

USWT DOMESTIC VIOLENCE AWARENESS MANUAL



MISSION

“OUR MISSION IS TO PROVIDE OPPORTUNITIES IN THE AREAS OF COMMUNITY SERVICE, LEADERSHIP TRAINING, AND PERSONAL GROWTH, AND TO WORK IN PARTNERSHIPS WITH MULTIPLE CHARITIES.”

VISION

“WE ARE PASSIONATE PEOPLE OF ACTION... EMPOWERING INDIVIDUALS TO MAKE A DIFFERENCE IN THEIR LIVES AND COMMUNITIES.”

BENEFITS

BENEFITS FROM PARTICIPATING IN WOMEN OF TODAY:

- UNITED IN OUR VISION TO MAKE A DIFFERENCE THROUGH SERVICE AND COMMUNITY INVOLVEMENT
- ENRICH AND EMPOWER INDIVIDUALS IN OUR COMMUNITIES
- FOSTER A WELCOMING AND INCLUSIVE SOCIAL EXPERIENCE
- MEMBERS GAIN CONFIDENCE TO LEAD
- CREATE SUPPORTIVE CONNECTIONS AS WE DEVELOP LIFELONG FRIENDSHIPS

Updated 6/2026

United States Women of Today Domestic Violence Awareness Program Manual

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HISTORY AND DEVELOPMENT

The United States Women of Today was formed in 1985 as a leadership training, community service, and personal enrichment organization. Since its inception, the organization through its external programming area picked one charitable foundation which was supported by the United States Women of Today membership on a rotating three (3) year bid basis.

Over \$11,000,000 has been donated to external programming areas since our inception for the communities, states and health foundations (i.e. March of Dimes, Arthritis, Leukemia, Breast Cancer Awareness, Multiple Sclerosis, Parents of Autistic Children and National Coalition of Domestic Violence).

At the 2009 Annual meeting, the Membership voted to support an ongoing external foundation, it was decided to support Domestic Violence victims. The goal of the program is to provide information and educational programs and material to member states/chapters and their communities. This will bring out awareness of Domestic Abuse and at the same time promoting, not only the foundation, but also the name of United States Women of Today.

The idea of having an ongoing foundation to support will allow every chapter in the United States Women of Today organization, to work within their communities supporting Domestic Violence Awareness (DVA) at their local facilities. Especially important is submitting a "DVA Transmittal Form" for all DV related activities. Reporting to the National level the amounts donated, items brought to shelters, etc., service provided and hours given to help with DV victims and agencies, both educational(speakers) and especially any fundraising. This information is used to monitor the success of the external foundation area - and is often used in promoting the good works of the US Women of Today.

ALWAYS REMEMBER: you are the most important link in the promotion and success of the DVA Programming area. It is very difficult for the USWT Domestic Violence Program Manager to get information to all chapters - as well as keep track of what those individual chapters are doing to promote and fundraise for DV. As your State /Chapter contact it will be up to you to keep the flow of information between USWT, State, Chapters and members moving smoothly. As a special incentive, there will be at least one "Outstanding State DV Contact" announced at Year-End Convention.

CONGRATULATIONS TO YOU for taking on the responsibility of promoting the Domestic Violence Awareness in your state/ chapter.

External Programming – Domestic Violence Awareness Program Manager

The main requirement you would need to hold this position is a passion to help stop the cycle. Other than that: Goals, Communication, Research and Tenacity are the secrets to success.

