

You **never** know if someone is suffering in silence in an intimate personal relationship

Join us in commemorating October, Domestic Violence Awareness Month and the 20th death anniversary of Claire Joyce Tempongko

Dating or domestic violence—also known as Intimate Partner Violence (IPV)—is the pattern of behavior where a current or former partner takes power and control over the other by verbal, emotional, financial, sexual, physical and other attacks.

Everyone can prevent and stop abuse. Here's how:

■ GET EDUCATED

Learn why and how abuse happens. Attend education events like ALLICE's free and open-to-the-public 16th annual "*Free from Violence*" presented remotely this year as a special episode of "**Tanong ni Congen**" on Wednesday, October 21, 2020 at 10:00 a.m. — 11:00 a.m. on Facebook Live. Consul General Henry S. Bensurto Jr. discusses IPV in the Filipino community with ALLICE founder Cherie Querol Moreno and ALLICE 2020 secretary/AARS-HealthRight 360 program director Junior Flores.

■ MODEL HEALTHY INTERACTION

in and out of the home.

■ CALL OUT ABUSE

Don't joke about or laugh at jokes that perpetuate stereotypes of relationships.

■ ADVOCATE FOR IPV SUPPORT

and prevention in your town. Watch Colma City Council virtual meeting on Wednesday, October 14, 2020 at 7:00 p.m. when Colma proclaims October as Domestic Violence Awareness Month with ALLICE 2020 president Allen Capalla accepting the certificate of proclamation.

Check out SSF.net for the September 23 South San Francisco City Council proclamation of October as Domestic Violence Awareness Month also presented to ALLICE.

■ BE AN ALLY

Listen without judgment. Believe and validate. Know about resources. Memorize IPV hotlines such as the National Domestic Violence Hotline: 1-800-799-7233.

Visit www.allicekumares.com for the **A-List**, our directory of services reviewed for cultural and linguistic competence.