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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