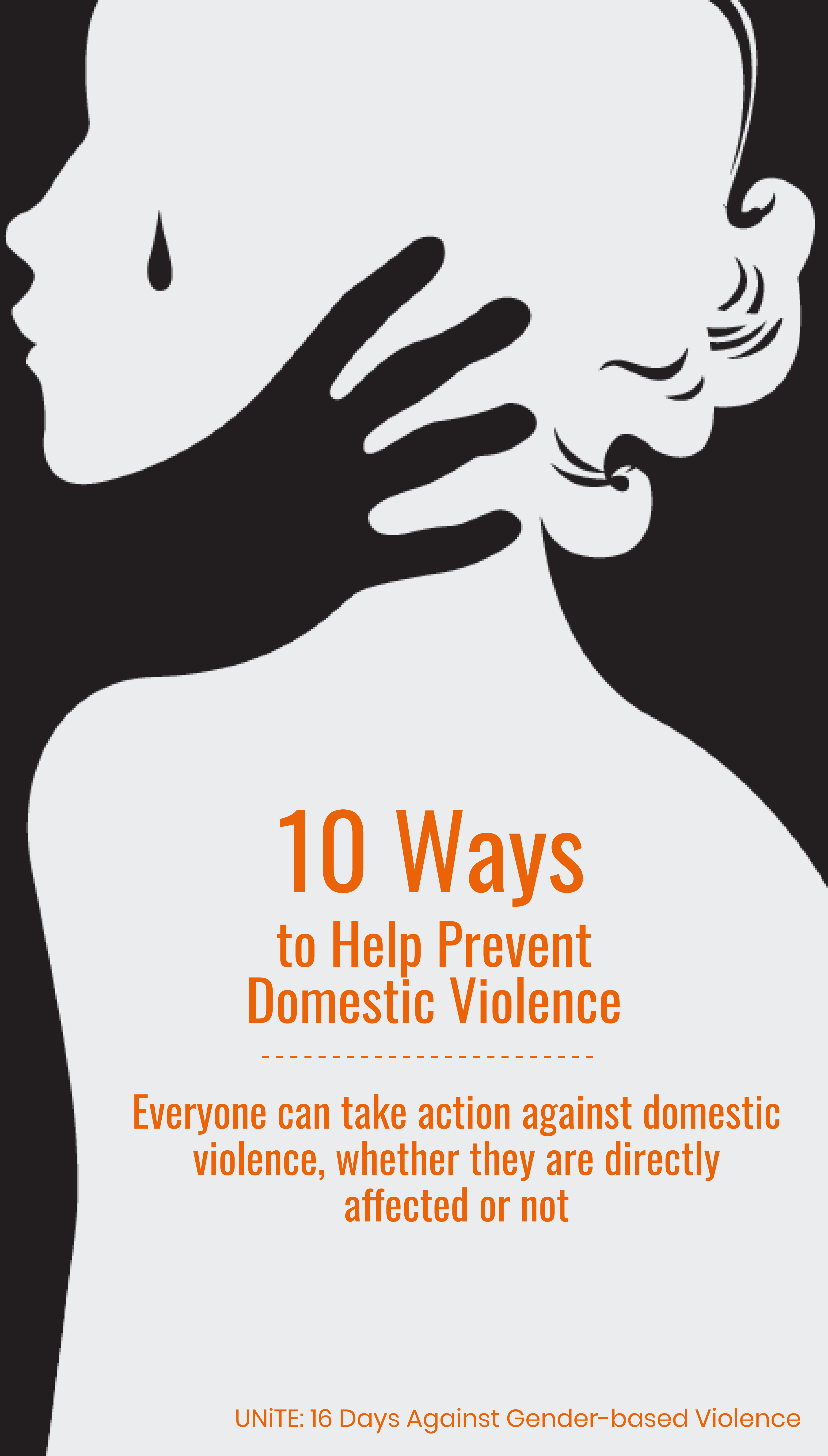




#2030StopGenderViolence



10 Ways to Help Prevent Domestic Violence

Everyone can take action against domestic violence, whether they are directly affected or not

