

For Immediate Release

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Doorways for Women and Families Releases Top 10 Tips for Teens and Parents for Domestic Violence Awareness Month *Arlington Nonprofit Hosts Variety of Educational Events*

ARLINGTON, Va.—As Domestic Violence Awareness Month kicks off, [Doorways for Women and Families](#), Arlington's leading provider and advocate for victims of homelessness, violence and abuse, continues to receive a high number of calls to its domestic violence hotline. In response, Doorways has launched a public awareness campaign with tips and resources to help break the cycle of domestic and dating violence, especially among teens and young adults.

Kicking off the month, [Doorways is putting inserts](#) into local Arlington-area newspapers as well as on the web with important information about recognizing domestic violence as well as tips for helping those who are experiencing violence. Below are top tips from Doorways:

10 Warning Signs for Dating Abuse

In unhealthy relationships, the partners who are being abused may:

1. Give up hobbies and other activities that they once enjoyed
2. Worry all the time about making their partners angry or jealous
3. Withdraw from friends and family
4. Spend excessive amounts of time with the person they're dating
5. Wear clothing inappropriate for the weather in order to hide marks

The abusive partners in these unhealthy relationships may:

6. Insult their partners in public
7. Try to control how their partners dress and act
8. Check in on their partners over and over again (often times via text messages)
9. Lose their temper and seem unable to control their anger
10. Threaten to do something drastic (such as commit suicide) if their partners ever try to break up with them

5 Things to Do to Help

If trapped in an abusive relationship, 73 percent of teens said they would turn to a friend for help; but only 33 percent who have been in or known about an abusive relationship said they have told anyone about it.

1. Talk to teens before and after they start dating
2. Ask questions about their life and listen with an open mind
3. Support teens and youth as they decide what to do
4. Open up clear channels of communication
5. Be calm and take positive action

Other Domestic Violence Month Activities

Doorways will also be hosting events and activities throughout the month to educate the public about domestic violence and its implications.

• **The Clothesline Project**

To honor survivors and victims of domestic violence, Doorways' clients decorate T-shirts depicting their plight. The shirts in this visual display speak volumes about the deep impact domestic violence has on individuals, families and communities. T-Shirt display locations include: Gunston Community Center, Reinsch Library, Thomas Jefferson Community Center, Glen Carlyn Library, and Columbia Pike Library.

• **Film Series**

Doorways is sponsoring a series of films and discussions throughout the month. These films take place on Sundays in October from 2-4pm at the [Arlington Central Library](#):

- Oct. 3 with [Telling Amy's Story](#), sharing the story about one woman's experience that lead to her death and hosted by actress and activist Mariska Hargitay
- Oct. 10 with [Sin By Silence](#), telling the story of the first inmate initiated and led group in U.S. prison history that shatters the misconceptions of domestic violence
- Oct. 17 with [My Girlfriend Did It](#), exploring intimate partner violence in lesbian relationships.

• **Red Flag Campaign**

In an effort to challenge rates of abuse on college campuses, Doorways will re-launch [The Red Flag Campaign](#) dating violence awareness poster campaign at Marymount University, Northern Virginia Community College-Alexandria, and the Art Institute of Washington. This dating violence awareness [poster](#) campaign, designed by the Virginia Sexual and Domestic Violence Action Alliance and funded by the Verizon Foundation, will raise awareness about how bystanders can stand-up to the warning signs of dating violence and how to recognize the differences between healthy and unhealthy relationships.

More information about domestic and dating violence prevention, including instructions on how to sign up for these programs, is available on [Doorways](#) web site or by calling 703-522-8858.

ABOUT DOORWAYS FOR WOMEN AND FAMILIES

For 30 years, Doorways for Women and Families, a 501(c)(3) nonprofit, strives to end homelessness and family and intimate partner violence by offering safe shelter and housing, life changing support services and community advocacy. Recognized as a well-managed leader and innovator, Doorways has received numerous accolades, including the Washington Post's Excellence in Nonprofit Management, Charity Navigator's Four Stars for financial responsibility and *Washingtonian Magazine's* Great Charities list. www.DoorwaysVa.org