

31 Days, 31 Ways

to prevent domestic violence

1. Host a family book club
2. Follow Sheltering Wings
3. Play "Telephone"
4. Donate or help at food pantry
5. Plant a seed
6. Plan a family reunion
7. Share a school memory
8. Write a positive self-affirmation
9. Play "Simon Says"
10. Create a 5-year plan
11. Send a caring text to a friend
12. Make a meal with someone
13. Pick up trash at the park
14. Freeze dance party
15. Share your biggest fear
16. Visit an Escape Room
17. Leave candy for a co-worker
18. Encourage a child outside your family
19. Visit your local library
20. Debate with a silly topic
21. Write a note of encouragement to a survivor
22. Play "Andy's Home"
23. Complete a family project together
24. Tell someone "I am proud of you!"
25. Perform a random act of kindness
26. Share a time you failed but learned something
27. Get to know a neighbor
28. Share a story about integrity
29. Role-play a conflict with a child
30. Pay it forward
31. Take a selfie

YOU are the key to ending abuse!



With just a few simple (and fun!) activities, you can create a strong foundation for you and your family. Building a strong foundation can help create a stronger future free from abuse.



Scan the QR code to learn details about each activity and more ways to get involved during Domestic Violence Awareness and Prevention Month – and all year long!

Strong Foundations – Stronger Futures

Join the Conversation:



ShelteringWings.org/DVAP

24-Hour Helpline: 317-745-1496

SHELTERING WINGS