Creating Compassionate Communities

How YOU can help END relationship ABUSE

Compassionate Communities believe in the power of human connectedness and in practicing empathy for others. Compassionate Communities work together to create a future without violence. By widening our circle of compassion, we can create healthy relationships and end relationship abuse.

Connect — One in four women will experience domestic violence over her lifetime.

What you can do: Talk to friends or relatives you know or suspect may be experiencing abuse. Look for opportunities to reach out, and be informed about domestic violence services in your community.

Equality — Promoting equality fosters healthy relationships and compassionate communities.

What you can do: Speak up! Encourage positive appreciation for equality and diversity.

Justice — Compassion and accountability at all levels of society is necessary to confronting violence.

What you can do: Support policies that increase accountability for individuals engaging in abusive behavior.

Respect — Change starts with you! Be a positive role model.

What you can do: Practice healthy relationship skills and attitudes with your family and community.

Responsibility — Violence is preventable when we act.

What you can do: Take action when you witness abuse.