

# Awareness Into Action

## PARTICIPANT WORKSHEET

### BREAKING DOWN BARRIERS

BARRIERS TO VICTIMS LEAVING	BARRIERS TO INTERVENING	CHALLENGES WE ALL FACE
<b>BREAKING DOWN THE BARRIERS</b>		

REMEMBER: YOU NEVER DESERVE TO BE MISTREATED. IF YOU HAVE QUESTIONS, WE ENCOURAGE YOU TO TEXT "LOVEIS" TO 22522 AT ANY TIME TO CONNECT WITH A CONFIDENTIAL ADVOCATE FROM [LOVEISRESPECT.ORG](http://LOVEISRESPECT.ORG).

**SO, WHAT WILL YOU DO?**

HONOR YOUR STORY	EDUCATE OTHERS	SUPPORT SURVIVORS
<ul style="list-style-type: none"> <li>• #1Thing I want to share about my story is...</li> <li>• #1Thing I need you to know about domestic violence is...</li> <li>• #1Thing that inspires me to keep working to end domestic violence is...</li> <li>• #1Thing I do to take care of myself is...</li> </ul>	<ul style="list-style-type: none"> <li>• Take a community pledge</li> <li>• Host a social media campaign</li> <li>• Research and share statistics about domestic violence</li> <li>• Understand and talk about the difference between healthy and unhealthy love and relationships</li> <li>• Share resources from the One Love Foundation</li> </ul>	<ul style="list-style-type: none"> <li>• Host a donation drive</li> <li>• Pack “go bags” for victims and survivors</li> <li>• Volunteer at a local shelter</li> <li>• Advocate to policy makers and community leaders</li> <li>• Host a trauma-informed care training</li> </ul>

**THE #1THING I AM COMMITTING TO IS...**

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**I WILL SHARE MY #1THING WITH OTHERS BY...**

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**NATIONAL RESOURCES**

- The National Domestic Violence Hotline: 800-799-7233 (SAFE) or [www.ndvh.org](http://www.ndvh.org)
- National Sexual Assault Hotline: 800-656-4673 (HOPE) or [www.rainn.org](http://www.rainn.org)
- Local Resources: \_\_\_\_\_

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