

Ways to help combat domestic violence in your neighborhood...

Volunteer your time. Assist a local shelter, whether collecting donations, playing games with the children, filing paperwork, or helping with a fundraiser.

Organize a collection. Shelters and those they help are always in need of new or like new items. Set-up a collection in your neighborhood, at your office, through your church, etc. (Call the WomenSafe's Donations Coordinator at 440-286-7154 x230 for collection item ideas.)

Talk to your children. Make sure they know what is and is not appropriate behavior, especially for those who are old enough to date. Both girls and boys need to be educated on what is acceptable, and what to do if they experience any type of behavior outside these boundaries. Encourage them to get involved by volunteering.

Display domestic violence awareness information. Hang a poster or provide educational pamphlets in local restaurants, churches, hair salons, schools, retail stores, etc. throughout the community. (Available from WomenSafe)

Financially support WomenSafe. Monetary gifts are 100% tax deductible. Every gift, regardless of amount, DOES make a difference. Attend events organized by or for WomenSafe including fundraisers, press conferences, educational presentations, plays, rallies, etc.

Speak up. If you have reason to suspect that someone you know, work with, sit by at school, or live next to is a victim of domestic abuse, do not ignore it. Should you ever witness abuse, whether it is someone you know or a complete stranger, call the police immediately. If you know someone who is a perpetrator, let them know how strongly you disapprove of their behavior and encourage them to get help.

If you are in a relationship that is painful or abusive, remember:

- You cannot make your partner change. You can let your partner know what changes you need him or her to make, but it is up to your partner to make the changes.
- You are not responsible for your partners' actions. If your partner is abusive, changing your behavior will not make the abuse stop.
- It is not your fault. Abuse is NEVER deserved.
- Abuse is dangerous and will only escalate in frequency and severity over time.
- You are not alone. **Help and support is available.**



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Fax: (440) 286-1037
Website: www.womensafe.org

COPEline: 1-888-285-5665
24-Hour Support and Crisis Management

Community Education



**Resource Center for
Survivors of Domestic Violence**

Education and awareness are the keys to prevention.

WomenSafe is dedicated to eliminating domestic violence in our community and supporting its victims. Education and awareness are keys in prevention.

Domestic violence is NOT just a “family problem”. From children to seniors, domestic violence affects every aspect of our community.

Each year, WomenSafe’s Community Education Program educates thousands of men, women, and children about the dynamics of domestic violence. Educational presentations are available to civic organizations, churches, schools, businesses, or any interested group throughout Northeast Ohio. All presentations are free of charge.

For more information or to schedule a presentation for your group, please call WomenSafe’s Education Specialist at (440) 286-7154 x224.

NOTE: Topics listed are general guidelines. All presentations can be tailored to meet your group’s specific interests and/or time constraints.

PRESENTATION TOPICS:

Domestic Violence & Our Community– Domestic violence is the #1 cause of injury to women in the United States (ages 15-44). Learn how domestic violence affects an individual, family, and an entire community. Discover the truth about many of the misconceptions and myths concerning domestic violence.

What is WomenSafe– WomenSafe assists victims of domestic violence throughout Northeast Ohio. Learn more about WomenSafe, the many services it provides, and what you can do to help further support victims of domestic violence in your neighborhood.

Domestic Violence in the Workplace– Each year domestic violence costs businesses an estimated 3-5 billion dollars in lost productivity. Learn how to support victims of domestic violence in your organization, as well as, strategies for creating a safe work environment for your entire staff.

Elder Abuse- As members of our society continue to live longer, elder abuse is becoming an alarming problem. Learn how to recognize elder abuse and how to keep yourself or a loved one safe. The elderly are also prime targets for financial scams, learn basic strategies for combating fraud.

Abuse-Free Dating– The pattern of domestic violence often begins at a young age when people start dating. Teens learn how domestic violence can affect their lives, how to recognize red flags for unhealthy relationships, and how to get help for themselves or to support a friend.

Self-Esteem– A positive self-image is an important part of being able to form healthy relationships. Children/teens learn why it is important to respect themselves and others along with techniques for improving self-esteem.

The Most Innocent Victims– Children who grow up in violent homes are likely to become victims or abusers themselves. Learn the impact of domestic violence on children, how to recognize a child who may need help and tips for talking to children dealing with violence issues.

Law Enforcement & Domestic Violence– Law enforcement officers are usually the first line of defense in intervening with domestic violence. Reinforce domestic violence training for law enforcement groups. Learn helpful techniques for communicating with victims of domestic violence and their children.