

10 THINGS MEN CAN DO TO PREVENT GENDER VIOLENCE

1 Approach Gender Violence as a MEN'S Issue

Approach sexual harassment and all forms of gender violence as a **MEN'S** issue involving men of all ages and socioeconomic, racial, and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers.



2 Don't Remain Silent

If a brother, friend, classmate, or teammate is abusing his female partner—or is disrespectful or abusive to girls and women in general—don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**



3 Have the Courage to Look Inward

Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try hard to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing them.

4 Ask If You Can Help

If you suspect that a woman close to you is being abused or has been sexually assaulted, *gently* ask if you can help.

5 Get Help

If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past, seek professional help **NOW**.



6 Join the Cause

Be an ally to women who are working to end all forms of gender violence. Support the women whose courage and empowered voices have catalyzed the historic #MeToo and #TimesUp movements. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's shelters. If you belong to a team or fraternity, or another student group, organize a fundraiser.

"Asking the question: 'How many men raped women?' rather than 'How many women were raped?' is much more likely to lead to actions that prevent rape, because **it shines the spotlight in the direction of the source of the problem.**"

—Jackson Katz

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7 **Be an Ally**

Recognize and speak out against homophobia, gay-bashing, and violence against gender nonconforming people. Discrimination and violence against LGBT people are wrong in and of themselves. This abuse also has direct links to sexism (e.g. the gender and sexual orientation of men who speak out against sexism are often questioned, a conscious or unconscious strategy intended to silence them. This is a key reason few men do so).

8 **Educate Yourself**

Attend programs, take courses, watch films, and read articles and books about multicultural masculinities, 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 **Vote with Your Dollars and Attention**

Don't fund sexism. Refuse to purchase any magazine, rent any video, subscribe to any website, or buy any music that portrays girls or women in a sexually degrading or abusive manner. Speak out about cyber-sexism and misogynist attacks against women on social media sites such as Instagram, Snapchat, Facebook, Twitter, Tumblr, Reddit, etc. Protest sexism in new and old media.

10 **Mentor Others**

Mentor and teach boys about how to be men in ways that don't involve degrading or abusing girls and women (or men). Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example.

This content was produced by MVP Strategies, a gender violence prevention education and training organization. For more information, go to www.mvpstrategies.com