

How can I make a difference in the community?

1. **Talk** to your children about domestic violence – it's never too early to start.
2. **Purchase** *Speak Out Against Domestic Violence* bracelet from the Avon Foundation.
3. **Purchase** bumper stickers, buttons, posters, mugs and other items to display, use or distribute to demonstrate your concern about domestic violence
4. **Distribute** the Avon Foundation's informational brochure, victim safety card (available in English and Spanish) and *Connect*, a parents' guide to talking to kids about violence against women, especially during October, Domestic Violence Awareness Month.
5. **Add** the hotline numbers for the local domestic violence agency, the National Domestic Violence Hotline and the National Sexual Assault Hotline to your website. Consider adding links to other domestic and sexual violence organizations and the Avon Foundation's domestic violence page.
6. **Support** and volunteer for a local domestic violence program.
7. **Learn** about the resources available in your community to assist victims of domestic violence.
8. **Contact** your state domestic violence coalition to ask how you can get involved in public education campaigns and in changing/ strengthening laws in your state.

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NATIONAL CENTER
on Domestic and Sexual Violence
training • consulting • advocacy

4612 Shoal Creek Blvd. • Austin, Texas 78756
tel: 512.407.9020 • fax: 512.407.9020 • www.ncdsv.org