10 Things Men Can Do to Prevent Men’s Violence Against Women

1. Realize that gender violence is a men’s issue that affects women that you care about.

2. Don’t remain silent – confront the abusive behavior of other males.

3. Understand how your own attitudes and actions may perpetuate sexism and violence and work toward changing them.

4. Gently offer your help and support if you suspect that a woman close to you is being abused or has been sexually assaulted.

5. Respect women and treat them as equals.

6. Be an ally to women who are working to end all forms of gender violence.

7. Recognize and speak out against homophobia and gay-bashing.

8. Educate yourself and others about masculinity, gender inequality, and the root causes of gender violence.

9. Mentor and teach boys about how to be men in ways that don’t involve degrading or abusing girls and women.

10. Refuse to purchase any magazines, videos, or music that portray women in a degrading or violent manner.