

OCTOBER



DOMESTIC VIOLENCE AWARENESS MONTH (DVAM) 2021

Domestic Violence Awareness Month (DVAM) is a national event that brings awareness to issues related to intimate partner and domestic/dating violence. Our goal at Cerritos College is to provide education, support, and prevention services to students, employees, and community members.

10/1 | 5 P.M. – 6:15 P.M. | Flex Credit

Upstander? Bystander? Just Stand Up: How to Support Survivors

This workshop will provide practical skills when responding to an individual who discloses an experience with intimate partner violence. We will discuss ways to respond as a peer and as an employee of a higher education institution. We will practice the skills we learn through interactive role-playing exercises with trained advocates.

10/5 & 10/6 | 5 P.M. – 6 P.M.

***Empowerment Self-Defense (Part 1 & 2)**

East Los Angeles Women's Center will offer two (2) self-defense classes. Empowering Self-Defense includes thought-provoking discussions about listening to our bodies, trusting our instincts, establishing and upholding boundaries, and a practical skills portion that covers basic self-defense. Come to one or both sessions!

10/7 | 5 P.M. – 6 P.M. | Flex Credit

***Digital Abuse & Safety Presentation: Cyberstalking**

In this engaging presentation we will demystify cyberstalking, pandemic trends, and common forms of cyberstalking on college campuses. There will be a skill building aspect to teach participants about red flags, digital safety in healthy relationships, and ways to make yourself much safer online.

10/12 | 5 P.M. – 6:15 P.M. | Flex Credit

***EngageMENT**

Domestic violence, sexual assault, and stalking are not just women's issues; they affect everyone. In this presentation, Luis Mendoza from East Los Angeles Women's Center, and Osvaldo 'Ozzie' Cruz will discuss the role men play in preventing gender based violence in society. Eradicating power and gender-based harm is a shared responsibility.

10/14 | 5 P.M. – 6 P.M. | Flex Credit

***Digital Abuse & Safety Presentation: Image-Based Abuse**

Naked selfies? Sexts? Porn? In this presentation, participants will demystify image-based abuse, revenge porn, and nonconsensual porn (e.g. unwanted nudes or cyber flashing).

This session will address victim-blaming, safe-texting, and online dating tips (i.e. laying ground rules, responding to image-based abuse, restraining orders, etc.). In a digital and social media world, this session will provide important information for everyone!

10/19 | 5 P.M. – 6:15 P.M.

The Clothesline Project (Virtual)

This workshop will provide an opportunity for participants to design T-shirts at home (personal supply) or virtual T-shirts to honor survivors and victims of domestic violence.

10/21 | 5 P.M. – 6 P.M. | Flex Credit

***Digital Abuse & Safety Presentation: Tech-Enabled Trauma**

What role does technology play in perpetuating abuse? In this presentation we will demystify online trauma by addressing how it is different from offline trauma. There will be a skill building portion covering tech-enabled trauma response, overcoming challenges, and ways to support others.

10/26 | 5 P.M. – 6 P.M. | Flex Credit

***Beyond Intimate Partner Relationships: Human Trafficking**

Stephany Ramos, YWCA GLA's Human Trafficking Coordinator, will provide information on the grooming, exploitation, and control involved in human trafficking. Participants will learn how to identify warning signs and ways to assist victims.

10/28 | 11:30 A.M. – 1 P.M.

Teal Table Talks: Helping Hands, Healing Hands

This month's workshop will give participants an opportunity to explore what a "healthy and safe" community looks like through the creation of a hand collage that symbolizes their vision for that community. The individual collage hands will then become part of a larger mandala, which aims to convey that collectively, our hands can help and heal.

10/28 | 5 P.M. – 6:15 P.M.

***The Messages in Music**

What's in a song? Have you ever stopped to listen to the lyrics of your favorite tune and think about what they mean? In this workshop we will come together and analyze popular song lyrics focusing on the commentary they provide about relationships, their perceptions of racism, and potential influence on gender-based violence.



In order to register for any/all event(s) visit bit.ly/ccDVAM21. You can also scan the QR code to be directed to the registration form.

If disability accommodations (e.g. communication access, alternate formats) are needed to participate fully in any event, please submit your request to AccommodationsRequest@cerritos.edu within seven days in advance of the event.

QUESTIONS? Contact agray@cerritos.edu

[*] Presentations will be recorded and uploaded onto the Cerritos College Title IX webpage for viewing at a later date. Access to the recordings will only be granted to Cerritos College affiliates with a valid Cerritos account.