

# 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?"
- **Talk to your youth about relationships.** Ask them "What does being a boyfriend/girlfriend mean to you?" **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](http://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](http://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.*

## VOLUNTEER OPPORTUNITIES

DVS depends on volunteers to make great things happen! Here are some of the ways we can use your passion and talents:

- **Community Events** - help at DVS booth for events like the Women's Expo and Family Expo.
- **Fundraising Events** - help at annual events like our golf tournament and the Ladies Afternoon Soiree.
- **Organizing and Projects** - help us fill food boxes, collecting and sorting of donations, yard work and household projects like painting and cleaning.
- **Working with Survivors** - work with women and children at the shelter, help answer the crisis line, or provide support at court.

Visit our webpage for more information on the next volunteer advocacy training or to download a volunteer application: [www.dvsbf.org/volunteer/](http://www.dvsbf.org/volunteer/)

## DONATE

DVS depends on donations to help the survivors and children served by our programs and services.

Needed items include:

- Cleaning Supplies, Dish & Laundry Detergent
- Baby Wipes
- Kitchen Items, Dishes, Silverware
- Towels & Sheetsets
- New socks, underwear and bras
- Art & Craft Supplies
- Used Cell Phones
- Gift Cards

DONATE TO DVS BY SHOPPING ON AMAZON:

- Designate DVS as your chosen charitable organization on [smile.amazon.com](https://smile.amazon.com)
- Find DVS' wishlist and send items to us direct.

*Clothing donations can be made on behalf of DVS to New Beginnings Thrift Shop in Richland.*

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## DOMESTIC VIOLENCE SERVICES OF BENTON & FRANKLIN COUNTIES

24-Hour Crisis Line: (509) 582-9841 • Toll Free 800-648-1277

• Phone: 509.735.1295 • Fax: 509.582.9720

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