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Things MEN CAN DO TO END MEN'S VIOLENCE Against Women

1. Approach gender violence as a man's issue, involving men of all socioeconomic and racial backgrounds. View men not only as perpetrators or potential offenders, but as empowered bystanders who can confront abusive peers.
2. If a brother, a friend, a classmate, or a teammate is abusing his female partner – or is abusive to females in general – don't look the other way. Urge him to seek help, or if you don't know what to do, consult a friend, a parent, a teacher or a counselor. Don't remain silent.
3. Have the courage to look inward. Understand how your own attitudes and actions may perpetuate sexism and violence, and work to change them.
4. If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
5. If you are emotionally, psychologically, or physically abusive to women, or have been in the past, seek professional help now.
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. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse also has direct links to sexism (for instance men who speak out against sexism are often subject to homophobic abuse and is one reason so few men do so).
8. Attend programs, take courses, and read articles and books about masculinity, gender inequality, and the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.
9. Don't fund sexism. Refuse to purchase any magazine, rent any video, or buy any music that portrays women in a sexually degrading or violent manner. Protest sexism in the media.
10. Mentor and teach young boys about how to be men in ways don't involve degrading or abusing girls and women. Lead by example.

MVP Strategies Inc.
gender violence
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