Communication:

- It is important to make a list of all your state contacts as well as the convention dates of each state as soon as possible.
- You will want to send out a letter of introduction listing your goals, the Emphasis Months along with a transmittal form right away.
- Remember, by the time you get home from National Convention, the chapters are finishing up the second month of the first trimester already!
- August is the first Emphasis Month of the year and many chapters take a summer break, so you would want them to be sure that they have something planned and on their agendas right away.
- Offer a challenge or incentive to entice them to participate with such short notice.
- A newsletter, each trimester, sent to the contacts and State Presidents helps to keep your program up front and center in their minds.
- Read the state newsletters; when you see that a chapter or state has participated in your area, send them an email thanking them for their help in breaking the cycle along with a transmittal form.
- Use your President's newsletter and the Today's Leader.
 - Items to include: a note, some statistics, educational material, stress your emphasis months, your challenges or incentives, offer
- Use individual states' newsletters and conventions
 - Most states welcome your articles and materials to print in their newsletters as well as many individual chapters projects ideas and help.
 - States invite you to send materials to include in their chapter packets.
- Always keep your VP and President up to date on your activities:
 - Ask them for help and advice - Challenges seem much smaller when you're not going it alone and remember, the best thing about Women of Today is, You Are Never Alone!!!
 - Tell them your successes, tell the whole Staff! They also love to CELEBRATE With You! AND IT'S A LOT OF FUN TOO!
- Contact your national and local Coalitions; they can supply you with pamphlets, educational materials and sometimes trinkets.

Research:

- The Web is your best friend. Everything is out there!
- Statistics - of every demographic, regional, seasonal, financial, gender, age, etc.

- Statistics open everyone's eyes. They prove it could happen in your community to your friend in your own family.
- Educational Materials such as the Cycle of Violence, the Signs to watch for, where help is available, The Escape Plan and information on teenagers and date abuse
 - Send the Materials in a form that a chapter could use to initiate discussion or a short educational forum, at a local meeting.
- The Web or the National Coalition can help you to put a current list of programs or shelters in Women of Today states and communities to make available to your contacts and chapters.
- Remember, chapters will use the tools you give them much quicker than if they have to do the research themselves.
- If your research helps even one person from becoming a victim, you have done a great thing.
- If your research helps even one victim to escape the violence, you have done a great thing.

Tenacity:

- Your persistence in making everyone aware of Domestic Violence will cause chapters and states to run your programming, to distribute your educational materials.
- Your persistence in pushing your chapters and states to submit transmittal forms for each fundraiser, donation, service project and educational forum will prove – in their totals- the tremendous impact we, as Women of Today, make in the lives of victims and programs available to them in their communities.
- Your persistence will prove that WOMEN OF TODAY MAKE A DIFFERENCE
- And Most Important:
 - **Have fun!** The impact this position will have on you is incredible:
 - The bonds of friendship are indescribable
 - The sense of accomplishment is unbeatable

Emphasis Months: August October February

National Domestic Violence Month October – team up with Buckets of Sunshine

Chapter/State contacts:

State Domestic Violence Awareness Program Manager

- Provide educational material to the local levels.
- Provide local levels with foundation contact(s) in their area.
- Recognize the efforts of state and local levels on behalf of the foundation.
- Track dollars raised and service hours performed on the state and local levels through the Domestic Violence Awareness Transmittal Form.
- Distribute information from the national officer to the local level.
- Recognize members with awards for outstanding achievements.
- Send monthly reports to the state programming vice president, state president and national program manager.
- Submit articles to the state newsletter and programming vice president's mailings.
- Give staff reports at all Board of Directors meetings.
- Provide communication each trimester with the local contacts.

Local Domestic Violence Awareness Program Manager

- Provide educational material to the membership.
- Recognize the efforts of membership on behalf of the foundation.
- Track dollars raised and service hours performed on the local levels through the Domestic Violence Awareness Transmittal Form.
- Recognize members with awards for outstanding achievements.
- Send information and submit transmittals to the state and national officers from the local level.
- Send reports to the local programming vice president and local president.
- Submit articles to the local newsletter.
- Give reports at all membership meetings.

The Problem

What is Battering?

Battering is a pattern of behavior used to establish power and control over another person with whom an intimate relationship is, or has been shared through fear and intimidation, often including the threat or use of violence. Battering happens when one person believes that they are entitled to control another.

