



What men can do to Prevent Men's Violence Against Women

- Approach gender violence as a MEN's issue, not just a woman's issue. Realize it can involve men of all ages, races, and socioeconomic levels.
- Men can be extremely important in holding other men accountable by being empowered bystanders and Standing Up to confront abusive/violent behavior.
- If someone you know is abusing his female partner – or is disrespectful or abusive to girls and women in general – don't look the other way, Stand Up. Try to talk to him about it if you are comfortable doing so. Urge him to seek help.
- Question your own attitudes and language. Could they be inadvertently perpetrating sexism and violence or be hurtful to someone else?
- If you suspect someone you know is being abused, ask if you can help.
- If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past, acknowledge it and reach out for help. Seeking professional help is not sign of weakness, it is an act of **courage**. Act NOW.
- Be an ally to women who are working to end all forms of gender violence. Support their efforts with your time, talent and treasure. Support local rape crisis and domestic violence programs. Consider organizing a fundraiser for them or for Men's Violence Prevention effort.
- Recognize and speak out against homophobia and gay-bashing as abuse of one affects all and this abuse can have a link to sexism.
- Learn more about gender inequality in differing societies and about the root causes of gender violence. Attend workshops and training events; educate yourself and others on the issue.
- Don't buy it! Sex trafficking and prostitution hurt everyone. Don't fund sexism. Refuse to purchase pornography and other items that are sexually degrading towards women.
- Teach young boys and men about how to be men of character that are respectful to everyone, including themselves. Lead by example.