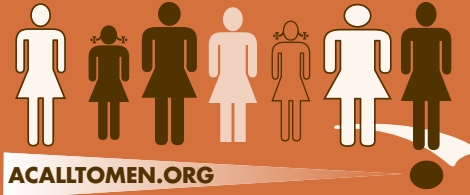


 **manhood** =
respect for women



10 Things Men Can Do

to Prevent Domestic and Sexual Violence

1. Acknowledge and understand how male dominance and aspects of unhealthy manhood are at the foundation of domestic and sexual violence.
2. Examine and challenge our individual beliefs and the role that we play in supporting men who are abusive.
3. Recognize and stop colluding with other men by getting out of our socially defined roles, and take a stance to prevent domestic and sexual violence.
4. Remember that our silence is affirming. When we choose not to speak out against domestic and sexual violence, we are supporting it.
5. Educate and re-educate our sons and other young men about our responsibility in preventing domestic and sexual violence.
6. "Break out of the man box" - Challenge traditional images of manhood that stop us from actively taking a stand in domestic and sexual violence prevention.
7. Accept and own our responsibility that domestic and sexual violence will not end until men become part of the solution to end it. We must take an active role in creating a cultural and social shift that no longer tolerates violence and discrimination against women and girls.
8. Stop supporting the notion that domestic and sexual violence is due to mental illness, lack of anger management skills, chemical dependency, stress, etc... Domestic and sexual violence is rooted in male dominance and the socialization of men.
9. Take responsibility for creating appropriate and effective ways to educate and raise awareness about domestic and sexual violence prevention.
10. Create responsible and accountable men's initiatives in your community to support domestic and sexual violence prevention.

i am part of the solution.

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