

## 10 Things you can do to Prevent Gender Violence

1. Approach gender violence as a Men's issue involving men of all ages and backgrounds. See men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers.
2. 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, try talking to him about it. Urge him to get help. Or if you don't know what to do, consult a friend, parent, professor or counselor. **But Don't Remain Silent!**
3. Have the courage to look at yourself. Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing 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, physically or sexually abusive to women or have been, seek professional help, NOW.
6. Be an ally to women who are working to end gender violence. Support the work of campus-based women's centers. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's programs in your area. If you belong to a team, fraternity, or other student group, organize a fundraiser.
7. Recognize and speak out against homophobia and gay-bashing. Discrimination and violence are always wrong, no matter who it's aimed at. The sexual orientation of men who speak out against sexism is often questioned, it's a strategy intended to silence you. Have the courage to speak up and stand up for what you believe.
8. Attend programs, take courses, watch films and read about multicultural masculinities, gender inequality and the root causes of gender violence. Educate yourself and others about how social forces affect the conflicts between men and women.
9. Don't fund sexism. Refuse to purchase any magazine, rent any video, subscribe to any Web site or buy any music that portrays girls or women in a sexually degrading or abusive manner. Protest sexism in the media.
10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs. Lead by example.