

SAFER COMMUNITIES FOR ALL: GUIDING TRANSFORMATIVE MALE ENGAGEMENT

As an agent of change in your community, you can take action
to end violence against women and girls.
Are you in?

Here are actions you can take to create safer communities for all:



LISTEN to the female voices around you. Take a moment to connect and listen to ALL the girls and women in your life, not only girls and women who rally and advocate publicly. They also probably have stories of violence to share. Listening is the first step to understanding, and ultimately, ending violence against women and girls.



LEARN by unlearning. Violence is not just physical. Pledge to learn what gender-based violence is and what it looks and feels like for women and girls. Gender-based violence includes emotional, sexual, economic, spiritual, and reproductive abuse and coercion.



LOOK in the mirror. We are the fruit of our culture. It is impossible not to internalize some of our society's degrading and disrespectful attitudes. Take a fearless self-inventory of the negative beliefs about gender norms and roles for women and girls that you have learned and how these play out in your relationships. Work to change them. Change your context.



CONNECT and reflect. Changing deeply ingrained gendered habits is a process of unlearning and this change may come with criticism from peers that have yet to comprehend their gender bias. See criticism by others as opportunities to self-assess and reminders of your commitment to do better. Stay connected to other men and women in the movement for the long haul, they have *“been there, resisted that.”* The work of ending violence against women and girls results in self-respect and respect for others.



SPEAK UP for accountability. Ending violence against women and girls is about taking action; *“it wasn't me”* doesn't cut it anymore. When you witness other men or boys disrespect women or girls, say something. Stop violence and abuse when you witness women and girls being targeted. As an individual and a leader, use your platforms, talk to your peers, address your congregation. Saying something to another man is an act of care.



ADVOCATE individually and join the movement. Join forces with women-led organizations and women's rights movements in your community. Advocate and affiliate with vibrant feminists, share their vision and provide support with your time, participation, or money if you have the means. Use your social media platform to contribute to the learning, understanding, and ending of violence against women and girls and gender-based violence.

Stand out. Be a change agent.
Take action to end violence against women and girls.

Resources for Self-Reflection and Learning

- <https://www.menstoppingviolence.org/wp-content/uploads/2020/04/Controlling-Behavior-Checklist.pdf>
- <https://www.theduluthmodel.org/wp-content/uploads/2017/03/PowerandControl.pdf>
- <https://www.theduluthmodel.org/wp-content/uploads/2017/03/Equality.pdf>

Note: The Power and Control and Equality Wheels are available in multiple languages <https://www.theduluthmodel.org/wheel-gallery/> The Men Stopping Violence list of abusive and controlling behaviors is only available in English.

Resources for Having Conversations with Other Men

- [A-Conversation.pdf \(menstoppingviolence.org\)](#)
- [A-Conversation-Spanish.pdf \(menstoppingviolence.org\)](#)

Men Stopping Violence also has a series of infographics about what a man can say to another man who is being abusive. They are in English.

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