Every October, the National Network to End Domestic Violence (NNEDV) joins with our partners, supporters, and allies across the country to recognize Domestic Violence Awareness Month (DVAM).

In October 2018, our annual #31n31 campaign focused on Survivors’ Rights. We explored the concepts to which we believe all survivors have the right.

**Survivors have the right to...**

**1. Be Believed**

We should always believe, support, and trust survivors. Victim blaming must stop.

**2. Safety and Security in their Communities**

Survivors should always feel safe and secure in their communities, so as not to be re-traumatized or feel vulnerable.
3. Rebuild

It is a difficult process for survivors to rebuild, but healing is possible. We need to support survivors at every step of their healing process.

4. Leave or Stay

There are many reasons why survivors choose to leave or stay with an abusive partner. Regardless of their choice, survivors deserve respect and support.

5. Be Connected with Family, Friends, & Communities

Isolation is a common tactic abusive partners use to assert power & control. Survivors have the right to maintain and build relationships with friends and family - in person and online.
6. A Workplace Safe from Stalking and Abuse

Workplace harassment and stalking by a partner is a form of financial abuse. Work should serve as a safe space for survivors, not an environment where they feel at risk of abuse.

7. Control their Own Narrative

Every survivor is in control of their own narrative. Whether a survivor decides to share their story or not, their decision and method of healing must be respected and supported.

8. Access Services that Meet their Needs

Trauma-informed services aren’t always accessible to victims in many communities. However, every survivor should have access to services that fulfill their needs.
9. Parent

Survivors should not be denied the right to parent because their partner chose to abuse. Survivors’ choices how to best protect their children are up to their discretion; we must support them.

10. Be Healthy

Survivors deserve access to healthcare and benefits throughout their healing. Mental and physical health is of upmost importance for survivors.

11. Claim Power

Reclaiming power is a crucial step in the healing process of a survivor.
12. Bodily Autonomy

Reproductive abuse, coercion, and sexual assault are tactics of abuse facing many survivors of domestic violence. Violating bodily autonomy is a method of exerting power and control. We must support survivors in reclaiming their bodily autonomy.

13. Heal in their Own Way

The healing process looks different for every survivor. We must support every survivor’s individual healing process.

14. Be a Voice Against Violence

We should ALL be voices against violence. Violence is never acceptable and abusers should be held accountable for their actions.
15. To Be Heard

Survivors know what is best for them and will share their story when they are ready. Letting survivors know that they are being heard is important.

16. Safety

Survivors deserve to be safe in all spaces, whether that be online, in legal systems, at work, or at home.

17. Own their Identities

There is no one-size-fits-all way to be a survivor. We celebrate that survivors are unique individuals and have the right to own and express their identities.
18. Love

Love may be many things, but abuse is not one of them. Survivors deserve to love and to be loved by friends, family, and partners.

19. Fair Reporting of their Stories

When media coverage blames victims or excuses violence, it causes devastating consequences by skewing perspectives on DV and further entrenches systems of racism, classism, & sexism.

20. Privacy and Safety Online

Technology can have a major impact on the lives of survivors. Technology can be used to build and maintain relationships with friends and family. Survivors deserve to use technology without fear of stalking or harassment.
21. Accessible Information

![Accessible Information Image]

Survivors should never be re-traumatized by inaccessible public systems & benefits. Accessible information is crucial to helping survivors during their healing process.

22. Express Emotion

![Express Emotion Image]

All feelings and experiences are valid and healthy. Practicing self-care can be a way to heal and express emotion.

23. Hold Offenders Accountable

![Hold Offenders Accountable Image]

All abusers should be held accountable. However, survivors have the right to hold abusers accountable in the ways they see fit.
24. Feel Safe Where They Live

Survivors should never feel vulnerable and at risk of abuse in their own home. Feeling safe where they live is important to helping survivors heal.

25. Be Treated with Respect and Dignity

Those who choose to abuse will often isolate and marginalize their partner to gain power and control. Survivors deserve to be treated with respect and dignity.

26. Be Seen as Dynamic and Complex Individuals

Abuse does not define survivors. Survivors are unique individuals with passions, goals, and beliefs - and deserve to be seen as such by service providers, friends, and family.
27. Live Without Fear

Gaslighting, coercion, and emotional abuse are common fear tactics used by abusers. Survivors should be able to go about their days without living in fear.

28. Seek Support

Survivors deserve access to resources in their communities that prioritize their needs. Support from family, friends, and service providers is crucial to helping survivors during their healing process.

29. Access Technology

Technology is often misused by abusive partners. Survivors deserve to feel safe when accessing online resources or using social media. Technology is also used by survivors to maintain relationships with friends and family.
30. Have Faith in their Life

Faith communities can be integral to healing for survivors - as long as these communities are supportive of survivors and their experiences. Faith can be a source of hope when survivors find themselves struggling.

31. Self-Determination

Survivors know themselves best, and always deserve to make decisions for themselves. Self-determination is an important step in the healing process.