Intimate partner violence is intrinsically connected to the societal oppression of women, children, people of color, people with disabilities, people who are lesbian, gay, bisexual and transgender, elders, Jewish people, and other marginalized groups. While oppression functions in similar ways, regardless of which group is targeted, different target groups have unique experiences of oppression stemming from their specific historic, cultural and social experiences and realities. The work to end domestic violence must necessarily include the fight against all oppressions.

Domestic violence may include, not only the intimate partner relationships of spousal, live-in and dating relationships, also familial, elder and child abuse may be present in a violent home. Abuse generally falls into one or more of the following categories: physical battering, sexual assault and emotional or psychological abuse, and generally escalates over a period of partner's time.

Victims of abuse may experience punched walls, control of finances, lying, using children to manipulate a parent's emotions, intimidation, isolation from family and friends, fear, shame, criticism, cuts, crying and afraid children, broken bones, confusion, forced sexual contact, manipulation, sexist comments, yelling, rages, craziness, harassment, neglect, shoving, screaming, jealousy and possessiveness, loss of self-esteem, coercion, slammed doors, abandonment, silent treatment, rape, destruction of personal property, unwanted touching, name calling, strangling, ripping, slapping, biting, kicking, bruises, punching, stalking, scrapes, deprivation of physical and economic resources, public humiliation, broken promises, prevention of seeking medical and dental care, ridicule, restraining, self-medication, forced tickling, threats to harm family and friends, threats to take away the children, threats to harm animals, threats of being kicked out, threats of weapons, and or threats of being killed.

Who is Battered?

In all cultures, batterers are most commonly male. Rural and urban women of all religious, ethnic, socio-economic and educational backgrounds and of varying ages, physical abilities and lifestyles can be affected by domestic violence. There is not a typical woman who will be battered - the risk factor is being born female.

Heterosexual males may also be victims of domestic violence as perpetrated by their female partners. They experience the same dynamics of interpersonal violence as female victims including experiences of disbelief, ridicule and shame that only enhance their silence. However, there are specific cultural groups whose peculiar vulnerabilities may put the members of that population at risk of experiencing violence in their relationships. Battered immigrant and refugee women in the United States have further complications by issues of gender, race

socioeconomic status, immigration status and language in addition to those complications of intimate partner violence. A battered woman who is not a legal resident or whose immigrant status depends on her partner is isolated by cultural dynamics that may prevent her from leaving her husband, seeking support from local agencies that may not understand her culture or requesting assistance from an unfamiliar American legal system. Some obstacles may include a distrustful attitude toward the legal system, language and cultural barriers (that may at the least be unknown and at the worst hostile), and fear of deportation.

Children witnessing domestic violence and living in an environment where violence occurs may experience some of the same trauma as abused children. Not all children are affected by domestic violence in the same way. Children may become fearful, inhibited, aggressive, antisocial, withdrawn, anxious, depressed, and angry, confused; suffer from disturbed sleep, problems with eating, difficulties at school and challenges in making friends. Children often feel caught in the middle between their parents and find it difficult to talk to either of them.

Adolescents may act out or exhibit risk-taking behaviors such as drug and alcohol use, running away, sexual promiscuity and criminal behavior. Young men may try to protect their mothers, or they may become abusive to their mothers themselves. Children may be injured if they try to intervene in the violence in their homes.

Individuals with physical, psychiatric and cognitive disabilities may not only experience sexual and domestic violence at a higher rate from intimate partners or spouses than the mainstream population, but unlike the mainstream population, they may also experience mistreatment, abuse, neglect and exploitation from their caretakers, including personal assistants, paid staff, family members and parents. Examples can be the denial of medications and personal care, the use of psychotropic medication as a restraint, daily and intimate care mistreatment and neglect, inaccessible organizations and facilities, unavailable or disabling assistive technology devices essential for communication and movement, improper use of restraints and the denial of life-sustaining medical treatment and therapies. Yet, this population gets little attention from the community, the media or policy makers allowing the abuse to continue without restraint in isolation and apathy.

