

10 Things Men Can Do To End Violence Against Women

- 01** Acknowledge and understand how sexism, male dominance, and male privilege lay the foundation for all forms of violence against women.
- 02** Disarm masculinity: When men murder women, the most common weapon used is a gun. Rid lives and relationships of the threat of violence that gun possession entails.
- 03** Speak out against violence against women. When we choose not to speak out, we allow violence to be perpetuated.
- 04** Educate to break the cycle of violence against women: Challenge associations among small arms, violence, power, and masculinity. Give meaning to manhood that does not involve guns, aggression, or violence.
- 05** Quit telling boys to “stop acting like a girl” when they cry, or express hurt and fear. It’s demeaning to girls and greatly stifles the capacities of boys.
- 06** The presence of a firearm can turn domestic violence into domestic homicide. To reduce lethal violence against women, it is essential to keep guns away from abusers. Support legislation that removes guns from perpetrators of domestic violence.
- 07** Reject excuses for violence against women. Violence against women is not due to stress, mental illness, chemical addictions, or how women dress.
- 08** Self-reflect: Examine and challenge our sexist beliefs, attitudes and behaviors, and the role that we play in supporting men who are abusive.
- 09** Campaign for gun control: Encourage your local elected officials to enact meaningful gun control.
- 10** Accept leadership from women. Violence and discrimination against women will end only when we take direction from those who understand it the most – women.