

Domestic Violence Awareness Month: Relationships Should Be Safe

Podcast Transcript

This podcast is brought to you by Military OneSource.

As children, many of us spent hours daydreaming about gaining superhero abilities. Back then, it was all about the cool powers of flying, invisibility or brute strength. But as I got older, I realized that I already possessed the power to help others in little ways every day. Your superpowers may not seem heroic to you, but simply having the courage to ask questions when you suspect someone you know may be in an abusive situation can be the turning point that saves a life.

All community members — friends, neighbors, colleagues, military commanders and professionals — play a role in preventing domestic violence. It is up to you to decide to be the hero.

Domestic violence is contrary to military values and community standards, and cannot be tolerated. If you see disrespectful or abusive behavior, have the social courage to speak up. Often victims are afraid to speak for themselves. You can help.

Collaboration among many individuals and groups also helps promote community standards for safe, healthy relationships and families. Leadership is critical in making it clear in word and deed that domestic abuse is not acceptable. The Family Advocacy Program is a key resource for military commanders, helping them keep families safe, healthy and mission-ready.

To prevent domestic violence, the Family Advocacy Program helps families develop healthy relationship skills and address common relationship and parenting challenges during every stage of life. When domestic violence occurs, the Family Advocacy Program supports victims and provides treatment for offenders.

If you suspect abuse, take action. Offer to talk with the victim, or call local law enforcement or your installation Family Advocacy Program for help. If you live on or near a military installation, contact your local military and family support center. Victims of domestic abuse may also contact victim advocates who offer many forms of assistance to keep victims (and any children) safe, including emergency services and counseling, safety planning and information about domestic abuse reporting options, protective orders and other topics. You can also contact Military OneSource at 800-342-9647, that's 800-342-9647. To find a victim advocate, call the installation operator or Military OneSource and ask for the number of the domestic abuse victim advocate. Immediate assistance is also available through the National Domestic Violence Hotline at 800-799-SAFE, that's 800-799-7233. If you are a victim of domestic violence or know of someone who is, don't wait. Call today.

Relationships should be safe. All community members play a role in preventing domestic violence by speaking up when they see, hear or suspect abuse. Taking action like this is one way to be a hero in your community.

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For more information, visit Military OneSource at <http://www.militaryonesource.mil>, an official Department of Defense website.