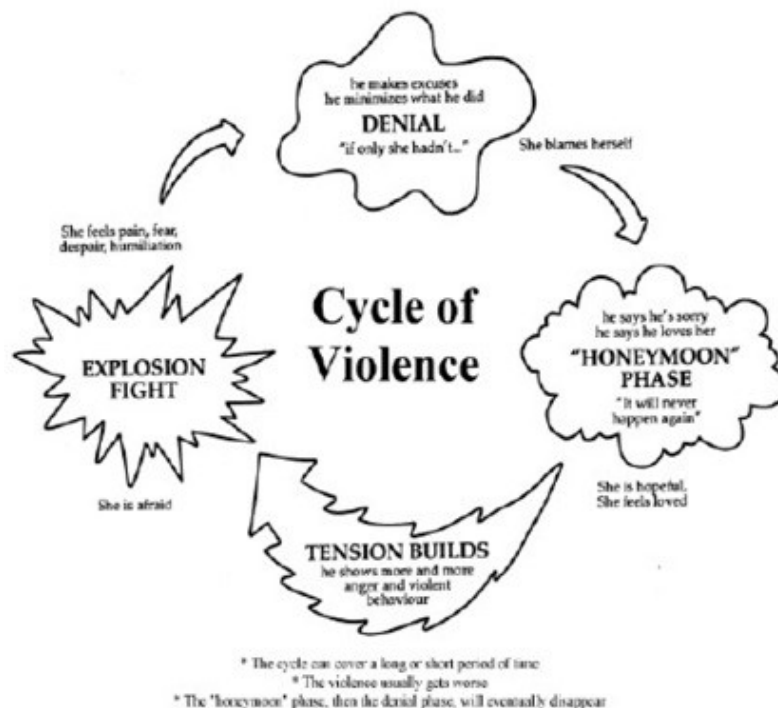
Older battered women are a nearly invisible, yet tragically sizable population and uniquely vulnerable to domestic violence. Older women are more likely to be bound by traditional and cultural ideology that prevents them from leaving an abusive spouse or from seeing themselves as a victim. Older women are very often financially dependent on their abusive spouse and do not have access to the financial resources they need to leave an abusive relationship. Many older women find themselves isolated from their family, friends and community, due to their spouses' neglect and abuse. This is especially true because older women suffer greater rates of chronic illness, which makes them dependent upon their spouses or caregivers and thus, reluctant or unable to report abuse.

Rural battered women face lack of resources, isolation, small town politics, few if any support agencies and poor or little transportation and communication systems in addition to the other complications of intimate partner violence that is intensified by the rural lifestyle. Sexist, racist, misogynist, antisemitic and homophobic language and actions are often more acceptable in rural communities and attitudes seem slower to change. The patriarchal "good old boys" network, fundamentalist religious teachings, deep-rooted cultural traditions and commonly accepted sexual stereotyping can form a chorus of accusations that the battered rural woman is unfaithful in her role as a woman, wife and mother. The act of leaving the home place, land and animals that could depend on her

may be emotionally wrenching leaving the battered rural woman surrounded by walls of guilt and self-abasement.

Same sex battering is one person's use of physical, sexual or emotional violence or the threat of violence or the fear of outing to gain and maintain control over another and sweeps the entire population regardless of culture, race, occupation, income level and degree of physical or cognitive ability. Although battering is occasionally an isolated act, once it begins, it often continues and escalates in frequency and severity. In addition, the fear of homophobic and hostile law enforcement, judiciary, court personnel, medical and social service providers and domestic violence programs may keep lesbian, gay, bisexual, transgender and Intersex victims of same sex violence from leaving their abusive relationship and seeking help.

Teen dating violence may be one of the major sources of violence in teen life. Even in the best of circumstances, the passage from childhood to adulthood is often one of awkwardness and unease. When that passage is marked with danger and violence that explodes in relationships, then the journey into adulthood becomes even more overwhelmingly complex. Given that social, cultural, religious and family messages about intimacy and relationships between teens can be confusing, misleading, nonexistent or even unhealthy, many teens find themselves unsure of what to expect and how to behave in dating or intimate relationships. Fear, misconceptions, lack of services, low self-esteem, control by the abuser, peer pressure and concern about family response all combine to keep battered teens trapped in silence and secrecy.



