

7. EMPLOYEE and/or UNION MEMBER?

Provide information. Host or sponsor an awareness event at your workplace. Domestic violence is a serious workplace issue.

8. FAITH COMMUNITY? Become known as a safe place. Faith leaders and members can address and speak out against domestic violence in lectures, discussion groups, and sermons. Educate the congregation. Lead by example. Offer space to nonprofits. Partner with existing resources.

9. ADULT? Be a leader. Men can show by example that being strong does not mean being violent. Women can listen nonjudgmentally to their friends, mothers, and sisters. If someone tells you something that makes you concerned, or shows that they are uncomfortable or scared, let them know you are worried. Offer support. Anyone can ask questions confidentially, and get advice, at the New York State Domestic & Sexual Violence Hotline: 1-800-942-6906 (or 1-800-942-6908 in Spanish) 24/7.

10. NEW YORKER? Be proud - yours is the only state to have a government agency dedicated to this issue. But being proud is not enough - take steps to make ours the safest state in the union.

EVERYONE CAN TAKE ONE STEP TO MAKE OUR COMMUNITIES SAFER.

NYS Domestic and Sexual Violence Hotline
1-800-942-6906 – English & español
Multi-language Accessibility
Nat'l Relay Service for Deaf or Hard of Hearing: 711
24/7 and Confidential

For more ideas, go to www.opdv.ny.gov

To find the domestic violence program near you, go to: www.nyscadv.org

What is Domestic Violence?

Domestic violence is one person's use of a variety of tactics to control another person in an intimate relationship. Does your partner:

- Hit, punch, slap, kick, shove or bite you?
- Threaten to hurt you or your children?
- Abuse or threaten to harm pets?
- Have sudden outbursts of anger or rage?
- Become jealous without reason?
- Isolate you from family or friends?
- Prevent you from going where you want, when you want?
- Interfere with your job or going to school?
- Destroy personal property?
- Deny you access to bank accounts, credit cards or car?
- Control all finances?
- Force you to have sex or do things that make you uncomfortable?
- Insult you or call you names?
- Follow you or spy on you?
- Humiliate you in front of others?

Domestic violence is not just physical.

If you answered yes to one or more of the above, you might be abused. **You are not alone.**

Help is Available

New York has 24/7 confidential hotlines serving every county in the State. Many programs offer services for children, support groups, help with legal services or immigrant issues, training and education, emergency transportation, and housing. Call 1-800-942-6906 to find your nearest program.

You do not have to stay in a shelter to get help from a domestic violence program.

Shine the Light on Domestic Violence

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

State of New York
Andrew M. Cuomo, Governor
Office for the Prevention of Domestic Violence

Purple is the color chosen to represent the fight against domestic violence. Have you noticed purple a lot lately - purple ribbons, purple clothing, and purple lights - and wondered why?

Did you know:

- *Nearly one in four women in the US reports experiencing violence by a current or former spouse or boyfriend at some point in her life.*
- *Almost half the women murdered in New York State are killed by their intimate partner.*
- *Help is available. Call 1-800-942-6906 for information and referral.*

Being aware of the problem is the first step to doing something about it. It's likely that someone you know has been, or will be, a victim of domestic violence. Domestic violence affects all of us – women, men, and children. Take a stand against domestic violence. **Everyone can do something.**



SHINE THE LIGHT ON DOMESTIC VIOLENCE



How can we work together to raise awareness of domestic violence? By “Shining a Light” on the subject and bringing it out of the darkness!

“Shine the Light on Domestic Violence” is a campaign that connects communities across New York by turning the State purple during October, Domestic Violence Awareness Month. This is the seventh year of the campaign, coordinated by the NYS Office for the Prevention of Domestic Violence.

From skyscrapers to bridges, storefronts to shopping centers, purple lights illuminate the nights of October. People wear purple clothing while police cars and municipal vehicles display purple magnetic ribbons. Anyone can be part of the campaign.

How will *you* participate? Get ideas at our website: www.opdv.ny.gov

GO PURPLE...AND TALK ABOUT IT.

You just might save a life.

WEAR PURPLE DAY IS

WEDNESDAY, OCTOBER 15, 2014

Gather your friends or co-workers, wear purple, take a photo and send it to us at opdvpurple@opdv.ny.gov. We'll put it on our Facebook page! Download handouts at opdv.ny.gov.

TAKE ONE PURPLE STEP

You can make a difference and help reduce the number of people who are unsafe in their homes and relationships. You can help, no matter who you are.

Here are some purple steps you can take:

1. **FRIEND?** Listen, support, and believe your friend. Don't be an expert: be a friend, and get your friend to the experts! Your local or statewide hotlines are good resources.
2. **EMPLOYER?** Provide information. Consider implementing a [domestic violence and the workplace policy](#) (see www.opdv.ny.gov). Make a charitable donation: local programs need your support.
3. **PARENT?** Talk to your kids about respectful relationships. Observe your children's relationships. Maintain a dialogue with your children. MODEL respectful relationships.
4. **BUSY?** Donate to your local domestic violence program, to the NYS Coalition Against Domestic Violence, or to a national organization.
5. **WANT TO DO SOMETHING?** Find volunteer opportunities in your community. Hold a phone or other kind of drive to benefit a local program - many also need adult and children's clothing, and household goods. Educate yourself about the problem.
6. **TEENAGER OR COLLEGE STUDENT?** Read the information your school may be giving you on dating abuse. Don't confuse love and stalking. No one should ever make you feel afraid or controlled. Talk to someone at your school, your parents, or a trusted adult if you or a friend is in trouble.