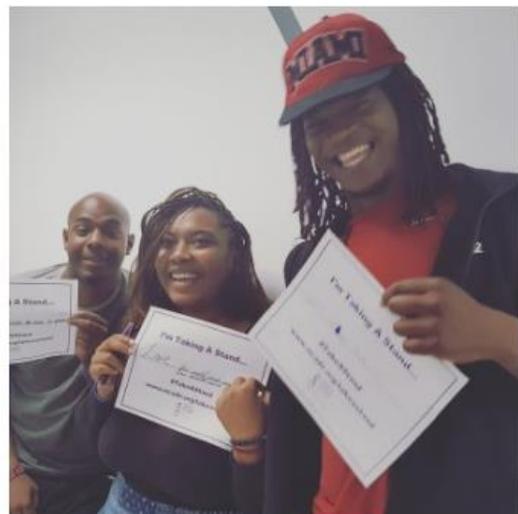


TAKE A STAND TOOLKIT



WHAT YOU CAN
DO TODAY TO
HELP CREATE A
CULTURE WITH
ZERO
TOLERANCE FOR
DOMESTIC
VIOLENCE



Provided by the
National Coalition Against Domestic Violence

THANK YOU FOR RAISING YOUR VOICE

Thank you for being a voice and making a commitment to raise awareness about domestic violence! At the National Coalition Against Domestic Violence (NCADV), we serve as the voice of victims and survivors of domestic violence nationwide, and we are inspired by your decision to work with us toward our vision of creating a society that has zero tolerance for domestic violence.

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5 Things You Can Do Today

You can play an important role in raising awareness about domestic violence and showing your support for victims and survivors. Acting with NCADV provides you an opportunity to join the collective of conversations and actions about domestic violence.

Here's 5 actions you can take today to begin!

1) *Plug In with NCADV*

Plug in with NCADV online by signing up to receive our emails and following us on your favorite social channel.

Sign up for emails at www.ncadv.org/newsletter. You can control how frequently you receive messages by choosing your topics of interest:

- Choose “General News” if you wish to receive occasional statements and quarterly updates.
- Choose “Public Policy Emails and Action Alerts” if you want to know what is happening in national policy news and to receive action alerts for when it's time to call your Members of Congress.
- Choose “Webinars, Trainings, and Events” to stay updated on advocacy webinars, financial education webinars, and live NCADV events.
- Choose “Annual Conference” if you want to receive updates and announcements regarding NCADV's national conference on domestic violence.

We have a presence across seven social media networks, and we encourage you to follow us on your preferred channel(s):

- [Facebook](#)
- [Instagram](#)
- [Pinterest](#)
- [Google+](#)
- [Twitter](#)
- [LinkedIn](#)
- [YouTube](#)

2) *Get Informed*

Learn more about domestic violence by reading our blog.

These posts will provide you with the basics of domestic violence, critical intersections and challenges and nuances among specific populations.

- [Quick Guide: What Is Domestic Violence?](#)
- [Quick Guide: Domestic Abuse in Later Life](#)
- [Quick Guide: Domestic Violence and Sexual Abuse](#)
- [Quick Guide: Economic and Financial Abuse](#)
- [Quick Guide: Teen Dating Violence](#)
- [Quick Guide to Stalking: 16 Important Statistics, and What You Can Do About It](#)
- [Domestic Violence and Firearms: A Lethal Combination](#)
- [Domestic Violence and People with Disabilities: What to Know, Why It Matters and How to Help](#)
- [Domestic Violence and the LGBTQ Community](#)
- [When #MeToo Isn't Enough: Why Domestic Violence Needs Its Own Hashtag](#)
- [Why Increasing Federal Funding to Domestic Violence Programs Matters](#)

You can also learn the most effective lobbying techniques to prepare for Step #4!

- [Lobbying 101](#)
- [The Art of Lobbying](#)
- [Lobbying for Domestic Violence Victims and Survivors](#)

3) *Raise Awareness*

Now that you are plugged in and informed, it's time to spread the word by sharing #DV Facts and writing a blog post and/or op-ed!

