

# Suggested Activities for DVAM\* 2020

*\*Domestic Violence Action Month*

Social distancing can't stop us from coming together virtually for loving, respectful relationships.

## Get together if you can

- Offer a night out (or a night on zoom) in your community to offer support to friends and family to be there for folks in their lives who are experiencing abuse in their relationship. Provide insight from the [Friends and Family Guide](#).
- Offer support for both parents and youth on the ins and outs of “dating”. You could host shared events (or zoom breakouts) with combined and separate spaces to discuss what it feels like to have a child start dating and how to set yourself up for healthy relationships. Use [Love Like This](#) materials to help guide your conversations.

## Get down to business

- Encourage local businesses to partner with you for the month. They could make your resources available, donate a percentage of their proceeds, and pledge to talk with their children about healthy relationships in honor of DVAM. Get a great sign for them to display in their windows [here](#).
- Bring your [Friends and Family Guides](#) to community organizations and help them start conversations that remind your community that Healthy Relationships Feel Good!

## Get social

- Post DVAM related [content](#) on your social media pages. Encourage conversations in your community about ending domestic violence.
- Each weekday in October, we'll be posting on our social media channels (Facebook, Instagram, and Twitter) about taking action. Repost or post new content on your website and social media channels.
- Create an events calendar like [this one](#) and encourage your community to get out there and take action to prevent domestic violence!

## Get creative

- Create your own tips for how friends and family can help support healthy relationships. Do a community art project to show what supportive friends and family mean to survivors.
- Create your own [Love Like This](#) cartoons with youth and adults. What are the issues in their relationships that they are working out? Dive into figuring out what the best way to react is along with the worst – and get drawing!
- Color in your [Love Like This](#) coloring books and chat about love with those you love!

