

Taking Action

TO END

Domestic Violence



DOMESTIC VIOLENCE BY THE NUMBERS

58% of Californians



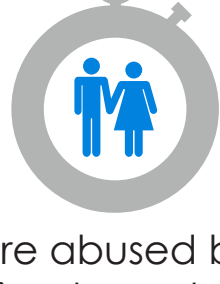
say they have been personally touched by domestic violence

3 women per day



are murdered by someone they dated or married

20 people per minute



are abused by intimate partners

CALIFORNIANS WANT TO HELP BUT THEY DON'T KNOW HOW

Take Action



95% say they would want to take action if a friend was in a violent relationship

Do Something



91% would want to do something if a friend was being abusive to a partner

Become Aware



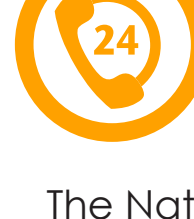
3 in 4 don't know how to best help someone experiencing domestic violence

5 WAYS YOU CAN TAKE ACTION



USE YOUR VOICE

The silence around domestic violence makes it harder for survivors to get the help they need. By starting the conversation with your friends, family, and neighbors, you can help end the silence.



GET INFORMED

The National Domestic Violence Hotline

1-800-799-SAFE (7233)

is available 24/7.

The hotline isn't just for those in crisis—you can call to get information about domestic violence, or just to talk if you're questioning unhealthy aspects of a relationship—yours or a loved one's.



GET INVOLVED

Contact your local domestic violence organization or shelter and ask how you can help in your community. At home, talk openly with teens about healthy relationships.



BE SUPPORTIVE

If someone you know needs help, refer them to a local organization. Not all survivors need the same type of support—whether they are ready to leave the relationship or not, let them know they're not alone.



DONATE & VOLUNTEER

You can help your local domestic violence organization by donating money and/or time. By making a connection, you'll know where to refer someone if you ever need to.



BLUE SHIELD OF CALIFORNIA FOUNDATION'S COMMITMENT TO DOMESTIC VIOLENCE

126 grantees



\$20 million



invested over the last 15 years

Looking Ahead

A new focus on prevention projects with organizational and community level reach at the intersection of domestic violence and health.



Promoting policies to address family safety



Mobilizing communities



Amplifying voices of the vulnerable



Building multi-sector collaborations & networks



Engaging men & boys

Sources

https://ncadv.org/assets/2497/domestic_violence.pdf

<https://www.blueshieldcafoundation.org/endthesilence>

<https://www.blueshieldcafoundation.org/voice>

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