



# Advocate against domestic violence

Domestic violence is a serious issue that requires immediate action. It occurs when an individual suffers abuse at the hands of a family member or partner.

Abuse can come in many forms:

- Physical abuse
- Emotional abuse
- Economic abuse
- Sexual violence
- Stalking

Whether the individual is a spouse, child, or older relative, everyone deserves a life free from violence and abuse.

## RECOGNIZING THE SIGNS

Domestic violence is a challenging topic to talk about and often involves feelings of shame and worthlessness. Keep an eye out for these signs of abuse:

- Unexplained cuts or bruises
- Avoidance of close relationships or family activities
- Discomfort or fear around a partner
- A partner or family member who is controlling and makes all the decisions
- A partner or family member who threatens to hurt themselves if the partner wants to break up.

## PREVENTING VIOLENCE & ABUSE

Domestic violence relies on an environment of isolation and secrecy. People with high self-esteem and strong social support are less likely to become victims.

To advocate against domestic violence, consider getting involved in programs that work to support strong communities. Many successful domestic violence prevention programs focus on:

- Investing in healthy relationships
- Advocating for accessible community resources
- Social programs aimed at reducing poverty
- Increased educational opportunities

## CONFRONTING DOMESTIC VIOLENCE

If you or someone you know is a victim of domestic violence, seek help. Call 911 if you are in a dangerous situation, or reach out to the domestic violence hotline at 800-799-SAFE.