

WHAT CAN YOU DO ABOUT DOMESTIC VIOLENCE?

Do you know how you can help prevent domestic violence? Here are some simple things:

- **Talk to those you love about love:** It's as simple as just asking "How's your relationship going?"
ASK A QUESTION • LISTEN UP • STAY CONNECTED
- If your friend reveals something, or you have seen or heard about things going on in their relationship that concern you, it can be overwhelming but these phrases can help:
 - "I care about you, and I'm concerned for you."
 - "I've seen (or heard about) some things that make me uncomfortable (or scared)."
 - "I know some people you can talk to about what's going on... (and encourage them to call or meet with an advocate)."
- Check out our website for other ideas about what friends and family can do to help someone. www.dvsbf.org
- Check us out on facebook as we post lots of different ideas over the month about what each of us can do about domestic violence. www.facebook.com/dvsbf



Domestic violence is a complex issue with no easy solution, but it's simple for all of us to do something!

*We got most of these ideas from Washington State Coalition Against Domestic violence. <http://wscadv.org/>
Download their "How's Your Relationship?" cards, or check out their website, blog and facebook
for more great information about domestic violence and how you can talk about it.*

DOMESTIC VIOLENCE SERVICES OF BENTON & FRANKLIN COUNTIES

3311 W. Clearwater Avenue, Suite C140 • Kennewick, WA • 99336 • Phone: 509.735.1295 • Fax: 509.582.9720
24-Hour Crisis Line: (509) 582-9841 • Toll Free 800-648-1277 • Fax: (509) 946-0519

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