

## COMMUNITY EDUCATION

### What Is Domestic Violence?

Intimate partner domestic violence (IPDV) is a pattern of behavior used to gain or maintain power and control over an intimate partner. It is coercive, controlling behavior that may include physical, emotional, psychological, sexual, or financial abuse.

### Free Training On IPDV

We offer free trainings to professionals, organizations, the community, and other groups who want to learn more about how partner violence can affect their business or community and how to help someone who is experiencing intimate partner domestic violence. Trainings can also be customized for specific audiences.

### Training Topics

- What is intimate partner domestic violence
- Myths of intimate partner violence
- How to recognize intimate partner violence
- Who is affected by intimate partner violence
- How to help someone
- Survivor experiences in specific groups
- The role of YWCA Spokane advocates
- Connecting to meaningful resources
- YWCA Spokane's free & confidential services

### How To Sign Up

To access YWCA Spokane's free training or to learn more, visit [ywcaspokane.org/training](http://ywcaspokane.org/training) or contact YWCA Spokane's Community Engagement Coordinator at 509-385-6623 or email [education@ywcaspokane.org](mailto:education@ywcaspokane.org).

eliminating racism  
empowering women

**ywca**

SPOKANE

**serVES**  
all, proudly.

## CONTACT INFORMATION

YWCA Spokane

930 N Monroe St, Spokane, WA 99201

[ywcaspokane.org](http://ywcaspokane.org) | Front Desk: 509-326-1190

24hr Helpline Services: Call: 509-326-2255

Text: 509-220-3725 | Email: [help@ywcaspokane.org](mailto:help@ywcaspokane.org)

Domestic Violence Service Center: 509-789-9297

Emergency Shelter Services: 509-326-2255

Protection Orders: 509-477-3656 Option 1

Free Clothing Boutique For Womxn: 509-789-9280

Job Readiness & Trauma Healing Srvc: 509-789-9281

Women's Opportunity Center: 509-724-6450

Early Childhood Education & Assistance: 509-789-9271

## SUPPORT OUR WORK

Give Today: [ywcaspokane.org](http://ywcaspokane.org)

Ways To Help: [ywcaspokane.org/how-to-help](http://ywcaspokane.org/how-to-help)

Major Gifts, Partnerships, & Events: 509-953-5992

Communications & Engagement: 509-789-9305

Volunteering: [volunteerspokane.org](http://volunteerspokane.org)

## IMMEDIATE SUPPORT



Our free, confidential helpline is staffed by our friendly shelter advocates and is available 24 hours a day for survivors and allies.

Call 509-326-2255, text 509-220-3725, or email, [help@ywcaspokane.org](mailto:help@ywcaspokane.org).

## HOW TO HELP A FRIEND

What can I do to support a victim or survivor of domestic violence?

**24hr Free & Confidential Help**

**Call: 509-326-CALL (2255)**

**Text: 509-220-3725**

**[help@ywcaspokane.org](mailto:help@ywcaspokane.org)**

**YWCA IS ON A MISSION**



# What Can I Do To Help?

- Assure your friend that the abuse is NOT their fault or their children's fault. They did not cause the violence.
- Educate yourself on the myths and facts about domestic violence. Learn about local support programs like YWCA Spokane, Mujeres in Action, and [endtheviolencespokane.org](http://endtheviolencespokane.org)
- LISTEN and BELIEVE what they are telling you. Let them know you care about them and will listen if they want to talk.
- Don't underestimate the danger they are in. Leaving is the most dangerous time for a survivor of domestic violence. Suggest they talk with an advocate to help plan for their safety.
- Let them know that they are not alone. Domestic violence happens to people of all income and educational levels, racial and ethnic origins, religions, genders, and ages.
- Allow them to express their feelings without judgement. Survivors often have conflicting reactions to abuse such as love and fear, guilt and anger, hope and sadness. Let them know these conflicting feelings are normal.
- Don't assume you know what's best for them. Let them know you'll support them no matter what they decide. Be patient and respect their decisions, even if you don't agree with them.
- Empower them to make their own decisions. Help them think through different options, but allow them to evaluate each option themselves and trust them to make the right choices.
- Take care of yourself. Be sure to look after your own physical and emotional well-being. Seek support for yourself to help you with your feelings, fears, frustrations and reactions to the abuse.

## 9 WAYS TO RESPOND

- I am so sorry this is happening to you.
- You get to choose what you do next.
- I don't even know what to say right now, but I'm so glad you told me.
- I believe you.
- It's not your fault.
- You are not alone.
- You don't deserve this.
- Thank you for sharing this.
- Thank you for telling me.

## how can I know for sure if they are being abused?

If you suspect your friend is being abused, kindly express your concern and see if they want to talk.

Check in by asking a question, listening without judgement, and staying connected.

While they may not feel comfortable talking about it, it's still important to express concern and leave it open for your friend to come back to the topic when they are ready.

## Conversation Starters

- How are things going at home?
- How are the kids doing?
- What does arguing look like in your relationship?
- Do you feel safe in your home?
- What do you need from me?

## Educational Resources

*Washington State Coalition Against Domestic Violence (WSCADV):* [wscadv.org](http://wscadv.org)

*Love Is Respect:* [loveisrespect.org](http://loveisrespect.org)

*National Domestic Violence Hotline:*  
1-800-799-7233 [thehotline.org](http://thehotline.org)