Believe that your efforts make a difference

DAIS was founded 40 years ago because five volunteers wanted to create a safer and more hopeful community for those experiencing domestic violence. This week was National Volunteer Week and DAIS is both humbled and grateful for all of the volunteers who show such compassion in supporting those impacted by domestic violence and when raising awareness on this issue throughout our community.

“I came to know about DAIS one year ago at the UW All Campus Day of Service. DAIS hosted a table along with the UW Men's Project and AXO sorority on UW campus.

Through the DAIS website, I learned about their important work and soon became a volunteer summer intern. While interning, I learned more about the life-saving work they do and came to realize how common and normalized domestic violence is in our society. Through my experience with the UW Men's Project, I explored my masculinity and learned a lot about how toxic masculinity impacts us every day. I started to think more about how domestic abuse stems from toxic masculinity, and how I have a part to play as a man. I realized that acknowledging the prevalence of domestic abuse is not enough, and I needed to take action to help make a change.

I think with the privilege of being a man, comes the responsibility to understand that I have to take a stand against domestic violence. Volunteering with DAIS is a great way for men to join the fight against domestic violence, and show their allyship and respect to women, and really to any individual in their life. Even though it can get overwhelming to think about domestic violence because it is unbelievable how many people are affected by it, we should always believe that our efforts as individuals do make a difference.”

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Transforming Together
DAIS provides UW students with tools to ally with, support targets of domestic violence
Men Tell Sexist Or Homophobic Jokes Because They 'Feel Their Masculinity Is Being Threatened'

You’re Invited!

Celebrate Independence Luncheon
Ibtisam was born and raised in Pakistan, and he moved to the U.S in 2014 when he enrolled at University of Wisconsin-Madison. He is a junior studying Textile and Fashion Design.

Action Steps

1. Sign up to become a volunteer for DAIS. There are many opportunities to work directly with clients or to help raise awareness throughout the community. Visit our website today.

2. Inspire and engage your online community by sharing why you support DAIS. Use the hashtag #ISupportDAIS.

3. Join DAIS at the Celebrate Independence Luncheon and be inspired to take action.

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.