

What Can I Do?

Learn more about Domestic Violence

Help friends and family members by finding out more about domestic violence. [Learn more](#)

Be the change

Help prevent violence before it begins! Learn how individuals and groups can promote social change from the source. [Find out more](#)

Support your local DV program

Volunteer with hotlines, fundraising, public awareness; donate items and money; attend events and fundraisers. [Find a program near you](#)

Help make changes in policy

Contact your legislators about issues that affect survivors of domestic violence. [Learn more about current legislation](#)

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