

One in three women worldwide will be beaten, raped, coerced into sex or otherwise abused in her lifetime.¹

The women behind the statistics are our mothers, daughters, sisters, friends and colleagues. They are rich and poor, young and old, more and less educated, from cities, towns and villages across the country and the world. And the violence against them – domestic and sexual violence, stalking and other forms of abuse – seeps into schools and workplaces, causing absenteeism and physical and mental illnesses; seeps through communities, impacting law enforcement, court systems and healthcare professionals; and ripples through families, causing the cycle of violence to continue from one generation to the next.

But that cycle can be broken.
You are a part of a community.
You can be part of the solution.

Learn to recognize it,
learn to stop it,
learn to prevent it
and educate others.

SIBLINGS & PEERS

Older teens are role models for their younger siblings and peers. Let them know that it's never okay to hurt anyone with words or force.

To learn more, go to teenpcar.org.

FAMILY MEMBERS

You try to eat dinner together, watch television together, vacation together...why not volunteer together? Stopping violence against women can be as simple as affirming the importance of healthy family relationships by volunteering at a local domestic violence shelter or sexual assault center.

For more information, contact the [National Coalition Against Domestic Violence \(ncadv.org\)](http://National Coalition Against Domestic Violence) or the [National Sexual Violence Resource Center \(nsvrc.org\)](http://National Sexual Violence Resource Center).

EDUCATORS

About 4,000 rapes or sexual assaults occur in public schools each year.⁶ And one in 5 teenagers say they have experienced dating or sexual violence.⁷ Recent studies indicate that female teenagers who experienced dating violence are significantly more likely to engage in substance abuse, risky sexual behaviors and suicide.⁸

The National Center for Victims of Crime's Teen Victim Project (ncvc.org) and RAINN, the Rape Abuse and Incest National Network (rainn.org), can help your school become a leader in ending teen dating violence and sexual assaults.

RELIGIOUS LEADERS

Religious teachings can serve as either a resource or a roadblock in ending domestic and sexual violence. Religious leaders such as rabbis, pastors, priests and imams are potential resources if they are trained to understand sexual and domestic violence.

For more information on working in and with religious communities, contact FaithTrust Institute at faithtrustinstitute.org.

HEALTHCARE PROFESSIONALS

Thirty-seven percent of all women who sought care in emergency rooms were injured by a current or former husband or boyfriend.⁹ Health professionals and practitioners are uniquely positioned to help victims of abuse, but studies show that interventions by the medical community are rare.

Go to the National Health Resource Center on Domestic Violence at endabuse.org to find out more.

GLOBAL CITIZENS

According to the U.S. government, nearly one million people are trafficked across international borders each year—bought, sold and forced into slave labor and sexual exploitation. Eighty percent of trafficking victims are women and girls.

To learn more about how you can help address international women's issues, contact Equality Now at equalitynow.org or the United Nations Development Fund for Women at unifem.org.

PARTNERS & SPONSORS

Alianza: National Latino Alliance for the Elimination of Domestic Violence; American Bar Association; American Domestic Violence Crisis Line; Amnesty International; Asian and Pacific Islander Institute on Domestic Violence; Avon Foundation; Battered Women's Justice Project; Break the Cycle; Communities Against Violence Network (CAVNET); Childhelp USA; Corporate Alliance to End Partner Violence; The CTIA Wireless Foundation; Darkness to Light; Day One; The Department of Justice: Office of Violence Against Women; Equality Now; Family Violence Prevention Fund; Feminist Majority Foundation; HADASSAH – The Women's Zionist Organization of America; Help USA; Hope Exists After Rape Trauma; Institute on Domestic Violence in the African American Community; International Justice Mission; It Happened to Alexa Foundation; Joe Torre Safe At Home Foundation; Legal Momentum; Men Can Stop Rape; Mending the Sacred Hoop; Mentors in Violence Prevention (MVP) Program; Michael Bolton Charities; Ms. Foundation; MVP Strategies; National Alliance To End Sexual Violence; National Center for Victims of Crime; National Center on Domestic and Sexual Violence; National Coalition Against Domestic Violence; National Council of Women's Organizations; National Domestic Violence Hotline; National Domestic Violence Hotline: Texas Council on Family Violence; National Institute on Media and the Family; National Network to End Domestic Violence; National Resource Center on Child Custody and Protection; National Sexual Violence Resource Center; National Task Force to End Sexual and Domestic Violence Against Women; New York Asian Women's Center; NOW – National Organization for Women; NYC Mayor's Office to Combat Domestic Violence; RAINN – Rape, Abuse & Incest National Network; Sacred Circle: National Resource Center to End Violence Against Native Women; Safe Horizon; Sakhi: For South Asian Women; Sanctuary for Families; Searching for Angela Shelton; Second Chance Employment Services; Sheila Wellstone Institute (Wellstone Action); Sisters Of Color Ending Sexual Assaults; Sports Leadership Institute; Stop It Now; StopFamilyViolence.org; Stop The Silence: Stop Child Sexual Abuse; Tahirih Justice Center; The Miles Foundation, Inc.; United Nations Development Fund for Women; V-Day; Vital Voices; WITNESS; Women's EDGE; WomensLaw.org; YWCA USA

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V I O L E N C E A G A I N S T W O M E N A F F E C T S U S A L L

ACTIVISTS

Violence against women is a community issue, a public health issue and a human rights issue. Join the millions of women and men who work at all levels to influence policy and raise awareness to stop violence against women.

Go to LifetimeTV.com/olc and sign up to become a Champion for Change.

LAW ENFORCEMENT & LEGAL OFFICIALS

Evidence shows that most female homicide deaths are the result of assaults by women's intimate partners.¹⁰ To be safe in their communities, women first need to be safe in their homes.

The National Network to End Domestic Violence can provide you with more information at.

EMPLOYERS

The annual cost of lost productivity due to domestic violence is estimated as \$727.8 million, with over 7.9 million paid workdays lost per year.¹¹ And an estimated one million women are stalked each year in the U.S., with about 25% of them reporting missing an average of 11 days of work as a result of the stalking.

To learn more about how your company can get involved, contact the Corporate Alliance to End Partner Violence (caepv.org).

COACHES

Men and boys look up to the athletic heroes and coaches that inspire them. Violence against women is a men's issue too.

Contact Men Can Stop Rape (mencanstoprape.org) and Mentors in Violence Prevention (www.sportinsociety.org/mvp) to find out more.

FRIENDS

One in four girls will be sexually assaulted before the age of 18.⁴ And between 30% and 50% of dating relationships exhibit the same kinds of escalating violence as marital relationships.⁵ A couple doesn't have to be married to be in a relationship characterized by violence. If you think your friend is in an abusive relationship or has been sexually assaulted, express your concern.

For help or more information, contact the National Domestic Violence Hotline at 800-799-SAFE or 800-787-3224 (TTY) or the National Sexual Assault Hotline at 800-656-HOPE or rainn.org.

PARENTS

Each year, up to 10 million children experience domestic violence. Exposure to violence in the home is a significant predictor of a child's violent behavior.³ And children exposed to domestic violence are more likely to exhibit behavioral and physical health problems including depression, anxiety and violence among peers.⁴ Stopping violence starts with preventing violence. Commit to talking to kids about dating and sexual violence.

For more information, contact the Family Violence Prevention Fund at endabuse.org.

OUR LIFETIME COMMITMENT

STOP VIOLENCE AGAINST WOMEN



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S T O P V I O L E N C E A G A I N S T W O M E N

