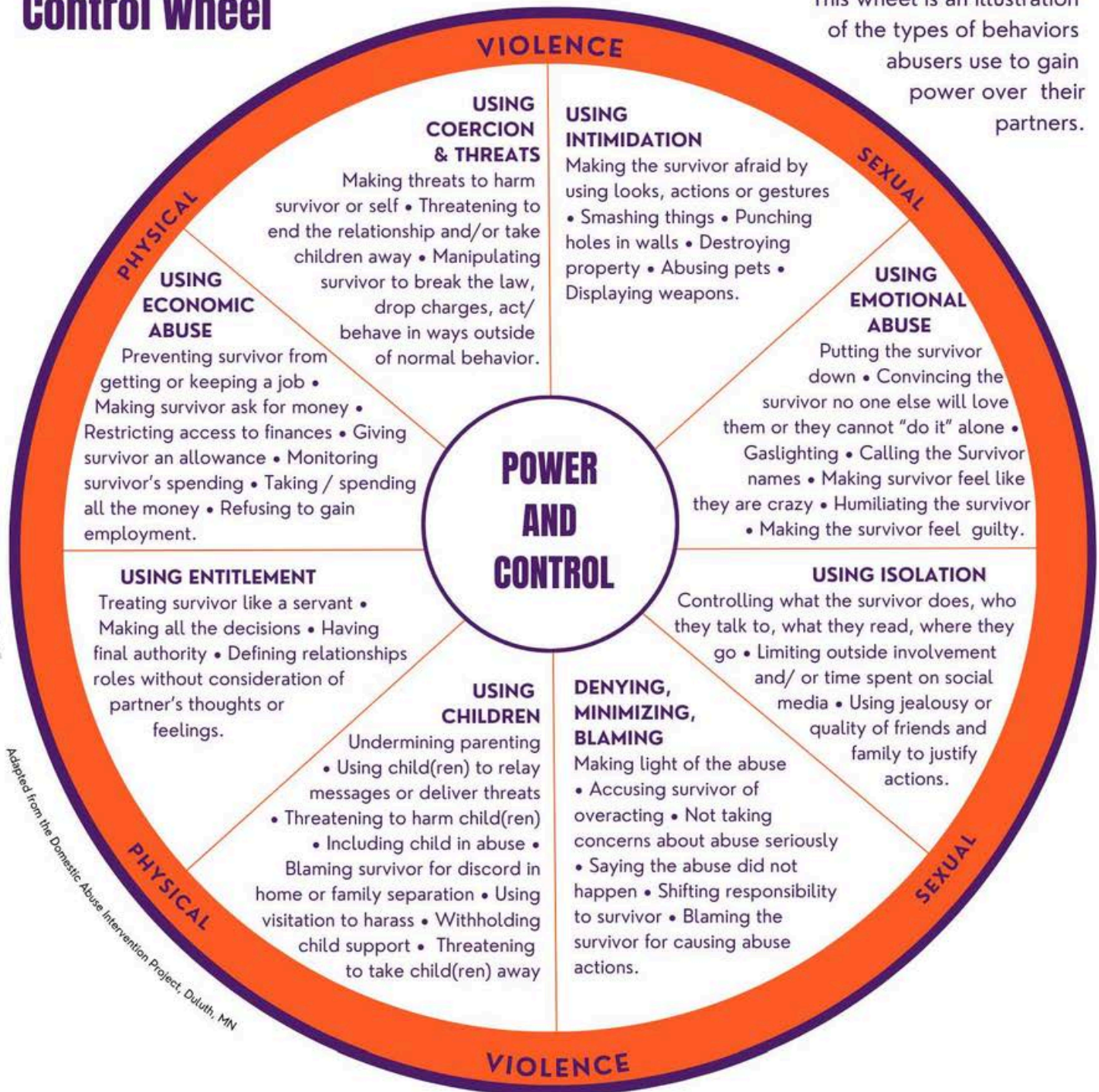
<https://dontforgetthepets.org>

Greater Good Charities and RedRover help human service and animal welfare organizations create community-based collaborative programs to help both people and pets in crisis.

Power and Control Wheel

Not all abusive relationships follow the same pattern of power and control, but most include many dynamics from the Power and Control Wheel.

This wheel is an illustration of the types of behaviors abusers use to gain power over their partners.



Florida Domestic Violence Hotline
Call or Chat 1-800-500-1119
1-800-621-4202 (TDD)
Florida Relay 711

Sponsored by Women in Distress, Inc.
and the State of Florida Department of
Children and Families.

FLDVC

FLORIDA DOMESTIC VIOLENCE COLLABORATIVE

Women in Distress of Broward County
CASA of Marion & Pinellas Counties
The Spring of Tampa Bay

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)

FORMS OF ABUSE

Teens and young adults experience the same types of abuse as adults, including the types mentioned below. If you or someone you know sees the warning signs in their relationship, text loveis to 22522.

SEXUAL ABUSE



Sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault, rape, or tampering with contraceptives.

PHYSICAL ABUSE

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



EMOTIONAL/VERBAL ABUSE



Non-physical damaging behaviors like threats, insults, screaming, constant monitoring, or isolation.

FINANCIAL ABUSE

Exerting power and control over a partner through their finances, such as taking or hiding money, or preventing a partner from earning money.



STALKING



Being repeatedly watched, followed, monitored, or harassed. Can occur online or in-person, & include giving unwanted gifts.

DIGITAL ABUSE

Using technology to bully, stalk, threaten, or intimidate a partner using texting, social media, apps, tracking, etc.





**ABUSE
IS
NEVER
THE
VICTIM'S
FAULT**



**WOMEN *in*
DISTRESS**

**WOMEN *in*
DISTRESS**

Support for DVAM provided by:



BEYOND **THE AWARENESS MONTH**

Abuse can happen anytime - stay connected with your local domestic violence agency and set the intention to continue increasing your education and awareness about abuse and how to prevent it year-round!

Stay involved!

- Human Trafficking Awareness Month - *January*
- Teen Dating Violence Awareness Month - *February*
- Family Strengthening Month - *March*
- Sexual Assault Awareness Month - *April*
- Child Abuse Prevention Month - *April*

**For more information, reach out to our team:
education@widbroward.org**