

## Mothers' Union's 16 Days of Activism

### Pray for the RISE UP campaign

#### **RISE UP against domestic abuse**

- **RISE UP** Against Domestic Abuse is Mothers' Union's new campaign to raise awareness about domestic abuse.
- We fight tirelessly against domestic abuse and gender-based violence every single day, both in Britain and All Ireland and around the world.
- The letters of **RISE UP** stand for Respond, Inform, Support, Empower, Unite and Pray.
- **RISE UP** gives people the knowledge and skills to help support victims of domestic abuse with care and empathy, but this doesn't make you or anyone else a domestic abuse professional. One of the aims of RISE UP is to teach us how to respond appropriately to a disclosure and ensure we know where to signpost a victim to. If someone discloses something to you, please:

**Respond** to a disclosure of abuse with compassion and calm.

**Inform** the person where they can get help. If a person is in immediate danger call 999, otherwise direct them to their county domestic abuse helpline or the Refuge 24-hour helpline on **0808 2000 247\***.

**Support** in a safe manner, listen and believe.

**Empower** them to grow and heal.

**Unite** the members of Mother's Union and churches to help end domestic abuse.

**Pray** for all affected by domestic abuse.

\***Leicestershire** local help line call: **0808 802 0028**  
or Text: **07715 994962**

Domestic abuse can happen to anyone from any walk of life. It isn't just unemployed, single parents who suffer from abuse. It is the educated, the affluent, both women and men. It can happen to anyone. Abuse can and does happen anywhere. Unfortunately, some people hide behind miscommunicated Bible passages to justify their actions or feel like they should stay with an abusive partner. We want to raise awareness that **this is not OK.**

Day  
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To find out more, please visit:

[www.mothersunion.org/MUGlobalDay](http://www.mothersunion.org/MUGlobalDay)