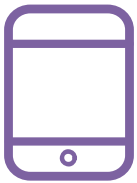


# Domestic Violence Awareness Month

How can you take meaningful action to help victims of abuse?



**Make sure there are signs** in the restroom stalls at your work (or anywhere else you have influence) that educate about the warning signs of domestic violence and offer a number to call for free and confidential help and support. Contact [sjohnston@standingfirmwpa.org](mailto:sjohnston@standingfirmwpa.org) for printable resource posters.



**Download these apps** so you can be ready if a friend needs help:

- **RUSafe?** This app offers a few short questions about the user's relationship and provides feedback about the level of risk. It can also connect the user directly to a confidential hotline to get help with safety planning.
- **Circle of 6:** If you're ever in an unsafe situation, you can open the app and with two quick taps send pre-programmed messages to selected contacts.
- **Aspire:** It looks like any other news app, but when you go to the "Help" section of the page it provides a list of local domestic violence resources and a "Go Button" that alerts the user's chosen contacts, local authorities and service providers about the violent or potentially violent situation.



**Watch Audrie & Daisy** on Netflix with the young women in your life. The website ([audrieanddaisy.org](http://audrieanddaisy.org)) has a great discussion guide, so you can be ready with a few key questions to talk about after the film.



**Donate bus passes and gift cards** to your local domestic violence program. These resources can be invaluable to victims who are fleeing abuse.



**Contact your community's** domestic violence or rape crisis program. They often need volunteers for both short term projects and long term services. If you have more time and want to make a deeper commitment, consider getting trained to provide hotline or crisis support to victims. These agencies also welcome professionals to serve on boards and committees.

SOUTHWEST PA SAYS

**NO MORE**

[southwestpasaysnomore.org](http://southwestpasaysnomore.org)