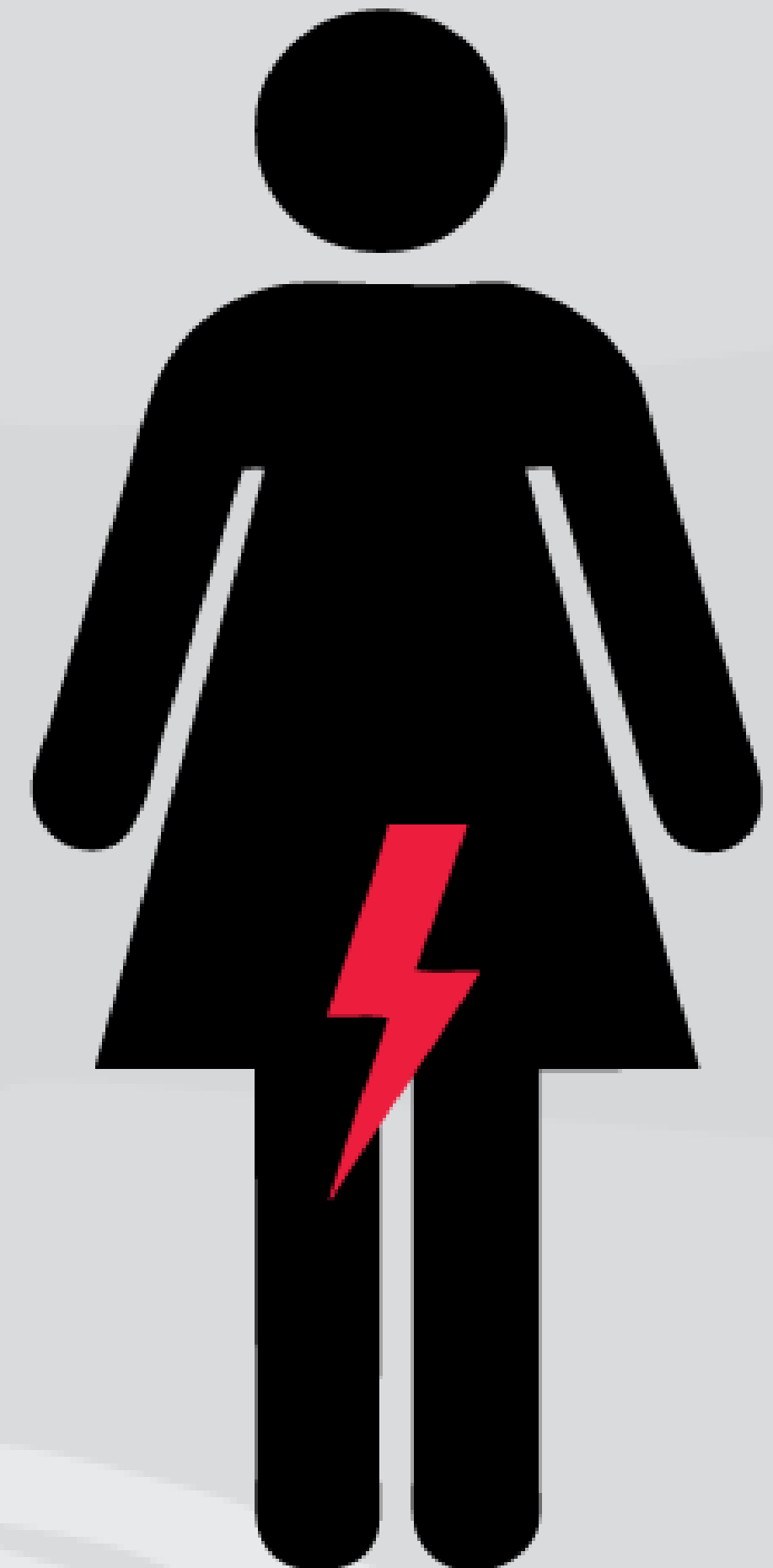
Domestic violence affects everyone - whether they are rich or poor, educated or uneducated, young or old, black or white, homosexual or heterosexual. It is estimated that more than one in three women and one in 12 men have already experienced **physical, psychological or sexual violence** from their intimate partner.



**Physical
violence**



**Psychological
violence**



**Sexual
violence**

It's High Time to Change This !

Whether you are affected or not, if you're asking yourself what you can do to help, read on. Below, 10 ways you can help prevent domestic violence in your community.

1. Know the signs

Violence can be present from the beginning of a relationship or may be inflicted for the first time after months or even years. **But there usually are some warning signs. Be wary of the following red flags:**

- Your partner is jealous of your friends or the time that you spend without them there.
- They try to dissuade you from seeing your friends by constantly badmouthing them.
- They try to shame and embarrass you.
- They seek to control your actions; they call you ten times a day to find out where you are and who you are with.
- They want to be able to scrutinise your outgoings.
- They seek to belittle you and make you feel responsible for the problems in your relationship.
- They want to prevent you from working.
- They take their anger out on your personal belongings.
- They threaten to carry out violence against you, a loved one or a pet in order to get what they want.
- They pressurise you into having sex with them or doing certain things that you don't enjoy, or have already forced themselves on you (*this is rape*).
- They have already been violent towards you (by slapping you, for example) and then apologised, swearing that "*It will never happen again.*"
- They have already threatened you with a weapon or a knife.

2. Do not turn a blind eye

The police always hear the same thing from witnesses: "I saw/heard/was aware of violence in their home, but it was none of my business/I didn't dare get involved in it".

Well, actually it is your business and it is your duty to intervene! If you suspect violence in one of your neighbours' houses, call the police: you might even save a life.

3. Lend an ear

If someone confides in you and tells you that their partner is violent towards them, listen to them without judging them. Do not doubt them and ask what you can do to help.

4. Be available

If one of your loved ones is ready to leave a violent partner or if they fear that the violence will escalate, be available. Plan in advance a meeting place; make sure that your car is ready, with a full tank of fuel; keep your phone with you at all times, ensuring that its ringtone is activated.

5. Find out where your nearest refuge shelters are located

One of your loved ones may need urgent access to one of these refuge shelters. Have the contact details for these refuge shelters close at hand (their telephone numbers and even their addresses).

6. Check in on a regular basis

If you believe that one of your friends is in danger as a result of their partner's violence, do not leave them on their own! Visit them as often as you can to make sure that they are safe.

7. Be helpful

Some victims of violence are unable to find out about refuge shelters, any resources that might be available and the arrangements for or means of escape (their phone/computer may have been confiscated by their violent partner, who may also be controlling their actions and movements, etc.). Do this for them, keep them informed and make sure that nobody finds out about what you are doing.

8. Write it down

If you are close to a victim of domestic violence, you may witness instances of violence or intimidation, or the victim may confide in you after the incident. Write down everything: the date, the location, any potential injuries and the circumstances of the incident. This could be useful in the event of an investigation or legal proceedings.

9. Spread the word

You too can contribute to the information and prevention efforts made by organisations that help victims and fight against domestic violence. Help, participate and use your networks to spread these messages in your community (workplace, leisure clubs, community meetings, church groups, etc.)

10. Live according to your convictions

Do you believe that violence towards women, whatever form it takes, is a disgrace to our societies? As a consumer, reject the culture of violence and contempt for women perpetuated by some sections of the media (in TV programmes and shows, films, video clips and video games, etc.) or some public figures. And spread the word!