Look through our #DV Facts collection and choose 3-5 that you find the most eye-opening, enlightening, powerful, informative, or surprising. Share these on your favorite social media channel with your followers and begin speaking out against domestic violence both online and offline.

Write a blog post about domestic violence. If you're a survivor (including witnessing it as a child) and it's safe for you to do so, write about your experiences. If you don't have a direct experience with domestic violence, bring attention to #DV Facts and why it matters to address this issue.

Don't have a blog? Write a letter to the editor of your local newspaper. If domestic violence has been in local news recently, connect the news story with something you are advocating for (e.g. more funding for your local shelter, changing local or state laws).

Look to your community for where people are spending their time and attention, and then meet them there. Get creative with your awareness raising efforts and consider options like podcasts, YouTube videos, or setting up a booth at your local farmer's market.

4) *Connect with Congress*

Use your knowledge and passion to connect with your legislative representatives!

Find Your U.S. Senators Here: <https://www.senate.gov/index.htm>

Find Your U.S. House Representatives Here: <https://www.senate.gov/index.htm>

If you signed up for Public Policy Emails and Action Alerts in Step #1, you'll automatically be updated on breaking news and relevant steps to take.

If you did not sign up for Public Policy Emails and Action Alerts in Step #1, or if you want to review previous action alerts, explore this page: <https://ncadv.org/action-alerts>

Make your calls! Tell your representatives what matters to YOU as their constituent. If you are making the calls on a cell phone or mobile device, save the numbers in your contacts so they are just one click away at any time.

5) *Share Yourself*

Share yourself by speaking out on social media, volunteering locally and/or establishing an automated monthly giving.

The easiest place to start in sharing yourself is letting the world know how important this issue is to you.

- If you are a survivor and you are safe, consider sharing part or all of your story on social media using the #SurvivorSpeaks hashtag.
- Print out a Take A Stand placard and take a selfie with it before sharing to social media with the hashtag #TakeAStand

Another way to share yourself is to offer your time.

- Volunteer your time with a local shelter, program or state coalition.
- Organize a cell phone collection drive in your community. Send them to Cellular Recycler for recycling, and the profits will be donated to NCADV – win-win-win!

Set up a one time or recurring donation to your favorite organization working towards a culture that doesn't tolerate domestic violence. Even \$5 each month can help victims and survivors!

- If you plan on giving to NCADV, visit www.ncadv.org/donate or text NCADV to 71777.

NCADV Online Resources

Links:

NCADV Website	www.ncadv.org
NCADV Blog	www.ncadv.org/blog
NCADV Facebook Page	www.facebook.com/NationalCoalitionAgainstDomesticViolence
NCADV Twitter	www.twitter.com/NCADV
NCADV Instagram	www.instagram.com/NCADV
NCADV Pinterest	www.pinterest.com/NCADVVoices
NCADV LinkedIn	https://www.linkedin.com/company/national-coalition-against-domestic-violence
NCADV YouTube	https://www.youtube.com/channel/UC1yjkN_1xqbXcKQDH_Y4R1w
NCADV Google+	https://plus.google.com/+NationalCoalitionAgainstDomesticViolenceDenver

Hashtags:

#DVFacts

#SurvivorSpeaks

Sample Social Media Posts

Sample Social Media Posts 1: Raise awareness about domestic violence

1 in 4 women & 1 in 9 men have experienced severe physical injury, contact sexual violence, and/or stalking by an intimate partner. Check out more stats at www.ncadv.org.

Women between the ages of 18-24 are most commonly abused by an intimate partner. Learn more about this epidemic at www.ncadv.org.

On average, 20,000 calls are placed to domestic violence hotlines nationwide each day. Help @NCADV decrease this number. Read more: www.ncadv.org.

Sample Social Media Posts 2: Engage in the #DVFacts hashtag

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. #DVFacts

IPV accounts for 15% of all violence crime. Share some #DVFacts to show the world you have zero tolerance for domestic violence.

The presence of a gun in a domestic violence situation increases the risk of homicide by 500%. Join me in sharing #DVFacts.

