

TAKE ACTION!

No one is born violent.

Violence is a choice.

We can all work toward creating relationships that are based on love, trust, and respect.

You can prevent **domestic violence** from happening by raising awareness and taking action. Choose one of the options below or create your own.

Raise Awareness & Prevent Violence!

Act. Read the story [Doña Ester](#) (see tools and resources) and learn how small actions can have a great impact for someone experiencing domestic violence.

Facebook or Twitter. Raise awareness about domestic violence by posting the Pledge of Hope (www.casadeesperanza.org/hope-campaign) -- a promise to live a life free of violence-- in your status. Encourage your friends to take the Pledge of Hope and forward it to others.

Discuss. Share the Pledge of Hope video (www.casadeesperanza.org/hope-campaign) with friends or family. Discuss: Is this information new? What can we do to stop it?

Change your homepage. Change your homepage to www.goodsearch.com and write Casa de Esperanza in the organization's space. Every time you do a search in Good Search, you will earn a penny for Casa de Esperanza.

Join the National Latin@ Network for Healthy Families and Communities. The Network provides an opportunity to connect with other Latin@ professionals, inform policy, and access information (www.casadeesperanza.org/national-latin@-network).

Help a Friend!

Ask. If you suspect that a friend is experiencing domestic violence ask if there is anything you can do to help them. For example, you can take care of her children for a day.

Listen. Let your friend know that she can talk to you and you will be there to listen. Remind her that it's not her fault and she deserves better.

Connect. Connect your friend with resources, such as Casa de Esperanza's 24-hour bilingual crisis line (651-772-1611), National Domestic Violence Hotline (1-800-799-7233), or www.ndvh.org/.

Respect. You may not agree with the decision your friend may make but women have told us that their most helpful friends have respected their decisions and believed in them.

Challenge. If you have a friend who is being abusive, you can say: "It's not okay." "What if it was your daughter or mom?" "Stop."



Photos by Douglas Beasley, douglasbeasley.com

"1 in 4 women will experience domestic violence in her lifetime."

"Domestic Violence can happen to anyone."

Domestic Violence may be:

- Threats against you and your children,
- Insults,
- Not allowing you to work, learn English, or have friends,
- Physical Violence.

Tell us how you are taking action. Send your activities, videos, or pictures to info@casadeesperanza.org