

NATIONAL COALITION AGAINST DOMESTIC VIOLENCE



## NCADV's 31 Ways in 31 Days to Recognize Domestic Violence Awareness Month

1. [Add a Twibbon](#) to your profile picture
2. Reach out to local media outlets about Domestic Violence Awareness activities in your community
3. Text #TakeAStand to 41444 and donate to NCADV
4. Ask if your employer(s) have a [domestic violence policy](#); if not, encourage them to create one
5. Organize a moment of silence in honor of victims/survivors
6. Share a domestic violence facts on [Facebook](#) or [Pinterest](#)
7. Commit to adopt a local shelter for the holidays and send the families and individuals staying there clothing, toys, and gift cards
8. **Light the town purple**  
Replace the lightbulbs outside your home (or inside near a window) with purple lightbulbs; wear purple and encourage your family to do the same
9. [Collect cell phones](#) for NCADV or your local domestic violence shelter
10. Print out a [ready-made or customizable Take a Stand placard](#), take a selfie or group photo, and post it to social media using hashtag #TakeAStand
11. **Ask local events to literally stand up and Take A Stand**  
Ask your favorite local event to have its attendees stand up with Take A Stand placards, photograph it, and share it on social media using hashtag #TakeAStand
12. Follow NCADV on [Twitter](#), [Facebook](#), and [Instagram](#)
13. **Ask your business to be a #MovetoEndDV Ambassador**  
Join the #MovetoEndDV challenge, a campaign to encourage 10,000 businesses to take the #MoveToEndDV pledge and make a donation or provide a product or service for free to help the shelters that support victims of domestic violence

14. Organize an event at places of worship and include a [domestic violence survivor speaker](#)
15. Become a [NCADV member](#)
16. Talk about healthy vs. unhealthy relationships at meals
17. Research the positions candidates running for elected office have on domestic violence, firearms, violence against women, dating violence, stalking, etc.
18. Download [“Cherry Wine”](#) by Hozier  
Proceeds from downloads will be donated by Hozier to a series of international domestic violence charities, including NCADV
19. Organize an event on campus or at work and have a [domestic violence survivor speaker](#)
20. [Learn how to support](#) a domestic violence victim
21. Sign up for [NCADV emails](#) and stay connected on key issues, action alerts and related legislation at state and national levels, as well as events (online and offline) on the intersectional topics of domestic violence
22. Organize a bake sale or car wash and donate the proceeds to your local domestic violence program or shelter
23. If you're a nurse, doctor, social worker, or advocate, take a minute to educate the community about the [health impacts of domestic violence](#)
24. Ask your employer to match your donation to NCADV (or the National Domestic Violence Hotline)
25. Submit a letter to the editor of your local newspaper
26. Educate your favorite teenager(s) on [digital dating violence](#)
27. Remember NCADV in your [estate planning](#)
28. Encourage your athletic coaches to talk to their teams about the importance of respect and non-violence
29. Honor victims by submitting names to NCADV's [Remember My Name](#)  
The Remember My Name project annually produces a poster listing the names, ages, and locations of murdered victims of domestic violence from the previous year
30. Conduct a garage sale and donate the proceeds to NCADV or a local program
31. Save the Date for October 2017 – the 25th Anniversary of Domestic Violence Awareness Month!