

# 10 things MEN CAN DO TO END VIOLENCE AGAINST WOMEN

## 1 **BREAK OUT OF THE MAN BOX**

Challenge traditional images of manhood that keep you from taking a stand.

ASK HOW

## 2 **you can help**

if you suspect abuse or an assault. And, if you are abusing others in any way, stop and seek professional help IMMEDIATELY.

## 3 **TEACH YOUR CHILDREN NO MEANS NO**

Teach your children that "No" means "No" and that "Stop" means "Stop."

## 4 **don't buy**

the argument that sexual and domestic violence are due to mental illness, lack of anger management skills, chemical dependency, stress or other excuses.

## 5 **Stand Up & Speak Out**

Silence affirms and supports sexual and domestic violence.

# DO NOT REMAIN SILENT



In Partnership With:  
Christine Ann Domestic Abuse Services  
Harbor House Domestic Abuse Programs  
Sexual Assault Crisis Center - Fox Cities  
Reach Counseling Services

## 6 **LOOK IN THE MIRROR**

Do your own attitudes and actions help support the objectification and de-valuing of women and girls?

## 7 **BE A MODEL FOR YOUTH**

Mentor a boy. Teach boys with your words and actions that being a man means respecting women.

## 8 **EDUCATE YOURSELF**

Listen to and learn from women. Attend programs and events and learn how to end domestic violence and sexual assault.

## 9 **STEP UP TO CREATE A culture shift**

that doesn't tolerate disrespecting or degradation of women. Make this a MEN'S ISSUE.

## 10 **host** a VIDEO, DISCUSSION or PRESENTER through work, school, church, service club or sports team.



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