

The Allstate Foundation, Cheryl Burke of "Dancing with the Stars" and Judge Jeanine Pirro of the "Judge Pirro" Show Ask Americans to Face Domestic Violence Together

Tell a Gal Pal® raises awareness of domestic violence and supports survivors

[09/16/2010 - Northbrook, Ill.] – More than seven out of 10 Americans know someone who is or has been a victim of domestic violence, yet it still remains a taboo subject.¹ A recent study found that only 54 percent of Americans have talked to a friend about domestic violence, and only 56 percent know how to help a victim.¹ Professional dancer, Cheryl Burke of "Dancing with the Stars" and Judge Jeanine Pirro of the "Judge Pirro Show" are teaming up with The Allstate Foundation to encourage everyone to Tell a Gal Pal and break down the barriers as a part of Domestic Violence Awareness Month this October and beyond.

"Domestic violence can happen to anyone - it happened to me. I'm using my experience to let survivors know that they're not alone, it's not their fault, and be proof that you can survive - and most importantly thrive in a better future," said Cheryl Burke. "By telling a gal pal about domestic violence - we're educating one another on the issue to erase misconceptions and provide the right support to those in need."

Domestic violence is an issue that does not discriminate - it impacts all genders, races and ages. The Tell a Gal Pal movement asks everyone to face domestic violence together by:

- Talking openly about domestic violence to break the taboo. Tell your Gal Pals - whether it's your best friend, sister, mother, daughter, niece, cousin or neighbor - to face domestic violence by discussing the issue, educating one another and showing support for survivors.
- Visiting ClicktoEmpower.org for easy ways to start the conversation, learn more about the resources available for those in need or read inspirational survivor stories.
- Speaking out against domestic violence when you see it. Call the police or National Domestic Violence Hotline (**1-800-799-SAFE**) to report domestic violence - you could help save a life.
- Volunteering at or donating items to a local domestic violence program. Contact your [state domestic violence coalition](#) for more information.

Tell a Gal Pal this year will feature another new gal pal, Judge Jeanine Pirro. Since her time as a prosecutor, Judge Pirro has been an advocate on behalf of domestic violence victims - on her television show, in her court room, and through her partnership with the National Domestic Violence Hotline. She will bring her passion for fighting domestic violence to a Tell A Gal Pal public service announcement airing nationally this October.

"Everyone has a gal pal, a friend, a family member that they can speak to about this issue," said Jennifer Kuhn, Domestic Violence Program Manager with The Allstate Foundation. "By starting the conversation with our closest friends, we can put an end to the secrecy that too often shrouds domestic violence."

The Allstate Foundation is also encouraging Americans to join the conversation on Facebook to help support domestic violence survivors. For each person who visits the [Click to Empower!](#) Facebook page

and pledges to Tell a Gal Pal about domestic violence, The Allstate Foundation will donate \$1 to the National Network to End Domestic Violence (up to \$20,000).

"Far too often, domestic violence is ignored or overlooked, resulting in devastating consequences," said Sue Else, president of the National Network to End Domestic Violence. "Domestic violence needs to be part of a larger conversation with gal pals and entire communities to raise awareness, urge support for life-saving services and ultimately end domestic violence once and for all."

About The Allstate Foundation Domestic Violence Program

The Allstate Foundation's Domestic Violence Program helps domestic violence survivors overcome economic challenges and lead financially independent lives, free from abuse. Through a partnership with the National Network to End Domestic Violence, the program provides a network of financial resources, including a comprehensive financial empowerment curriculum; funds direct services, including education and job training assistance; and spreads the word on how to empower those touched by domestic and economic abuse. For more information and to find out how to help, visit www.ClickToEmpower.org.

About the National Network to End Domestic Violence

The National Network to End Domestic Violence (NNEDV), a 501(c)(3) organization, is a leading voice for domestic violence victims and their allies. Its members include the 56 state and territorial coalitions against domestic and sexual violence. To learn more about NNEDV, please visit www.nnedv.org.

About Cheryl Burke

With over 18 years dancing experience and several championship titles under her belt, professional dancer Cheryl Burke has tangoed and sambaed her way into the hearts of millions through the hit ABC television show "Dancing with the Stars." To learn more about Cheryl Burke, please visit www.strictlycheryl.com

About Judge Jeanine Pirro

Judge Jeanine Pirro is a highly respected former District Attorney and county judge, elected politician, sought-after legal commentator, author, champion of women's rights, and mother of two. She now brings her many years of professional and life experience to the daytime television court genre as an Emmy nominated TV court Judge. To learn more about Judge Pirro, please visit www.JudgeJP.com.

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