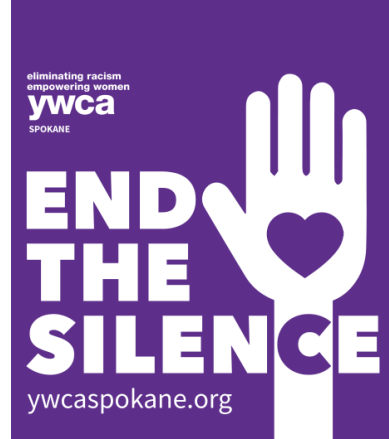


YWCA IS ON A MISSION



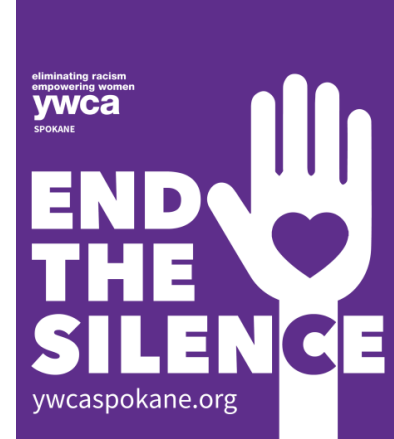
YWCA SPOKANE DOMESTIC VIOLENCE ACTION MONTH END THE SILENCE CAMPAIGN

DOMESTIC VIOLENCE STATISTICS

- 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.
- 1 in 3 women and 1 in 4 men have been victims of [some form of] physical violence by an intimate partner within their lifetime.
- 1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime.
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- Intimate partner violence accounts for 15% of all violent crime.²
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- 19% of domestic violence involves a weapon.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.

Statistics provided by the National Coalition Against Domestic Violence visit: <http://ncadv.org/learn-more/statistics>

YWCA IS ON A MISSION



WHAT CAN I DO TO END DOMESTIC VIOLENCE

Social Media

Turn your cover photo or profile pic purple for the month of October. Post articles about domestic violence and healthy relationships. Use the hashtag #EndTheSilence. Follow YWCA Spokane and other domestic violence awareness groups on social media, such as: Washington State Coalition Against Domestic Violence, National Coalition Against Domestic Violence, or domesticshelters.org.

Listen & Believe

If someone is telling you they're experiencing domestic violence, let them know you believe them and are there to listen non-judgmentally. Don't rush to solve their problems or tell them what to do--believe that they are the expert on their own life and be whatever support they need.

Promote Healthy Relationships

Talk to your kids, friends, family members, coworkers, etc about healthy relationships. Topics that fall under this can include consent, boundaries, and healthy communication. For more information and resources on how to talk to kids and teens about healthy relationships, check out Futures Without Violence and Love Is Respect.

Create Community

Domestic violence thrives under isolation and in situations where violent behavior goes unchecked. Challenge violent or discriminatory behavior based on someone's race, gender, sexual orientation, religious beliefs, or level of ability. Attend community events and cultural and religious celebrations. Participate in local politics. Talk to your neighbors. Be an active and engaged community member!

Get Involved

Does your business have a plan for employees who are experiencing domestic violence? Does your kid's school have resources on teen dating violence? Does your college have good policies for handling sexual assault and domestic violence among students? If so, support them. If not, talk to someone about implementing policies for preventing and addressing violence.

Need more info for yourself, a family member, or a friend?

Call the YWCA Spokane domestic violence free helpline: 509.326.CALL (2255).

Support is available for victims and allies 24/7!