Sample Social Media Posts 3: Engage in the #SurvivorSpeaks hashtag

When a #SurvivorSpeaks, it's powerful. Check out the YouTube playlist NCADV created of domestic violence survivors speaking about their experiences:

<http://ow.ly/ZDXm30bDOYi>

#MeToo shows us that cultural and social change is obtainable when the conversation is made accessible to all who are affected by sexual violence. NCADV hopes that #SurvivorSpeaks will empower survivors to come forward with strength and share stories that need to be told bringing awareness to this issues that impacts millions of women. Learn More by reading "When #MeToo Isn't Enough: Why Domestic Violence Needs Its Own Hashtag"

<http://ow.ly/U9Ev30mM8VJ>

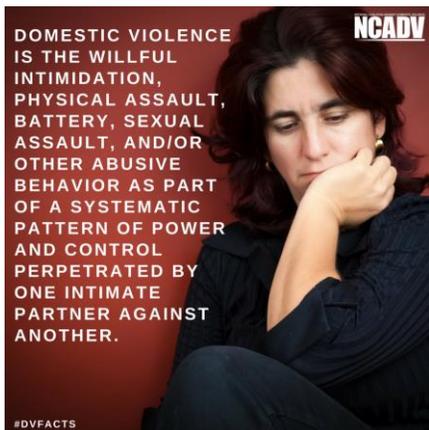
Sample Social Media Posts 4: Promote your passion for NCADV

NCADV is the voice of domestic violence victims and survivors nationwide. Join me in supporting them: www.ncadv.org.

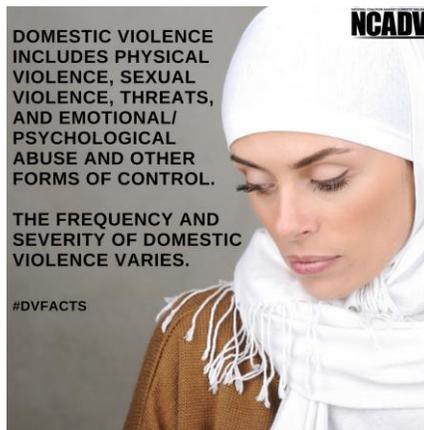
I stand with @NCADV and their work; show the world you do too by sharing this post.

NCADV is the U.S.'s oldest national domestic violence org. Learn more about their work at www.ncadv.org.

Shareable Graphics



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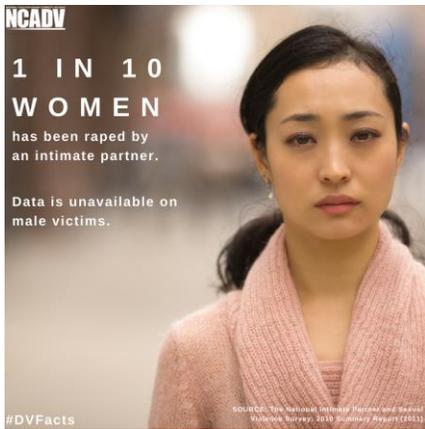
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On a typical day, domestic violence hotlines nationwide receive over 20,000 calls.
#DVFACTS

SOURCE: NONFATAL DOMESTIC VIOLENCE, 2003-2012 (2014)

[Download](#)



An abuser's access to a firearm increases the risk of intimate partner femicide by 400%.
#DVFacts

SOURCE: Risk Factors for Femicide in Abusive Relationships: Results from a Multicase Case-Control Study (2013)

[Download](#)



Intimate partner violence accounts for 15% of all violent crime.
#DVFACTS

SOURCE: NONFATAL DOMESTIC VIOLENCE, 2003-2012 (2014)

[Download](#)



