

Ten Things You Can Do To End Relationship Abuse

1. Volunteer/Intern for the Center for Relationship Abuse Awareness. We can always use help with projects. You can also join on-campus groups like Men Against Violence, kNOw More or become an intern with the Stanford Community Partnership to End Violence Against Women.
2. Volunteer at the abused women's program closest to you. These programs could not keep their doors open without dedicated volunteers.
3. Donate clothes and household items in useable condition to the abused women's program nearest you. Most operate with shoestring budgets and have suffered funding cuts in the last few years
4. If a friend is in an abusive relationship, or you suspect she is in one, contact 1-800-799-SAFE or any of the local hotlines to discuss how you can help her in the safest way possible.
5. Donate to the Center for Relationship Abuse Awareness so that we can continue to lead the campus in the fight to end the epidemic of relationship abuse. All donations to us are tax deductible.
6. Take a stand against violence against women. Do not condone language or actions that are demeaning to women, even if they come from your friends. Take the opportunity to talk to your friends about relationship abuse and how they can get involved.
7. Post resources outside your dorm room and continue to talk about these issues in a non-victim-blaming way; this will allow survivors to know that you are a possible resource for them in the future.
8. Take classes on the topic, attend trainings or organize a workshop about preventing domestic violence in your dorm or workplace.
9. Contact your local state legislators and the governor to let them know that ending relationship abuse and supporting increased funding for programs that serve survivors of relationship abuse are top priorities for you.
10. Write a "Letter to the Editor" to your local or school paper about the above.