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How to be an Advocate for Domestic Violence Survivors

NOTE: This content contains topics such as violence and abuse. Take A Break from reading the material as needed.

Educate Yourself

- Acknowledge the prevalence of domestic violence, including in your own community
- Read and watch videos of educational material
- Do your own research
- Share what you have learned with others

Donate

- Help domestic violence organizations through financial assistance
- Donate food, clothes, toiletries, and housewares to local shelters
- Offer your time through volunteering

Volunteer

Offer your time - many domestic violence organizations and shelters depend on volunteers to:

- Run fundraisers
- Work with clients
- Help with administrative tasks
- Increase community awareness
- Support hotline calls



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What to always keep in mind as an advocate:

- Listen to and believe victims/survivors
- Be non-judgemental
- Respect victim's/survivor's choices.
- Be knowledgeable of the resources in your area.