

# Men *for* HAWC

Our mission is to bring men together to join with Help for Abused Women and their Children (HAWC) in raising awareness and taking action to end men's abuse against women and their children in our communities.

## A Dozen Things Men Can Do To Stop Men's Violence Against Women

1. **Recognize** that domestic violence is every man's responsibility.
2. **Speak up.** Don't be a silent bystander.
3. **Challenge** men who use sexist language and make degrading jokes about women.
4. **Ask** a woman how the threat of violence impacts her life. Listen to and learn from women.
5. **Think** about how our own attitudes and language contribute to the problem of men's abuse of women.
6. **Call 911.** Domestic violence is not a private matter - it's a crime.
7. **Recognize** that degrading images of women in the media are linked to violence against women.
8. **Boycott** magazines, videos or music, etc. that promote violence against women.
9. **Talk to and teach** boys and young men about healthy relationships. Walk the talk by being a good role model.
10. **Seek help** if you have a problem with being emotionally or physically abusive. Call Doug Gaudette at the Batterer's Intervention Program at (978) 687-0156 ext. 4233.
11. **Join** other concerned men and women to address gender violence through groups such as Men for HAWC. For more information call Willy Greenbaum at (978) 282-4611.
12. **Support HAWC**, the North Shore's domestic violence program.

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