

The National Domestic Violence

HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

Get Involved

Interested in more ways to help in your daily life and community?
Here are a few ideas:

- Be nonviolent and non-judgmental in your interactions with others.
- Challenge attitudes and beliefs that promote a culture of violence and victim-blaming or shaming.
- In personal situations, hold the abusive person, not the victims, accountable for their abusive behaviors.
- Learn how to support a friend or loved one if they tell you they are being abused.
- Raise awareness about domestic violence through the use of local media, community groups, schools or other forums.
- Educate young people in your life about abuse, violence prevention, and how to build healthy relationships. (Our youth-focused project, loveisrespect, can be a great resource!)
- Support legislation that offers greater protections and assistance for victims and increases accountability for abusive partners.
- Volunteer at a local crisis program or shelter.
- Donate money or requested items to your local programs or shelters.

MARY KAY

The creation of this material was supported by Mary Kay Inc. as part of the #ManUp campaign.