

Awareness + Action = Social Change

What's Your #1Thing?

The [Domestic Violence Awareness Project](#) is committed to promoting proactive efforts to shift the cultural rules, norms, and constructs that support gender-based violence and support the health and well-being of individuals, families, communities, and institutions.

Moving People to Action

The *action* component of **Awareness + Action = Social Change** is a natural extension of the awareness and education opportunities that individuals and communities are engaged in during Domestic Violence Awareness Month and throughout the year. By integrating action steps, no matter how small, we can build our communities' capacity to take the lead in changing social and cultural norms that support gender-based violence.

#1Thing is about harnessing the momentum of our movements – especially at their critical points of intersection – by calling people to specific and direct collective action that are informed by the communities most directly impacted.

Examples of collective actions

- Community organizing:
Human rights demonstrations, gatherings, or protests
- Healing together:
Community healing circles and spaces
- Learning through storytelling and the arts
- Supporting women- and people of color-owned businesses
- Discussion groups
- Volunteer drives/recruitment
- Fundraising events
- Lobbying for legislation
- Neighborhood canvassing
- Voter registration drives
- Building restoration/clean-up
- Greening spaces
- Youth mentoring
- Youth organizing and activism

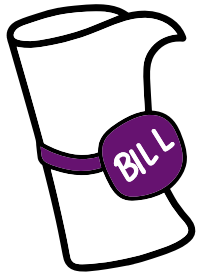


Starting with #1Thing

Domestic violence impacts millions of people each year, but it can be prevented. It requires the collective voice and power of individuals, families, institutions, and systems – each whose “one thing” adds a valuable and powerful component to transforming our communities.

Examples of “one things”

- Be a caring and consistent adult in the life of a child
- Talk to my loved ones about violence and oppression
- Create a culture of consent in my home
- Speak out when I notice microaggressions
- Write to my legislator and/or newspaper
- Use social media to raise awareness among my peers
- Host a “lunch and learn” at my office on topics related to violence and oppression



- Ask about anti-violence policies and programs at local schools
- Organize an informational meeting at church and invite my local domestic violence program
- Learn how to foster the pets of survivors staying in shelter
- Consume and share media created by historically oppressed people
- Model self-care at work and home



- Tell someone they matter
- Listen to and validate a survivor of trauma
- Hold my loved ones accountable when they tell a racist/sexist joke
- Share my story (publicly or just with a single trusted loved one)
- Donate money or time to a community-based nonprofit
- Support women- and people of color-owned businesses in my community



- Reach out to women- and people of color-led organizations to establish new partnerships
- Learn more about how my workplace policies impact survivors of abuse

- Reach out to my local domestic violence program to learn how I can help

Advancing Social Change

Each of our “one things” and collective actions are critical to the story of our movement. While each may be unique and personal, when woven together, they create a strong foundation for the world we imagine. And when our “one things” are put into action, they become concrete steps on the pathway to social change. Building that pathway is an investment we make together.

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National Resource Center
on Domestic Violence

#1 Thing