

# October 2020

## Domestic Violence Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>MCVP Virtual Annual Meeting</b> 6:00—7:15 pm Facebook Live	<b>2</b> Connect with NRC DV to learn more about the <b>#1Thing</b> campaign.	<b>3</b> What is your message of support for DV survivors?
<b>4</b> Concerned about a loved one? #DVAM is all about reaching out!	<b>5</b> <b>Bullying Prevention Day</b> How do you address violence at every age?	<b>6</b> Check out NRC DV for virtual DV-related events all month long.	<b>7</b> What is your <b>#1Thing</b> you can do to help end DV?	<b>8</b> <b>MCVP Watch Party Begins</b> Join us Thursdays to learn about sex trafficking.	<b>9</b> Talk about DV with young people—it's never too early!	<b>10</b> <b>World Mental Health Day</b> Share your fav self-care tips with us!
<b>11</b> <b>National Coming Out Day</b> Celebrate with your LGBTQ community!	<b>12</b> What is one thing you wish you'd known about relationships when young?	<b>13</b> Follow <b>MCVP</b> on Facebook and Instagram to keep up with us all year!	<b>14</b> Contact your reps about their stance on DV prevention.	<b>15</b> Find your journal and write about what boundaries mean to YOU.	<b>16</b> Who are your activist heroes? Where do they stand on DV prevention?	<b>17</b> Light a <b>purple</b> candle in your window to honor survivors of DV.
<b>18</b> Movie Night! Get cozy and watch your favorite empowerment film.	<b>19</b> Throw on your <b>purple</b> and go for a fall hike.	<b>20</b> Read a survivor memoir—better yet, turn it into a virtual book discussion.	<b>21</b> What's your favorite song that makes you feel powerful?	<b>22</b> <b>Purple Thursday</b> Share a selfie of your purple look—the color for #DVAM!	<b>23</b> What's your favorite self-care food? Share the recipe with us!	<b>24</b> Create your own #empowerment meme and share it with us (we love memes).
<b>25</b> Pick up some of <b>MCVP</b> 's posters and put them up in your community.	<b>26</b> Create a personal power statement and keep it in your wallet.	<b>27</b> Got a friend you haven't heard from lately? Invite them for a virtual coffee!	<b>28</b> Consider a donation to <b>MCVP</b> or your local DV center.	<b>29</b> Request MCVP's violence prevention programs for your school.	<b>30</b> Tell us your ideas for making DV awareness a reality in the coming year.	<b>31</b> Post a Halloween Costume selfie! Extra points if it has <b>purple</b> in it!