August is National DVA Emphasis Month

Educational materials for your members

Many chapters and states raise funds and donate to organizations and shelters dedicated to promoting awareness and supporting victims of abuse. But a very important step in preventing and ending abuse that we must do for ourselves is Educate our members to recognizing the signs of abusive relationships.

An easy way to participate in DVA is to take a little time out of your meeting to review the information below. Be sure to send me a transmittal form or a note, letting me know what your chapter is doing to promote or support Domestic Violence Awareness. I look forward to hearing from all of you.

- Domestic violence should not happen to anybody but it does – and when it does, there is help. Maybe you have lived with abuse, maybe it happened just once. Maybe you work or live next to someone who is being abused right now.
- Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. Partners may be married or not married; heterosexual, gay or lesbian; living together, separated or dating. The abuse may be physical, sexual, emotional or psychological.
- ANYONE CAN BE A VICTIM! Victims can be of any age, sex, race, culture, religion, education, employment or marital status. Although both men and women can be abused.
- Abusers are not easy to spot. There is no “typical” abuser. In public, they appear friendly and loving to their partner and family. They often only abuse behind closed doors. They also try to hide the abuse by causing injuries that can be hidden and do not need a doctor.
- Abuse is not an accident. It does not happen because someone was stressed out, drinking or using drugs. Abuse is an intentional act that one person uses in a relationship to control the other. Abusers have learned to abuse so that they can get what they want.

SIGNS OF AN ABUSIVE RELATIONSHIP

Your Inner Thoughts and Feelings

Do You:

- ☐ Feel afraid of your partner much of the time?
- ☐ Avoid certain topics out of fear of angering your partner
- ☐ Feel that you can't do anything right for your partner
- ☐ believe that you deserve to be hurt or wonder if you're the one who is crazy?
- ☐ feel emotionally numb or helpless?

Your Partner's Belittling Behavior

Does your partner:

- ☐ Humiliate, criticize or yell at you?
- ☐ treat you so badly that you're embarrassed for your friends or family to see?
- ☐ ignore or put down your opinions or accomplishments
- ☐ blame you for his abusive behavior?
- ☐ see you as property or a sex object, rather than as a person?

Your Partner's Violent Behavior or Threats

Does your partner:

- ☐ Have a bad and unpredictable temper
- ☐ Hurt you or threaten to hurt or kill you
- ☐ Threaten to take your children away or harm them?
- ☐ force you to have sex?
- ☐ destroy your belongings?

Your Partner's Controlling Behavior

Does your partner:

- ☐ act excessively jealous and possessive
- ☐ control where you go or what you do?
- ☐ keep you from seeing your friends and family
- ☐ Limit your access to money, the phone or the car
- ☐ Constantly check up on you?



The behaviors of a Batterer

Education efforts can ensure that our children learn the difference between right and wrong behavior. By educating our youth, this will help to break the cycle of violence.

Be familiar with the behaviors of a batterer: Below is a list of behaviors that are seen in people who are abusive. The last five signs (*) listed are almost always seen if the person is a batterer. The more signs the person has, and the more likely the person is a batterer. In some cases, a batterer may have only a couple of behaviors that the woman can recognize, but they are very much exaggerated (an example: extreme jealousy over ridiculous things). Initially, the batterer will try to explain his/her behavior as signs of love and concern, and a woman may be flattered at first. As time goes on, the behaviors become more severe and serve to dominate.

- Unemployed or Underemployment
- Emotional Dependency
- High Investment in Marriage
- Boundaries
- Quick Involvement
- Controlling Behavior
- Jealousy
- Abusive Family of Origin
- Low Self - Esteem
- Alcohol / Drug Abuse
- Difficulty Expressing Emotions
- Blames Others for His Feelings or Problems
- Hypersensitivity
- Dr Jekyll and Mr Hyde
- Unrealistic Expectations
- Rigid Gender Roles
- Rigid Religious Beliefs
- Disrespect for Women in General
- Emotional Abuse
- Isolation
- Reliance on Pornography
- Sexual Abuse
- Cruelty to Animals, Children or Others
- Past Violence*
- Fascination with Weapons*
- Threats of Violence*
- Breaking or Striking Objects*
- Any Force during an Argument*

Commonly Known Facts...

