



***Your Life is My Life, Ending Violence Starts with Me (YLML)***, created by the Alliance of Local Service Organizations (ALSO), is a public awareness campaign and bystander intervention training designed to help individuals as bystanders, or witnesses, intervene in situations that are violent or may lead to violence. Based in Chicago, ALSO has worked to prevent community violence since 1998 and has developed the YLML campaign and training to address issues such as gang violence, intimate partner violence/domestic violence, and bullying that affect many communities.

*Everyone* can do *something* to intervene in violent or potentially violent situations. ALSO's goal is to equip bystanders to violence with the knowledge, strategies and support needed to create safer communities.

**Critical elements of effective bystander intervention:**

- Understanding personal roadblocks to intervening
- Understanding how to safely intervene in any situation
- Implementing strategies competently
- Understanding context
- Recognizing limits

**Important elements of community involvement:**

- Education on the various forms of violence and how it takes shape in each community
- Support from multiple constituents, including professionals, community residents and youth
- Multiple methods for involvement

**How can I get involved?**

*Everyone* can do *something* to prevent violence in their community. To learn more about ***Your Life is My Life: Ending Violence Starts with Me***, please contact us.

Your Life is My Life  
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*"I really feel more empowered to do something after attending this training. When I got home, I immediately talked to my wife and my daughter about the intervention techniques and possible situations that may arise at work, school and/or in public."*

—Recent Training Attendee