



15 WAYS YOU CAN HELP STOP DOMESTIC VIOLENCE

1. Approach domestic violence as a human rights issue involving men and women of all ages and socio-economic, racial, ethnic and religious backgrounds. Support men to be empowered bystanders who can help confront abusive peers.
2. Support a workplace environment safe from all forms of violence and have policies in place that support victims in accessing information, services and legal remedies.
3. If you suspect that someone close to you is being abused or has been sexually assaulted, gently ask if you can help. Call the National Domestic Violence Hotline for 24 hour assistance at 1-800-799-SAFE.
4. Talk to your faith leaders about domestic violence. Discuss ways in which your faith community can promote healthy relationships, provide support to victims and their children, and send clear messages that domestic violence is not acceptable.
5. If a relative, friend, classmate, colleague, or teammate is abusing his partner – or is disrespectful or abusive to girls and women in general – don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. If you don't know what to do, consult a domestic violence program. Don't remain silent.
6. Have the courage to look inward. Question your own attitudes and make a positive change where necessary.
7. Encourage young boys to be nurturing and young girls to be strong. Help children develop knowledge, attitudes, and beliefs that lead to healthy relationships. Visit www.safeandrespectful.org to learn more.
8. Foster collaboration among community groups working on violence prevention. Help make the connections between youth violence, bullying, child abuse and domestic violence so that knowledge, resources and strategies are shared.
9. Be an ally to men and women who are working to end all forms of gender violence. Support events and raise money for community-based domestic violence and sexual assault programs.
10. Respect and promote respect for all people, regardless of race, gender, religious affiliation, or sexual orientation. Do not tolerate discrimination, violence, or degrading behaviors against anyone you perceive to be different from yourself.
11. Model nonviolent, respectful behavior in your family. Call a domestic violence or child abuse prevention program if you need help.
12. Recognize that teaching peace begins at home. Teach your children and grandchildren to reject violence, especially in the face of peer pressure or messages to the contrary in popular culture.
13. Support education initiatives that address teen dating violence. Encourage schools to include information on healthy relationships as part of standard curriculum materials.
14. Encourage training on how technology can aid victims of domestic violence and protect from on-line abuse. To learn more visit www.nnedv.org/safetynet.
15. Become a member of the Delaware Coalition Against Domestic Violence!

9/4/2009 Adapted from MVP Strategies poster developed by Jackson Katz