

Together We Can End Family Violence

Here are some things **you** can do:



EDUCATE YOURSELF: Domestic Violence is not just physical violence. It is also be emotional, spiritual, sexual, or economic abuse. Attend programs, watch films, take courses, read books and articles. Learn to recognize the signs of abusive behavior. Know who your local domestic violence service providers are. Find out who the domestic violence police officers (DVPO) in your precinct are. Check out your own attitudes. Ask yourself in what ways your attitudes and actions contribute to the violence and violation of others.

EDUCATE YOUR COMMUNITY: **Put up** posters, **distribute** pamphlets and brochures in your building; at local businesses: beauty shops barber shops and grocery stores; your place of work, libraries, local colleges, and gyms. **Contact** the parent coordinators at your local schools to hold a program on domestic violence. **Encourage** your community of faith to address domestic violence openly. Hold a potluck and talk about family violence and what you can do about it in your community.

SPEAK OUT: **Vigorously confront** misogynist behavior. **Mentor and teach** young boys about how to be men in ways that don't involve degrading and abusing women. **Intervene** in harassment, abuse, violence and intimidation of girls/women in the education system, on the street, or at work. **Organize and participate** in vigils, marches and demonstrations honoring the right to be free from violence. **Protest** sexism and violence in the media.

LISTEN: If a victim/survivor reaches out to you, listen without judging. Ask her what she needs. Help her to find the resources and support that are right for her. **Understand** that it isn't easy and not often safe for a woman to "just leave." **Put safety first.** Help victims work out a safety plan that makes sense for their situation. If you are unclear about how to help, consult with local domestic service providers or your local DVPO. **Stop blaming** batterers' behavior on myths such as drugs and alcohol, family history, anger, provocation, "loss of control." **Refer** batterers to accountable intervention programs.

DON'T FUND SEXISM. Refuse to purchase any magazine, rent any video, subscribe to any website, or buy any music that portrays girls or women in a sexually degrading or abusive manner.

**For Assistance with Domestic Violence Issues
Please Call:**

CONNECT Legal Advocacy Helpline (M-F 9AM-5PM)
212 683 0605

New York City's Domestic Violence Hotline (24 Hrs)
212 621 HOPE

**For more information, a calendar of DV events, free posters,
materials, and resources contact :**

The Mayors Commission to End Family Violence
212 788 3156

The NYS Office for the Prevention Of Family Violence
518 457 5800

Adopted from Jackson Katz's "10 Things Men Can Do To Prevent Gender Violence"
<http://www.jacksonkatz.com/topten.html>
by **CONNECT**, a non-profit family violence organization that strives for
"safe families, peaceful communities"

**CONNECT'S innovative, informed approach incorporates
direct service programs with community empowerment work
that emphasizes prevention and community based intervention.**