



A great new resource in relationship violence prevention

The 10 to 10 Helpline offers a respectful, supportive environment for callers in their efforts to use safe behaviors in their relationships. It's specifically designed to respond to people who are using abusive behaviors in their relationship(s) and support behavior change.

Friends, family, and professionals who want to help someone stop harming their partner can also call to get support.

The 10 to 10 Helpline started last year and is based out of Massachusetts, but can accept calls from all over!

Call them at 877-898-3411 from 8 a.m. to 8 p.m. MT, and share this new resource widely! It's free and confidential.

Follow them on Instagram (@helpline1010) and Facebook (@10to10Helpline.org), and visit their website here.



"Maid" Review

Last quarter several Violence Free Colorado member programs joined our staff to discuss the Netflix series "Maid." Panelists shared their takeaways on how domestic violence and survivorship were portrayed, and how individual and community support were presented, particularly when it comes to



"Know the Signs" ads

Our new ads are designed to show examples of some often-unnoticed forms of relationship abuse: controlling money, invading privacy, constant criticism, and breaking stuff. Our ads speak directly to people who are using abusive behaviors, who may recognize their own actions in the scenarios provided - to encourage these individuals to self-



Feelings vs. Behaviors

If you sometimes (or often) scare or hurt your partner, and then blame it on them or on your upset feelings, it could be a sign you're using abusive behaviors – and that you have abusive values or beliefs. If you're not sure how or what to change, it's ok to ask for help!

holding a person accountable (or failing to) for their abusive behaviors.

reflect and reach out for help if they think they might be using abusive behaviors in their relationship(s). Please watch and share!

Follow [our Instagram page](#) to learn more about healthy relationships.

Donate

Relationship violence is not ok. It is ok to ask for help.
Stand Up Colorado is a project of Violence Free Colorado.

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