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DAIS

DOMESTIC ABUSE INTERVENTION SERVICES



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But words can never hurt me?



This time of year is filled with snow, hot cocoa, and gatherings with family and friends. Unfortunately, those same family and friends can sometimes cause feelings of stress around our celebrations. Picture yourself sitting around a table with family about to dig in to your second helping of dessert and suddenly a sexist, racist, or otherwise harmful comment is flung into the conversation. What do you do?

Intervening when someone says something harmful can be tough, especially when it is said by someone we love. However, it is especially important for us to use our voices in positive ways in our spheres of influence. When harmful comments or jokes go unaddressed the speaker may assume that everyone listening shares their opinions. This contributes to a culture where violence is trivialized and accepted. Additionally, when we remember that 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime, it is likely that someone we know has experienced violence. Intervening shows them that you care about their experience and their comfort.

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Want to Support DAIS?



Over the past few months, DAIS has brought the voices of the

Sometimes we don't intervene for the sake of our own physical or emotional health and that is ok. Do whatever you need to do to keep yourself safe. Other times, we don't intervene because we feel uncomfortable or we aren't sure how. Check out the links in the sidebar for some concrete ideas on how to combat harmful language over the holidays.

Happy Holidays! We are grateful for your support and action in the fight to end domestic violence and create healthier communities.

Action Steps

1. Practice how to respond to comments that may come up. Think about a comment that was made in the past. If you did not respond, why not? What are some solutions to your hesitation? If you did respond and it didn't go well, what could have been more effective? Practicing on your own or with a friend can help you feel more confident.
2. Share some gratitude. Think of a man that you know who has modeled healthy masculinity. Thank them for the impact that they made in your life.
3. Make a [donation](#) to DAIS. Your gift this year means that 2017 can be a fresh start for victims of domestic violence in our community.

courageous individuals we serve forward in the video, [The DAIS Thank You Letter Project](#).

These are the voices of people living right here in our own community.

Our hard-working advocates see new beginnings every day and YOU can help be a part of the lasting impact DAIS is making in the lives of survivors.

There are many ways to make a tax-deductible donation to DAIS:

[Online giving](#)
[In-kind donations](#)
[Planned giving](#)
[Giving a stock gift](#)

Mail your donation to:
DAIS
2102 Fordem Avenue
Madison, WI 53704

For more information about how to make a gift to DAIS, contact Liz Klaus at 608-338-0077 or via [email](#).

Power of One

We all have the power to change harmful attitudes, to speak up, and to support the work to end domestic abuse. It is the power of one voice, one message, one conversation, one intervention. The act of helping one leads to the impact of helping all.
One. And for all.



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