

Jewish Family and Children's Service would like to provide domestic violence prevention tips to the community for October's Domestic Violence Awareness month. Learn ways you can help to end domestic violence!

1. Speak Out

Domestic violence thrives when we are silent. Inform the individual about your concerns for their safety. Don't get discouraged if they refuse or ignore your concerns. Voicing your concerns may help them recognize the unhealthy relationship signs and patterns.

2. Listen

It is difficult for victims to find the strength to acknowledge and verbalize their reality. Be supportive and empathic while listening to their concerns and fears. It is important for them to know you are available to help whenever they may need it. They will need to talk to someone who they can trust and make them feel safe.

3. Safety Plan

Help this individual develop a safety plan, a safety plan is a personalized, practical plan that can help you avoid dangerous situations and know the best way to react when you're in danger. Contact a local shelter, lawyer's office, and arrange a special signal, with a neighbor or a friend, to call 911 if there is immediate danger. Put together documents including passports, birth certificates, social security cards, insurance papers, work permits or green cards, ownership documents, checkbooks and bank account information.

4. Support

Encourage him or her to talk with others who can provide professional help and guidance. Call a local domestic violence agency that can help provide resources, shelter, counseling, and support groups. If they have to go to the police, court, or lawyer's office offer to go along even if only for moral support. It will be a long journey to recovery and healing, be prepared to support them in any way possible.

5. Resources

Womanspace is a nonprofit organization in Mercer County, New Jersey, that provides a comprehensive array of services to individuals and families impacted by domestic and sexual violence and dedicated to improving the quality of life for women and their families. Programs include crisis intervention, emergency shelter, counseling, court advocacy and housing services. The New Jersey Statewide Domestic Violence Hotline is 1-800-572-SAFE (7233).

<https://www.womenshealth.gov/violence-against-women/help-end-violence-against-women/>

<http://www.everydayhealth.com/family-health/signs-of-domestic-violence.aspx>