



Learn more about the 10 to 10 Helpline: August Facts & Snacks Webinar

(seguido en español)

In last quarter's newsletter we shared about the [10 to 10 Helpline](#) - which offers a respectful, supportive environment for callers in their efforts to use safe behaviors in their relationships. This month, 10 to 10 Helpline staff joined the Facts and Snacks webinar series of our parent organization, Violence Free Colorado, to share more about their work. **Watch the recording of their presentation [here!](#)**

The helpline is 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).



Aprenda más sobre la línea de ayuda 10 a 10: Webinar de "Datos y Bocadillos" de agosto

En el boletín pasado compartimos sobre [la línea de ayuda 10 a 10](#) - la cual ofrece un ambiente respetuoso y comprensivo para las personas que llaman buscando ayuda en usar comportamientos saludables en sus relaciones. Este mes, unxs empleadxs de la línea 10 a 10 se unieron con el serie de webinar "Datos y Bocadillos" de nuestra organización matriz, Violence Free Colorado, para compartir más sobre su trabajo. **Mire la grabación de la presentación [aquí!](#)**

La línea de ayuda es diseñada responder a las personas que están usando los comportamientos abusivos en sus relaciones y apoyar el cambio de comportamiento. Amigxs, familia y profesionales que quieren ayudar que alguien deje de hacer daño a su pareja también pueden llamar para conseguir apoyo.



La línea de ayuda se fundó el año pasado y está ubicada en Massachusetts, pero puede aceptar las llamadas desde todo el país! **Llame a 877-898-3411 desde las 8 a.m. - 8 p.m. (zona de montañas), y comparta este recurso! Es gratis y confidencial.**

Siga la línea en [Instagram](#) (@helpline1010) y [Facebook](#) (@10to10Helpline.org).



Reproductive Abuse

Reproductive abuse involves coercing or controlling decision-making regarding birth control, contraceptives, pregnancy, and childbirth.

The Supreme Court decision to overturn Roe v Wade is an example of reproductive abuse playing out on a systemic level - via state control over the bodies of people who can get pregnant. This decision impacts violence survivors across the U.S. Read more [here](#).



"Know the Signs" ads

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



Your Partner's Safety

"My partner's safety is just as important as my own."

If this type of thinking isn't familiar to you, it could mean you have unhealthy or abusive beliefs about relationships. It's ok to ask for help to change, or just to learn more! You can call the 10 to 10 Helpline to chat confidentially with someone for free from 8 a.m. to 8 p.m. MT: 877-898-3411. 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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