... Domestic Violence affects women:

Domestic violence is the single most common source of injury to women – it is more common than auto accidents, muggings, and rapes by a stranger combined.
97% of the women killed by another family member were killed by their husband.
More than 4,000 women each year are killed by their partners.
By age 20, 1 in 3 young women will experience dating violence.

... Domestic Violence affects children:

63% of boys, ages 11 to 20, arrested for homicide, have killed their mother's abuser.
70% of men in court ordered treatment for domestic violence witnessed it as a child. 80% of runaways come from homes where domestic violence occurs.

... Domestic Violence affects men:

5-10% of domestic violence victims are men, although this is a highly underreported number due to society's stigmas.

... Domestic Violence affects society as a whole:

Medical expenses from domestic violence are about \$3-5 billion annually and businesses forfeit at least another \$100 million in lost wages, sick leave, non-productivity and absenteeism. A woman is abused every 9-15 seconds.

Three fourths of domestic violence victims surveyed had one or more children under the age of 18 years of age.

26% of murdered women are killed by their husbands or boyfriends.

30% of women in emergency rooms are there because of injuries from abuse.

Children are present during 80% of the assaults against their mother.

25% of domestic violence victims are pregnant at the time of the abuse.

Tips on how YOU can help:

Each individual's experience is unique; there is no one-size-fits-all remedy for victimized loved ones. Finding ways to be helpful and maintaining a healthy relationship can be challenging. Here are some tips to help a loved one that has been victimized.

Listen ▪ Talking about the experience, when the survivor is ready, helps acknowledge and validate what has happened and can reduce stress and feelings of isolation. Let them take the lead, and try not to jump in with too many comments or questions right away.

Research ▪ If the victim wants more information, would like to report a crime, or has other questions; you can help find answers and resources.

Reassure ▪ As strange as it may sound; survivors often question whether an incident was their fault or what they could have done to prevent the crime against them. They may need to hear that it was not their fault and be assured that they are not alone.

Empower ▪ Following trauma; victims can feel as though much of their lives are beyond their control. Aiding them in maintaining routines can be helpful, as can offering survivors options or possible solutions.

Be patient ▪ Every journey through the healing process is unique. Try to understand that it will take time, and do what you can to be supportive. The healing process has no pre-determined timeline.

Ask ▪ Your loved one may need help with any number of things or have questions on many different topics. Even a favor as mundane as running a few errands or taking the dog for a walk can be a big help, so consider lending a hand.

Remember ▪ victims of domestic violence are often fearful of reaching out for help. If you offer to make that first step with them by dialing the phone and asking to speak with a counselor, they may be more likely to connect with the person at the other end of the phone.

JEALOUSY

Warning Signs:

The following is a list of signs common to abusive and battering personalities. Though this list may not predict with absolute certainty, it is a good place to start.

- ☐ Is suspicious about everyone you talk to
- ☐ Wants to be with you constantly
- ☐ Doesn't want you to spend time with your friends

Controlling Behaviors:

- ☐ Tries to decide what you do and with whom you spend time
- ☐ Gives orders and expects you to follow them
- ☐ Always decides where you go, what you do and tells you what to wear
- ☐ Hides controlling behavior behind pretending to be concerned about your safety

Quick Involvement:

- ☐ Pressures you to go together right away
- ☐ Intense physical and emotional involvement right away
- ☐ Claims love at first sight

Unfair Expectations:

- ☐ Expects you to put up with quickly changing moods
- ☐ Expects you to be available all of the time
- ☐ Expects you to forgive and forget immediately
- ☐ Discourages you from spending time with your friends
- ☐ Puts down everyone you know, including your family and friends
- ☐ Tries to turn you against your parents

