



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

10

- 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.