

What is **#1 Thing** You Could Do to Unite Against Domestic Abuse?

The 2020 Domestic Violence Awareness Month (DVAM) campaign is designed to promote the idea that **preventing domestic abuse is a shared community responsibility, and one that starts with a message of support for victims.** This campaign introduces simple but safe and effective ways for Family, friends and concerned community members to help individuals who are at risk for domestic abuse during a time of heightened isolation.

Throughout this month, you will see various ways you can participate in Fort Campbell's united stand to end domestic abuse. To start, Fort Campbell is hosting a Virtual Walk/Run as a DVAM activity. Community members are asked to participate by tracking their steps (miles are accepted as well) throughout October. Help Fort Campbell reach it's goal of [1,101,101 steps](#) completed to raise awareness of domestic abuse. Remember, we are **United to End Domestic Abuse.**

Here are a few ways to get involved and raise awareness 1 step at a time:

- [Unit runs for the cause:](#) Count PT runs toward Fort Campbell's step goal.
- [Engage in daily Family walks:](#) Family time can strengthen the family unit and exercise is good for everyone involved. Kids' steps count too, even if they are in a stroller.
- [Practice daily walks for individual self-care:](#) Single Soldiers and Civilians can support the cause as well while also addressing physical self-care needs.
- [Couple talks during couple walks:](#) To strengthen the relationships and improve communication.
- [Organizations on a mission:](#) Get together and track your steps as a group to show your organization's support.

