

What Can I Do to Stop Domestic Violence???

Did you know that each day there are more than 300 calls made to the Philadelphia Police Department for domestic violence incidents? Make an impact on our city by taking part in the movement to end domestic violence in Philadelphia.

Sign the pledge.

Become one of thousands of individuals to take a stand against domestic violence through the [Women Against Abuse iPledge campaign](#).

Show Your Support

Demonstrate your support for domestic violence victims and survivors by submitting a simple, powerful note of encouragement by voicemail, text message, social media and at www.voiceshavepower.com. On Twitter and Facebook, you can tag your words of encouragement with #VoicesHavePower. For every message of hope received by August 8, Verizon Wireless will contribute \$3 to the 'Because Voices Have Power' fund. From the funds raised \$20,000 will support Children's Services at Women Against Abuse, which provides programs for young residents.

Advocate.

Make sure your representatives and politicians know that domestic violence is an issue that you care about. A simple call can help ensure continued funding for key emergency supports for survivors of domestic violence. Check out our [advocacy alerts](#) for more information.

Get trained.

Organize a training on domestic violence and dating violence with your local community group, whether your church, your school, your neighborhood association or your workplace. Women Against Abuse educators provide customized trainings on a variety of topics. [Request a training today!](#)

Post free resources.

Make sure domestic violence resources are available at your church, for school staff, at Back to School Night, in local grocery store, and more, including [Philadelphia Domestic Violence Hotline](#) cards and Women Against Abuse brochures. Contact Megan Slattery at msslattery@womenagainstabuse.org to request materials and hotline cards.

Speak out against domestic violence and dating violence.

[Know the facts](#) and be prepared to counter misconceptions, stigma and myths about individuals perpetrating and experiencing intimate partner violence, and dating violence.

Volunteer.

Throughout the year, Women Against Abuse needs volunteers. Check out our [current volunteer listings](#) to see how you can get involved!

Launch a donation drive.

Organize a giving circle or donation drive to support the women and children made homeless by domestic violence living in Women Against Abuse's emergency safe haven. Your donated clothes and supplies go directly to the women and children in Women Against Abuse's residential programs. Many of the families we serve have had to leave their homes in crisis situations with just a couple of suitcases. Visit our [Donate Goods](#) page for a wish list of items from the survivors of domestic violence we serve.

Three out of four (73%) parents with children under the age of 18 said that they have not had a conversation about domestic violence or sexual assault with their children.

Have these conversations with families as an important first step in making homes part of the movement to end domestic violence.

Know the 24/7 Philadelphia Domestic Violence Hotline number.

The hotline is staffed with professional counselors who can answer your questions or concerns about domestic violence, whether for yourself or someone you know. Call [1-866-723-3014](tel:1-866-723-3014) for free anonymous, confidential support.

Challenge the media.

Write an op-ed to your local paper discussing the importance of domestic violence awareness and the impact violence in the home has on families and communities.

In one study assessing barriers to employment resulting from domestic violence, 85% of victims reported that their abuser kept them from sleeping; one-third reported that their abuser withheld transportation at the last minute; and one-third were beaten to the point that they could not work.

Learn how you can transform your place of ministry to better respond to domestic violence!

Know your place of ministry policies.

Make sure your place of ministry has policies and procedures to respond to domestic violence. Ensure you and your coworkers know how to respond to domestic violence incidents that occur in the office and how to support a coworker who may be struggling with intimate partner violence.

Make resources available.

Make sure domestic violence resources are available for staff, including [Philadelphia Domestic Violence Hotline](#) cards and Women Against Abuse brochures. Contact Megan Slattery at atmslattery@womenagainstabuse.org to request materials and hotline cards.

Start a giving circle or donation drive.

Organize a workplace giving circle or donation drive to support the women and children made homeless by domestic violence living in Women Against Abuse's emergency safe haven. Visit our [Donate Goods](#) page for information

Spread the word.

Post a domestic violence fact or resource to your social network and start a conversation. A simple post can let a friend know that it's OK to talk about it. Include a link to the 24/7 [Philadelphia Domestic Violence Hotline](#) (1-866-723-3014) a great confidential, free resource for individuals experiencing or concerned about domestic violence.

Share your story.

One in four women and one in seven men will experience domestic violence in their lifetimes. Tell us why you are committed to standing up against domestic violence on Facebook and Twitter. [#iPledgebecause](#)

Stay in touch!

[Sign up for quarterly e-newsletters and biweekly email updates](#) on Women Against Abuse programs and upcoming events! Join us on [Facebook](#) and [Twitter](#) for daily updates on domestic violence events, news and advocacy efforts.

Contact your legislator.

Make sure your representatives and politicians know that domestic violence is an issue that you care about. A simple call, email or electronic signature can help ensure continued funding for key emergency supports for survivors of domestic violence. Check out our [advocacy alerts](#) for more information on current policy issues, or reach out to [your elected official](#) at any time.

Attend local council meetings.

Be a part of the political discourse and let your local leaders know that domestic violence is a priority issue that deserves attention and resources. Check out the Philadelphia City Council [meeting calendar](#) for a meeting that might interest you.

Reach out to your local leaders.

Remind your local leaders that domestic violence not only affects tens of thousands of Philadelphians each year, but that it is costly to not address it. Visit the [US Conference of Mayors' website](#) for information on how to contact your city government.

[Are you an educator? Take action to prevent violence at your high school or university!](#)

Know what campus resources are available for dating violence.

Does your high school have a resource or group for individuals experiencing dating violence? Does your campus security get trained to deal with sexual assault and dating violence? Women Against Abuse's Education and Training Department can help your high school or university create policies to address dating violence as well as train teachers, administrators and school staff on how to respond.

Talk to teens and young adults about dating.

Youth learn through observation, and often domestic violence is either ignored or even accepted in the media. Make sure teens and young adults know what makes a relationship healthy and that jealousy and other controlling behaviors are not signs of affection.

Bring your teachers and students to an event or create an event at your school!

Each October, bring Domestic Violence Awareness Month to your school! At the beginning of October, Women Against Abuse kicks off its annual iPledge campaign which encourages citizens to learn how they can intervene in the cycle of domestic violence. Visit our [iPledge page](#) for information. You can also organize a school team to join Senator LeAnna Washington's annual Walk to End Domestic Violence by the Philadelphia Museum of Art. Check our [Events calendar](#) for upcoming events!

Tell students about the Circle of 6.

Circle of 6 is a free GPS enabled App for a Smart or Android phone that helps the user to contact 6 friends when the facing a precarious situation that may lead to dating or domestic violence.