

Thirteen Ways Any HIGH SCHOOL STUDENT Can Make Ending Domestic Violence His or Her Business.

- 1 Cultivate a respectful attitude toward girls in your school and female members in your family. Avoid behaviors that demean or control women.
- 2 When you are angry with your friend, girlfriend, boyfriend, sister, brother, or parent, respond without hurting or humiliating them. Try to use a non-violent, respectful response to resolving conflicts in your family and relationships. Call a domestic violence, teen dating violence or child abuse prevention program for help if you continue to hurt friends or members of your family.
- 3 If you have a friend or know of a family member who is afraid of her or his partner or who is being hurt, refer them to the 24-hour toll-free **National Domestic Violence Hotline** at 1-800-799-SAFE (7233). Or if appropriate, to the **National Dating Abuse Helpline** at 1-866-331-9474, via online chat at <http://www.loveisrespect.org/get-help/get-help> or by texting "loveis" to 77054.
- 4 Ask and learn about teen dating violence and domestic violence. Give a presentation in school. Many resources and materials have already been developed for your use. Visit [loveisrespect.org](http://www.loveisrespect.org) (<http://www.loveisrespect.org/take-action/campaigns>) and **Break the Cycle** (<http://www.breakthecycle.org/community-tools-training>) for guidance on where to begin.
- 5 Contact school authorities and campus security, or call the police, if you see or hear violence in progress.
- 6 Talk to your friends, neighbors, and family members when they belittle women, make a joke about violence, or ignore a victim of abuse.
- 7 Contact your student government about conducting a safety audit of your school and instituting a violence-free program or zero-tolerance policy for your school.
- 8 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.
- 9 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.
- 10 Build a general agreement among your classmates and friends that abusive behavior and language is not OK and will not be tolerated.
- 11 Bring together friends and classmates to work with domestic violence program staff, parents, teachers, and school administrators to start a discussion about developing a school-based curriculum on dating and family violence.
- 12 Learn about city codes, state and federal laws that deal with violence against girls and women.
- 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