WHAT MEN CAN DO TO HELP END DOMESTIC AND SEXUAL VIOLENCE.

✓ Define your own manhood. Consider how common messages like “don’t take no for an answer” play a role in creating unhealthy and unsafe relationships. Choose what kind of man you want to be. **

✓ Take note of pop culture’s messages. Daily, we’re surrounded by movies, TV shows, music, magazines, and video games that sometimes communicate harmful messages about masculinity and relationships. Ask how images in popular culture affect how you view yourself and women. **

✓ Stand up. You probably will never see a rape or physical assault in progress, but you will hear attitudes and see behaviors that degrade women and promote a culture of violence. When your friend tells a rape joke or is disrespectful to women, let him know it’s not funny. DON'T REMAIN SILENT. **

✓ 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, including anti-sexist men’s programs. Lead by example.*

✓ Choose your words carefully. When you put down women, you support the belief that they are less than human. It is easier to ignore a woman’s decisions or well-being if she is seen as inferior. Choose respectful language. **

✓ If you suspect that a woman close to you is being abused or has been sexually assaulted, ask if you can help. If someone discloses to you that they have been harmed, believe them. *

✓ Be an ally working to end all forms of gender violence. Raise money for community-based rape crisis centers and battered women's shelters. Share their information on your social networking sites. *

✓ 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. Protest sexism in the media.*

*Adapted from Jackson Katz.  **Adapted from Men Can Stop Rape. Vermont Network Against Domestic and Sexual Violence, 2013 www.vtnetwork.org
FOR MORE INFORMATION, VISIT:

The Vermont Network Against Domestic and Sexual Violence, links to the 14 crisis service organizations around the state, www.VTNetwork.org

Men Can Stop Rape - Washington, D.C.-based national advocacy and training organization mobilizing male youth to prevent violence against women, www.mencanstoprape.org

Jackson Katz, www.jacksonkatz.com

XY, men, masculinities and gender politics, www.xyonline.net

Engaging Men in Gender Equality – Interactive community (Partners for Prevention), www.engagingmen.net


National Organization for Men Against Sexism (NOMAS), www.nomas.org

A Men's Project (AMP), www.AMensProject.com

Men's Resources International: Educating, Consulting & Organizing for Positive Masculinity, www.mensresourcesinternational.org

Men's Resource Center for Change, www.mrcforchange.org