

1 Make Hotline Numbers Accessible

2 Learn DV Warning Signs

3 Participate in a Vigil

4 Challenge Myths Surrounding DV

5 Put Up Posters with DV Information

6 Start a Conversation about DV

7 Bring DV Resources to Your Community.

8 Celebrate Purple Thursday.

9 Donate to DV Service Providers

10 Join Our Mailing List



safe havens
10 Ways to
Break the Silence

1 Make Hotline Numbers Accessible

Survivors of abuse really need information to help them assess their situation. Domestic violence (DV) hotline staff will be able to provide this life-saving information. So, making DV hotline numbers accessible and visible to everyone is vital. You could print state and national hotline numbers in every program and/or newsletter. You could put them on bulletin boards, hang them in bathrooms, or post them on your website. Find your local resources or use the national DV Hotline number: 1-800-799-SAFE (7233).

2 Learn DV Warning Signs

Learning and sharing the common warning signs of an abusive relationship can save a life. Safe Havens has created an infographic of 7 common warning signs of abuse, which you can access here. Remember that the presence of warning signs does not mean someone is in an abusive relationship, and the lack of warning signs does not mean that someone is safe. No list is exhaustive, so for more information please check out <https://ncadv.org/signs-of-abuse> and <https://www.interfaithpartners.org/warning>.



safe havens
10 Ways to
Break the Silence

3

Participate in a Vigil

Attending a vigil can be a way to grieve communally as well as a call to action. Find some national vigils or check with your area statewide DV coalition to find out what's going on in your local community here: <https://ncadv.org/state-coalitions>. Safe Havens also has an annual virtual vigil, which you can find out more about [here](#). Consider hosting a vigil yourself if there is not one occurring in your community.

4

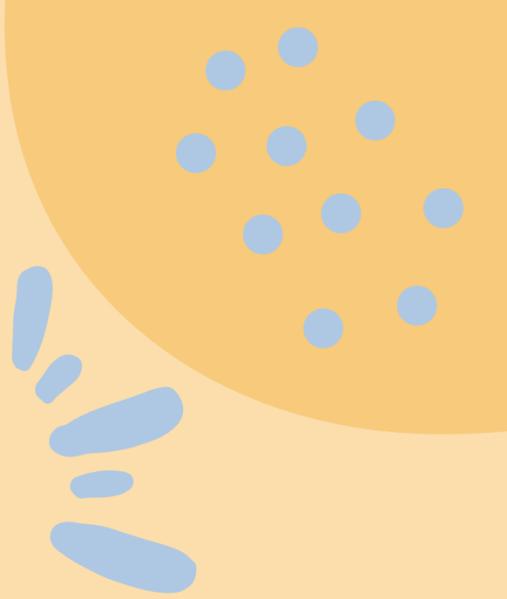
Challenge Myths Surrounding DV

When we buy into the myths surrounding domestic violence, we are unable to hear what survivors are really trying to tell us. Take some time today to think about and challenge those myths. To learn more, check out the National Network to End Domestic Violence (NNEDV) <https://www.pinterest.com/nnedv/31-ways-to-challenge-dv-myths-31n31-october-2016/>.



safe  havens

10 Ways to Break the Silence



5 Put Up Posters with DV Information

A big part of awareness is visibility - you don't always have to be talking about domestic violence to raise awareness. By posting resources in your buildings, you are letting people know that this is a space that cares about people experiencing abuse. Safe Havens has created some resources for you to print and put up. One is for a bulletin board, and the other is a poster for a restroom stall.

6 Start a Conversation about DV

Domestic violence is a crime that is often not discussed. This silence enables abuse to continue unnoticed. One of the first steps to breaking the silence is to SPEAK UP! Today, take some time to talk about DV to a friend, family, or loved one. If you would like some guidance on this conversation, check out these tips from NNEDV: <https://nnedv.org/content/10-tips-informed-conversation/>.



safe havens
10 Ways to
Break the Silence

7 Bring DV Resources to Your Community

Take initiative in your faith community by compiling some resources and starting the conversation! A great place to begin is [Safe Havens' resource page](#), where we have a wide variety of resources that address abuse in different communities. Many of these resources are in Spanish. The resources were created with faith leaders and faith communities in mind, but anyone can use them.

8 Celebrate Purple Thursday

Purple Thursday is a National Day of Action and takes place on the third Thursday in October every year. You can participate in Purple Thursday by wearing purple (shirts, hats, masks, nail polish, ties, and jewelry!), sharing what Purple Thursday is with loved ones, and posting on social media with the #PurpleThursday. You can even tag Safe Havens on [Instagram](#), [Twitter](#), and [Facebook](#) too!



safe  havens

10 Ways to Break the Silence



9

Donate to DV Service Providers

Domestic violence service providers work hard to make sure that victims and survivors are safe and cared for. Donating money and goods to them is a great way to support these lifesaving agencies. Contact a local shelter and see what is needed, whether that is food, clothes, or money. Your donation will be greatly appreciated. Here is a resource to find local services:

<https://www.thehotline.org/get-help/domestic-violence-local-resources/>.

10

Join Our Mailing List

Safe Havens empowers diverse faith communities and their local service providers to work together to end domestic violence, sexual violence, and elder abuse. We believe that no one should have to choose between faith and safety. If you also want to build an abuse-free community, join our mailing list to stay up to date about trainings, resources, and events.