- ☐ Blames Others for Problems and Feelings:
- ☐ If there are problems at school or work, it is always someone else's fault
- ☐ Blames you for everything that goes wrong in the relationship

Overly Sensitive:

- ☐ Is easily insulted
- ☐ Sees everything as personal attacks
- ☐ Blows things out of proportion

Isolation

- ☐ Discourages you from spending time with your friends
- ☐ Puts down everyone you know, including your family and friends
- ☐ Tries to turn you against your parents

Effects on Children

There are several general reactions children from violent homes are likely to show. The same emotional reaction can be acted out differently according to the child's age.

1. Feeling responsible for the abuse
A child might think, "If I had been a good girl/boy, daddy wouldn't have hit mommy."
2. Constant Anxiety
Even when things are calm, one never knows when the next fight will start.
3. Guilt for not stopping the abuse
Abuse is beyond the child's control.
4. Grief
Children who are separated from the abuser are in the process of grieving over the loss. Children may also grieve over losing the life style and positive image of the abuser they had before the violence began.
5. Ambivalence
The idea of not knowing how one feels or having two different emotions at the same time is very difficult for children. A child who says, "I don't know how I feel about it" may not be hedging, but rather is confused about feelings.
6. Fear of Abandonment
Children removed from one parent as a result of violent acts may have strong fears that the other parent could also leave them or die. Thus, a child may refuse to leave their mother, even for short time periods.
7. Need for excessive adult attention
This need can be especially difficult for mothers who are trying to deal with their own pain and decisions.

8. Fear of physical harm to themselves
A significant percentage of children witnessing violence are also abused. They may worry that the abuser will find them and abduct or harm them. Another worry is that the abuser will be angry and retaliate if they return home. These are often very realistic fears.
9. Embarrassment
Especially for older children, sensitivity to the stigma of spouse abuse may result in shame.
10. Worry about the future
The uncertainty within their daily lives may make children feel that life will continue to be unpredictable.
11. Guilt about abuser
A child may feel guilty or confused about the positive feelings she/he has for the abuser.

Questionnaire:

Does my partner...

Ever hit, slap, shove, kick or restrain me?
Ever threaten to hurt me?
Call me names or insult me?
Become jealous if I talk to or go places with other people?
Make me tell where I am all the time?
Blame alcohol or drugs as the reason for becoming angry and losing?
Ever touch me without my permission or force me to have sex against my will?
Threaten to commit suicide if I try to leave the relationship?
Become angry and accuse me of cheating when I spend time with other people?
Am I afraid to disagree with my partner?
Do I avoid seeing friends or doing things because I'm afraid of my partner?

If you checked yes to ANY of these questions, you are involved with a potential batterer.

Community Involvement

Violence against Women and Domestic Violence are not personal problems. They are societies. Together, we can eliminate this scourge. If you suspect someone is being abused, jump into action.

- Call the police if you suspect abuse.
- Take action and defend the victim, no matter who they are, be it your colleagues, friends, family or even neighbors.
- Don't be surprised if the victim defends her abuser. Be supportive instead and offer to lend her a friendly shoulder and ear.
- Encourage your neighborhood watch, block association or your residents' association to keep an eye out for domestic abuse, just as they do for robberies and other crimes.
- Speak out publicly against Domestic Violence. Let them know that you're against it.
- Be informed and spread the word. Let everyone know what domestic abuse is and how to fight it.

