For Immediate Release: [INSERT DATE]

Contact: [INSERT CONTACT INFORMATION]

**During Domestic Violence Awareness Month, #1Thing Can Make All the Difference**

[CITY, STATE] - 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.

That is why the October, during Domestic Violence Awareness Month (DVAM), [Agency] is asking “What is the #1Thing you can do to end domestic violence?”

“Many people care and understand that domestic violence is a serious public health problem. They want to do something but believe their actions can’t make a difference,” said [Name & title of person]. “It feels overwhelming. But change can start with only #1Thing. Imagine if all [# of people in your community/city/town/etc.] individuals in [name of community/city/town/etc.] each commit to doing just #1Thing to stop domestic violence. Well we could really see some serious social transformation.”

According to the Centers for Disease Control, 1 in 4 women and 1 in 9 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime.1

“Right here is [city/town], [agency name] has served [#] victims of abuse and violence this year [or insert the most current year in which you have #’s) alone,” added [last name of person]. “That is why we need everyone - advocates, medical professionals, educators, survivors, researchers, policy makers, law enforcement officers, business owners, students, and more, to do #1Thing to stop domestic violence here in [town/city].

#1Thing you could do to address domestic violence:

* Be a caring and consistent adult in the life of a child
* Talk to loved ones about violence and oppression
* Create a culture of consent in your home
* Use social media to raise awareness among your peers
* organizations to establish
* Reach out to my local domestic violence program to learn how you can help
* Listen to and validate a survivor of trauma
* Take the #1Thing Community Pledge to end domestic violence: http://ow.ly/fbGT30lYERO
* See more ideas at http://ow.ly/FDXR30lYEFg

This October join [agency] as we mourn for those whose lives were taken by domestic violence, celebrate the tremendous progress victim advocates have made over the years, and connect with one another with a true sense of unity to end domestic violence.

[Add info about your agency and DVAM events]

#1Thing unites our individual voices while highlighting the power of our collective action.

# # #

1Smith, S.G., Chen, J., Basile, K.C., Gilbert, L.K., Merrick, M.T., Patel, N., Walling, M., & Jain, A. (2017). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 State Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.