

40 WAYS YOU CAN RESPOND TO DOMESTIC VIOLENCE*

The following is a list of ways that you or a group you belong to can help prevent family violence. If you would like more information or referral numbers, please call Sanu Dieng at (757) 728-2638 or call Transitions Family Violence Services' 24-hour crisis Hotline at (757) 723-7774.

If you know someone who is being abused:

- Believe her, and keep what she tells you confidential.
 - Let her know she is not to blame for the abuse; *she is not responsible for it and does not deserve it.*
 - Take the time to talk her privately and ask about suspicious bruises or fights that you know about. She needs to tell her story in her own time and at her own pace.
 - Help her make safety plans for herself and her children. It could save their lives.
 - Validate her feelings; she may feel hurt, angry, afraid, ashamed or trapped. She may love the abuser and think that he can change.
 - If you suspect that abuse is occurring and she and the children are in immediate danger, call 911. If you need more information and resources, call Transitions at (757) 723-7774 or the [National Domestic Violence Hotline](#) at 1-800-799-SAFE.
- Assault is a crime.**
- Make strong statements against violence in your social circles and in support of victims building violence-free, self-sufficient lives.
 - Give out information about local resources; the Transitions Family Violence Services 24-hour crisis Hotline is (757) 723-7774; the [Virginia Statewide Family Violence and Sexual Assault Hotline](#) is 1-800-838-8238.
 - Offer to assist her in keeping safe by letting her stay with you, if possible, or keeping documents, money, a packed suitcase for her, or identifying a code word that she can use to signal the need to call the police on her behalf.
 - If appropriate, talk to her children about what they are seeing and feeling. Help them make plans to be safe. Call [Protect Our Kids](#) at (757) 727-0651. The goal of [Protect Our Kids](#) is to work with Hampton community partners to improve the health and well-being of children exposed to violence and to reduce the number of children exposed to violence.

If you know someone who is abusive:

- If you are violent, stop the violence immediately, and seek assistance. Call the [Center for Child and Family Services](#) at (757) 838-1960 or the [National Domestic Violence Hotline](#) at 1-800-799-SAFE for help. **Remember that assault is a crime.**
- Interrupt verbal harassment, and *if it is safe to do so*, acts of violence that you see happening.
- Call the police if it is unsafe to intervene. It may save someone's life.
- Let batterers know that domestic violence is a crime and that they could be prosecuted and sent to jail.

- If a perpetrator is justifying violence or harassment because of something the victim did, point out that the perpetrator is the only one who is responsible for violent acts. Don't let perpetrators get away with victim-blaming, minimizing or trivializing their violence.
- If you don't like it when someone makes jokes about women or about domestic violence, let the person telling the joke know it and why.
- Talk to perpetrators you know about the violence they are doing, but do not disclose information given to you by a victim, unless you have their permission. Let perpetrators know that violence is not acceptable and that they can choose to stop it.
- Support strong law enforcement intervention in cases of domestic violence. Don't defend batterer to police, prosecutors or judges. Act as a witness to a crime.
- If you are an employer, assist police, sheriff or other law enforcement officers to serve orders of protection, subpoenas, or other documents. Visit the [Corporate Alliance to End Partner Violence](#) web site for ways that employers can help their employees in cases of violence.
- Do not ostracize the victim nor side with the perpetrator.
- Make strong statements against violence in your social circles. Advocate for full accountability by perpetrators, and for full restitution for victims.

Help support shelters and programs for adult survivors and their children through:

- [Regular, consistent financial donations](#). You can donate to Transitions Family Violence Services [here](#) or by mailing a check to Transitions, P.O. Box 561, Hampton, VA 23669. Please call (757) 728-0025 with questions about donations.
- Food donations.
- Donations of equipment, gifts, clothing, furniture, blankets, computers, etc. For Transitions' wish list, [click here](#).
- [Volunteer](#) to assist Transitions' shelter programs with answering our Hotline, working with survivors, raising funds, training/ mentoring for survivors.
- [Volunteer](#) to work during renovation, clean-up, and mailings.
- Write letters to City, County, State and National elected officials encouraging them to support funding for intervention in domestic violence and survivor services.
- Write letters to the editor supporting services for survivors.

Example projects for individuals, groups or teams:

- Adopt-an-agency for a year: Provide [donations of all kinds](#); put on a fund-raising event; bring a group of friends/ work associates together to form a work party for an agency. For more ideas, please call (757) 728-0025.
- Assist in providing meals or a celebration for those residing in a shelter or transitional housing, including children's birthday parties, holiday dinners, summer picnics.
- Prepare starter kits for survivors: Household kits (pots, pans, utensils kitchen towels, broom, clock, etc.); Personal hygiene kits (soap, shampoo, bath towel, wash cloth, comb, toothbrush and paste); Bedding kits (sheets, pillows, blankets, bedspread);

Children's kits (crayons or art supplies, pajamas, stuffed animal, toothbrush and Winter kits (mittens or gloves, umbrella, hat, raincoat or warm coat).

- Provide blankets or make quilts for shelter residents.
- Share your skills through mentoring, tutoring, presenting workshops on parenting, computer use, employment, literacy/GED readiness or job skills.

Community Projects:

- Advocacy, including writing letters, making phone calls to elected officials or funders for additional funding for shelter programs, finances for affordable housing, jobs, financial assistance, access to medical care.
- [Invite Transitions' staff and volunteers to speak](#) to organizations you belong to.
- Attend community forums, workshops or training on domestic violence.
- Advocate for school-based prevention programs and for assistance to children who live in homes where domestic violence occurs.
- Make sure schools and other officials take dating violence seriously.
- Advocate for appropriate services for underserved populations, such as those who speak Spanish or other non-English languages, are gang-affiliated or affected or are disabled.
- Work against sexism, racism and homophobia.

For more information, please call Sanu Dieng, 757.728.2638 or email at sdieng@transitionsfvs.org

** adopted from the Multnomah County Department of County Human Services [web site](#).*