

Thirteen Ways Any ADULT Can Make Ending Domestic Violence His or Her Business.

- 1 Cultivate a respectful attitude toward women in your family and at your workplace. Avoid behaviors that demean or control women.
- 2 When you are angry with your partner or children, respond without hurting or humiliating them. Model a non-violent, respectful response to resolving conflicts in your family. Call a domestic violence or child abuse prevention program for their help if you continue to hurt members of your family.
- 3 If you have a friend or co-worker who is afraid of their partner or who is being hurt, offer your support and refer them to the 24-hour toll-free **National Domestic Violence Hotline** at 1-800-799- SAFE (7233). Or to the **National Dating Abuse Helpline** at 1-866-331-9474 if more appropriate. More information about how to get help may be accessed online at <http://www.thehotline.org/get-help/>.
- 4 Learn about domestic violence services in your community. Contribute your time (volunteer!), resources or money. Find a program (<http://vawnet.org/links/>) in your area and make contact to find out how you can help.
- 5 Call the police if you see or hear violence in progress. Abuse and domestic violence is a crime, even when it occurs between people in a relationship or in the same family.
- 6 Talk to your friends and neighbors when they belittle women, make jokes about violence, or ignore an abuse victim.
- 7 Ask you local government to collaborate with domestic violence programs to conduct a safety audit of your community. Be a part of the solution; help promote the right to exist in your community without being objectified. Follow the lead of **Hollaback!** (<http://www.ihollaback.org/>), a movement to end street harassment using mobile technology. These efforts are powered by local activists in 50 cities, 17 countries, and in 9 different languages around the world.
- 8 Write to music producers, movie companies, Internet businesses, video game producers, and TV stations to speak out about violence against women. **Miss Representation** (<http://www.missrepresentation.org/>) is a call-to-action campaign that seeks to empower women and girls to challenge limiting media labels in order to realize their potential. Take the pledge and join their efforts to make a difference together.
- 9 Develop a women's safety campaign in your workplace, neighborhood, school or house of worship. Build a consensus among your colleagues and neighbors that abusive behavior and language is unacceptable.
- 10 Bring together your local domestic violence program staff, parents, teachers, students, and school administrators to start a discussion about developing a school-based curriculum on dating and family violence.
- 11 Ask that physicians and other health care professionals receive training about domestic violence and other forms of abuse. Become an advocate for safe, private, routine screening for domestic violence, child abuse, and elder abuse. Educate yourself about these initiatives. **Futures Without Violence** has made significant strides in this area. Guidelines and educational tools to improve health care's response to domestic violence are available here: http://www.futureswithoutviolence.org/section/our_work/health.
- 12 Co-sponsor a citizens' monitoring group with your local domestic violence program to insure that law enforcement officers, judges, and probation & parole personnel receive training about domestic violence and enforce the law.
- 13 **EXAMINE YOUR OWN LIFE for violence and oppressive behaviors. Try to live a VIOLENCE-FREE life.**

Place a label here with emergency contact information for your domestic violence program, shelter or hotline