



## 10 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 and 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.

For more information or for help, please contact MAAV at [info@maav.org](mailto:info@maav.org) or 781-662-2010.

(Adapted from the Community Anti-Violence Alliance, Inc.)