

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness month raises awareness about the devastation caused by violence or aggression between intimate partners, such as spouses and dating partners. Established by the [National Coalition Against Domestic Violence](#), awareness has grown to communities throughout America to help victims of violence. Civic events and rallies have urged participation and helped victims stand up against the abuse. Domestic Violence Awareness has often been represented by wearing a purple ribbon or other purple items, which is considered to be “a unifying symbol of courage, survival, honor, and dedication to ending domestic violence.”

According to the Center for Disease Control, the number of victims of domestic violence total about 10 million people per year, nationally. This means that 20 people per minute are victims of physical violence, sexual violence, psychological, spiritual, or financial abuse. Nearly 1 in 4 women and 1 in 7 men have experienced severe harm of domestic violence during their lifetime. These nationwide testimonies are presented throughout the month of October and encourage positive, non-violent relationships.

In San Bernardino, [Option House](#), a provider of domestic violence services for over 43 years can help. They have programs including support group classes, counseling, and assistance with the filing of Temporary Restraining Orders. Option House is an accredited, non-profit Domestic Violence agency and is the lone provider within a 26 miles radius, with a 32-bed safe house in the greater San Bernardino area.

If you or someone you know has been affected by domestic violence, call Option House from 8:00 am to 5:00 pm, Monday through Friday at (909) 383-1602 or the 24- hour Domestic Violence Hotline at (909) 381-3471.

*Due to COVID-19 restrictions, the number of people allowed access to the premises is limited.



1. Palm to camera
and tuck thumb



2. Trap thumb