



## Ten Ways You Can Do Your Part to Stop Violence Against Women

### 1 Educate yourself.

Understand the magnitude of the issue with these [summary statistics](#) and [country data](#).

### 2 Stay up to date.

One way is to subscribe to these [monthly reports](#) on violence against women around the world.

### 3 Raise awareness.

Give a talk at the hundreds of civic club meetings that happen where you live every day—Rotary International, the Lions Club, Toastmasters, etc. Or, find local [meet-ups](#) where you can share information.

### 4 Support legislation.

In the USA, you take action this week! The Senate passed an extension of VAWA—the Violence Against Women Act—on February 12, 2013. The bill now goes to the House where it will encounter opposition. Write your representative to encourage a yes vote. Find contact information and a draft letter [here](#).

### 5 Volunteer to stop the violence.

To learn how you can help, contact organizations in this [list](#) from the US Government Department of Justice and the [offices](#) of The Rape, Abuse, & Incest National Network (RAINN). Volunteers make a difference in so many ways—working phone banks, aiding in letter-writing campaigns, organizing responses to a crisis, carrying out advocacy campaigns, and more.

## **6 Attend and stage human rights events.**

Meet like-minded people in your community and start networking for group action. Amnesty International keeps a [calendar](#) of events. Here are tips for [publicizing your event](#). RAINN hosts a [speakers bureau](#), and Human Rights Watch invites the press to access its [experts](#).

## **7 Share Your Voice on March 8.**

That's International Women's Day and the day to stand up for the rights of women. You can express your views close to home in a word with your family and friends. You can speak out at a community event. You can sign an online petition for worldwide impact--just google "petitions to stop violence against women."

## **8 Continue to advocate!**

These [tools](#) for advocacy from One Billion Rising will help in all your activities.

## **9 Donate.**

One easy way that doesn't cost you a dime is to [visit Care2](#). Each click from you causes a donation from the site's advertisers to Amnesty International. Go online to find other organizations that put donations to good work.

## **10 For personal advocacy**

Every day in every way, model how to show respect for women and girls. Others will catch on. Whenever you have the chance, help a young girl or woman understand the rights she has and the respect she deserves. And make sure you and the people you know have these phone hotlines stored in contacts:

- domestic violence hotline: 1-800-799-SAFE (7233)
- national sexual assault hotline: 1-800-656-HOPE (4673)
- national teen dating abuse helpline: 1-866-331-9474