

12 Things Men Can Do to Stop Violence Against Women

1. **Recognize** that domestic violence is every man's responsibility.
2. **Speak up.** Don't be a silent bystander.
3. **Challenge** men who use sexist language and make degrading jokes about women.
4. **Ask** a woman how the threat of violence impacts her life. Listen & learn from women.
5. **Think** about how our attitudes and language contribute to the problems of men's abuse of women.
6. **Call 911.** Domestic violence is not a private matter – it's a crime.
7. **Recognize** that degrading images of women in the media are linked to violence against women.
8. **Boycott** magazines, videos and music that promote violence against women.
9. **Talk** to and teach boys and young men about healthy relationships. Walk the talk and be a good role model.
10. **Seek** help if you have a problem being emotionally, verbally, or physically abusive.
11. **Join** other concerned men and women to address gender violence through groups such as Men Against Violence and the Feminist Majority Leadership Alliance.
12. **Support** anti-violence campaigns in your community! There is usually an organization that is doing something to end violence. Support these activities.