Get Everyone Involved

Encourage your community to get involved by providing the following support to abuse victims:

Crisis Intervention

- ☐ Crisis intervention services
- ☐ Crisis hot lines
- ☐ Shelters or other emergency residential Facilities
- ☐ Medical services
- ☐ Transportation networks

Advocacy and Legal Assistance

- ☐ access to and custody of children
- ☐ property matters
- ☐ financial support
- ☐ restraining orders
- ☐ public assistance benefits
- ☐ help with immigration status

Emotional Support:

- ☐ Self-help support groups
- ☐ Assertiveness training
- ☐ Self esteem and confidence building sessions
- ☐ Parenting skills courses

Other Supportive Services:

- ☐ housing and safe accommodations
- ☐ child care
- ☐ access to community services

HOW TO CONDUCT A DOMESTIC VIOLENCE AWARENESS PROGRAM

1. Appoint a project chairperson and committee.
2. Choose an organization or shelter in your community where DV abused victims seek help.
3. Decide on what type of program, speaker, service, fundraiser or wish list you want to provide for your chosen program. If you are unsure, contact your local agency to determine what items they suggest or what type of help they may be in need of.
4. How will you acquire the necessary items? Some suggestions
 - a. Seek donations from local merchants and manufacturers
 - b. Hold a special fundraiser with money raised designated to purchase items or funds given directly to local program.
 - c. Have chapter members donate the items
 - d. Use funds from chapter treasury to purchase items (set a budget) or given directly to local program.
 - e. Do small change collections when you're out in the public doing a WT event.
5. Finalize plans for purchasing/picking up items and dropping them off at shelter.

6. Report updates to chapter by newsletter and/or chapter meeting.
7. Complete “Domestic Violence Awareness Transmittal Form” and mail to appropriate program managers and the US WT Domestic Violence Awareness Program Manager.
The form is available in this manual or by contacting the USWT Domestic Violence Program Manager.
8. Send thank you notes to any person/business who donated funds, items and time for your event.

Shelter Ideas:

- Shelters Wish List
- Backpacks for Kids starting back to School
- Halloween Treat Bags
- Christmas Gifts
- Birthday Cakes
- Snack Baskets
- Personal Care Items
- Clothing
- Diapers
- Food
- Paper goods
- Cleaning supplies
- Gift Cards – Gas- Drug Store- Phone
- Used Cell phones
- Stationery items including postage stamps
- Children’s toys and books
- Books and Educational items

Donation of time:

- Cooking meals
- Cleaning yards
- Finding someone to do work (carpentry- plumbing- electrical etc.) for free for the shelter.
- Doing painting
- Adopt a room and redecorate (supplying all that is needed)
- Reading to Children
- Rides to Doctor / Job interviews

Educational:

- Speakers on Domestic Violence (can be for members only or arrange a public open forum)
- Handing out Pamphlets about Domestic Violence (available by contacting your local agencies)
- Work with local Shelters on Tours and educational ideas for community

Please contact your local agencies to see what they may need!
Or what they would like to have.

Websites:

National Resource Center on Domestic Violence (NRC DV)

<https://nrcdv.org>

Illinois Coalition Against Domestic Violence

806 South College Street

Springfield, IL 62704

217-789-2830

Website: www.ilcadv.org

Iowa Coalition Against Domestic Violence

4725 Merle Hay Road, STE 107

Des Moines, Iowa 50322

515-244-8028

Website: www.icadv.org

Violence Free Minnesota

60 East Plato Blvd, Suite 230

St. Paul, MN 55107

866-223-1111/877-785-2020

Jane Doe, Inc.

The Massachusetts Coalition Against

Sexual Assault and Domestic Violence

Website: www.janedoe.org

Contact Email: info@janedoe.org

Missouri Coalition Against Domestic Violence

217 Oscar Dr., Suite A

Jefferson City, MO 65101

573-634-4161

Website: mocadv.org

Nebraska Domestic Violence Coalition

245 S. 84th Street, Suite 200

Lincoln, NE 68510

402-476-6256

Website: www.nebraskacoalition.org

New Jersey Coalition for Battered Women

609-584-8107

Website: njcbw.org

North Dakota Council on Abused Women

521 E Main Avenue, Suite 320

Bismarck, ND 58501

701-255-6240

Website: www.ndcaws.org

Pennsylvania Coalition Against Domestic Violence

3605 Vartan Way, Suite 101

Harrisburg, PA 17110

717-545-6400

Website: pcadv.org