Ten Ways Any MIDDLE SCHOOL STUDENT Can Make Ending Domestic Violence His or Her Business.

1. Respect girls and women in your school and in your family. Don’t make fun of, bully or try to control other students. If you have a friend or know of a family member who is afraid or who is being hurt by someone who loves or likes them, refer them 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.

2. When you are angry with your friend, sister, brother or parent, don’t try to hurt or humiliate them. Try to act in a non-violent, respectful way when solving conflicts in your friendships and family.

3. Ask and learn about 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/take-action/campaigns) and Break the Cycle (http://www.breakthecycle.org/community-tools-training) for guidance on where to begin.

4. Contact school authorities and campus security, or call the police, if you see or hear violence happening.

5. Talk to your friends, classmates, neighbors, and family members when they belittle women, make a joke about violence, or ignore a victim of abuse.

6. Ask your teachers or principal to work with domestic violence programs to help make your school and surrounding community safe for girls and boys.

7. Write to music producers, movie companies, Internet businesses, game producers, and TV stations to let them know that picturing violence against girls and women is not OK. Miss Representation (http://www.missrepresentation.org/) is a call-to-action campaign that seeks to empower women and girls to challenge media labels (stereotypes) and realize their potential. Take the pledge and join their efforts to make a difference together.

8. Make a contract with your classmates that abusive behavior and language is not OK and will not be tolerated in your school.

9. Form a group of friends and classmates who will work with domestic violence program staff, parents, teachers and school administrators to start a discussion about developing a school program or unit on dating and family violence.

10. EXAMINE YOUR OWN LIFE for violence and hurtful behaviors. Try to live a VIOLENCE-FREE life.