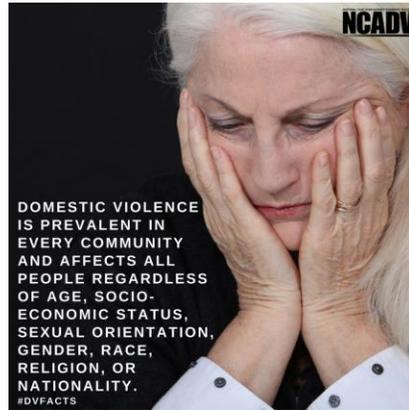
Intimate partner violence is most common against women between the ages 18-24.
#DVFACTS

SOURCE: The National Intimate Partner and Sexual Violence Survey, 2010 Summary Report (2011)

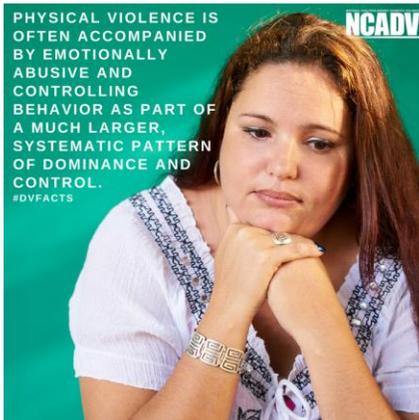
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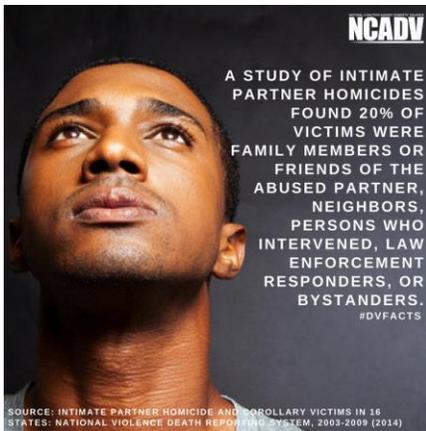
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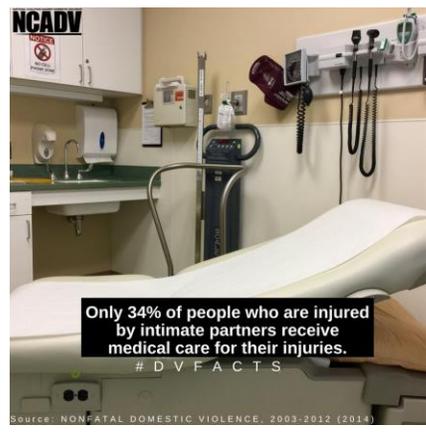
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Intimate partner violence is estimated to cost the U.S. economy between \$5.8 billion and \$12.6 billion annually, up to 0.125% of the national gross domestic product.

#DVFACTS

SOURCE: WORLD HEALTH ORGANIZATION (2004)

[Download](#)

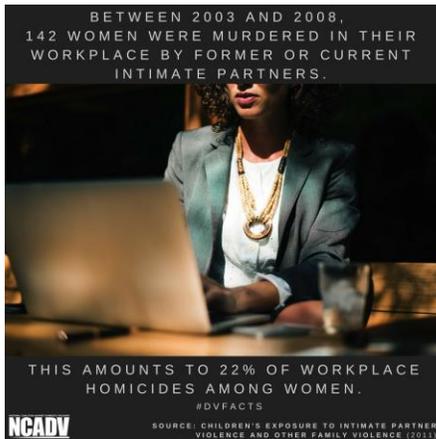


BETWEEN 21-60% OF VICTIMS OF INTIMATE PARTNER VIOLENCE LOSE THEIR JOBS DUE TO REASONS STEMMING FROM THE ABUSE.

#DVFACTS

SOURCE: WORLD HEALTH ORGANIZATION(2004)

[Download](#)



BETWEEN 2003 AND 2008, 142 WOMEN WERE MURDERED IN THEIR WORKPLACE BY FORMER OR CURRENT INTIMATE PARTNERS.

THIS AMOUNTS TO 22% OF WORKPLACE HOMICIDES AMONG WOMEN.

#DVFACTS

SOURCE: CHILDREN'S EXPOSURE TO INTIMATE PARTNER VIOLENCE AND OTHER FAMILY VIOLENCE (2013)

[Download](#)