

Domestic Violence - What Can You Do?

What you can do to help friends or family members who are being abused:

- Call police if you see/hear abuse
- Explain that FREE and CONFIDENTIAL help is available for victims and their children at local domestic violence programs
- Offer a ride to a local shelter, a place to make a phone call or to baby-sit while they attend appointments

What you can do to help friends or family members who are abusers:

- Call police if you see/hear abuse
- Tell them there are no excuses for abuse and they may lose their families, friends, homes and jobs if it doesn't stop
- Hold them accountable for their behavior
- Support their efforts to locate and obtain appropriate batterer intervention treatment

What you can do to help your local domestic violence program:

- Volunteer your time
- Make monetary donations or donate phone cards, gift certificates, bus tickets, etc.
- Offer to board pets or livestock while victims are in shelter
- Sponsor a family for a holiday meal, holiday gifts, etc.
- Contact program staff to learn more about the many ways you can help