

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) (<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.

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