

Stand up to violence against women



Know the **FACTS** Know the **SIGNS** Know **WHERE TO GO**

Standing up for women, starts with YOU, but you are not alone.

Listen and believe

If someone confides in you about abuse or violence, listen without judgement. Offer your support and NEVER blame the victim.

Create a safety plan

Encourage the victim to have a safety plan that includes trusted people they can reach out to if necessary.

Know your resources

Familiarize yourself with local hotlines and shelters so you can help.

Avoid confrontation

Never confront an abuser. This can put the victim in even more danger. Instead, focus on supporting them and helping them find professional help.

Report

Report all incidents to local police, no matter how small. Building a record is often key.

The Warning Signs

- Frequently bruised or cut, without a clear explanation.
- Withdrawing and becoming emotionally distant from family or social life.
- Frequently canceling plans or being absent without explanation.
- Suddenly turning to drugs or alcohol to cope with stress.

Resources for Victims

- National Coalition Against Domestic Violence: Visit ncadv.org for resources and information
- National Domestic Violence Hotline: Call **1-800-799-SAFE (7233)** or text "**START**" to **88788** for confidential support.
- Stalking Prevention, Awareness, & Resource Center (SPARC): Go to stalkingawareness.org for resources and information
- **Local Shelters and Crisis Centers:** Find local shelters and organizations in your area through local government websites or national directories.



THE FACTS

91% of rape victims in the U.S. are female

1 in 3 women experience stalking at some point in their lives. Of those, **72 percent of victims** were threatened with physical harm

50% of female homicides in the U.S. involve domestic violence

50% of women who are victims of domestic violence experience **long-term health consequences**