25 Ways Men Can Help End Domestic Violence

1. Accept and promote leadership from women
2. Be mindful of messages you give your sons and daughters
3. Challenge comments that tease or harass men for not being manly
4. Challenge other men when they say or do disrespectful things
5. Challenge yourself not to use language such as "throw like a girl" etc.
6. Encourage other men to express their emotions
7. Engage your community to talk about domestic violence
8. Express your broad range of emotions in a healthy manner
9. Give equal affection to your sons and daughters
10. Insist on fair and safe relationships
11. Interrupt disrespect respectfully
12. Join the Ohio Men's Action Network at www.mensactionnetwork.com
13. Know that much of your male privilege may not be visible to you
14. Know that your voice against violence may be heard more because of your gender
15. Learn about domestic violence by listening to survivors and advocates
16. Learn about the "Man Box" and how sexism holds men and boys back, too
17. Listen to the experience of women
18. Organize a local men's affiliate of the Ohio Men's Action Network
19. Promote practices in your organization that respect the worth and value of everyone
20. Raise funds for your local domestic violence program
21. Start a Mending Project in your local community
22. Talk with the boys in your life about respecting women
23. Teach yourself with resources at paulkivel.com and A Call to Men.org
24. Understand that you may not be able to imagine what it means to be raised female
25. Volunteer for your local domestic violence program

For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at www.odvn.org. Published as part of the 25 for 25 years of ODVN Celebration!