Everyone has the right to safety and freedom from abuse.

We are a non-profit network of over 70 domestic violence programs across Washington. We...

• Work for laws that ensure safety and justice for survivors
• Provide specialized support to domestic violence advocates
• Conduct research to promote local-level change
• Educate the public

visit wscadv.org to find:
What is Domestic Violence?
Domestic violence is a pattern of behavior that one person in a relationship uses to gain power and control over the other. Abuse is not caused by anger, mental problems, alcohol, drugs, or other common excuses. It is caused by a person’s belief that they have the right to control their partner.

Common tactics:
• Isolation from friends and family
• Emotional abuse
• Using children
• Dominating finances and family resources
• Physical and/or sexual assault

To Help a Friend:
• Listen to their story and believe them.
• Hold what you are told in confidence.
• Encourage your friend to think about safety. Help your friend make concrete plans that deal with the most likely “what ifs.”
• Reach out to a local domestic violence program. Anyone can call.
• Call the National Domestic Violence Hotline at 1-800-799-SAFE.