

10 Things Men Can Do to Prevent Violence Against Women

ABOUT MVP



10 Things Men Can Do to Prevent Men's Violence Against Women 10

- 1 Realize that gender violence is a men's issue that affects women that you care about.
- 2 Don't remain silent—confront the abusive behavior of other males.
- 3 Understand how your own attitudes and actions may perpetuate sexism and violence and work toward changing them.
- 4 Gently offer your help and support if you suspect that a woman close to you is being abused or has been sexually assaulted.
- 5 Respect women and treat them as equals.
- 6 Be an ally to women who are working to end all forms of gender violence.
- 7 Recognize and speak out against homophobia and gay-bashing.
- 8 Educate yourself and others about masculinity, gender inequality, and the root causes of gender violence.
- 9 Mentor and teach boys about how to be men in ways that don't involve degrading or abusing girls and women.
- 10 Refuse to purchase any magazines, videos, or music that portray women in a degrading or violent manner.

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HEALTHY RELATIONSHIP QUIZ

Each relationship is unique, but all **healthy relationships** have a few things in common. In a healthy relationship there should be trust, support, respect, equality, and it should be fun. Take the quiz below, and find out how healthy your relationship is!

Directions: Indicate who in your current relationship does the following things by marking one of the boxes to the right of each statement. You should put an X in either the Neither Person/One Person or Both People columns.	Neither Person Or One Person	Both People
Considers partner's likes and dislikes when making plans		
Shares things he/she likes about their partner		
Supports partner in setting and meeting personal and school goals		
Encourages partner to be the person they want to be		
Comforts partner when upset, sad, frustrated, etc.		
Asks for and listens to partner's point of view (even when having a disagreement)		
Respects partner's need for alone time		
Treats partner's property/belongings well		
Treats partner as an equal		
Respects online privacy (Facebook, e-mail, text messages etc)		
Respects decisions around sex		
Admits mistakes		
Okay with partner spending time with family and friends		
Trusts that partner is being honest about his/her actions and activities		
Cares if the other person has fun when going out		
Communicates respectfully both publically and privately		
TOTAL: Count the number of X's for the Both People column only and write the number in the bold box to the right		

HOW DID YOUR RELATIONSHIP SCORE?
 SEE BACK TO FIND OUT

HOW DID YOUR RELATIONSHIP SCORE?

Score of 0-8: This relationship has room for improvement. A healthy relationship needs both people to contribute equally. A score between 0-8 indicates that the relationship is either one-sided or nobody's trying very hard. This relationship might work with combined effort and commitment, but it may be time for a reality check for both partners. Does this relationship feel good to you?

Score of 8-12: Your relationship has potential but it might take a good amount of work. If this is a relationship that you and your partner want to continue to be in, you both need to pick a few areas to work on in order to make this a more healthy relationship. Make it a shared goal with your partner to increase the number of **X's** in the **Both People** column.

Score of 12-16: You're on track for a healthy relationship! Healthy relationships take time and effort and you are both definitely working at it. You have high levels of trust, support, fun, equality, and respect in your relationship. Both partners should keep up the good work in this relationship and remember that there is always room for improvement!



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BREAKING-UP IS HARD TO DO TEN TIPS FOR SUPPORTING YOUR TEEN

As adults, it is often difficult to stand by and watch as a teen we love and care about suffers through a break-up. There are concrete things you can do, however, that will make you feel less helpless, and hopefully, more helpful.

Directions:
Below are a list of activities you can practice which will improve your ability to help a teen in need of support during a difficult time. Use the list below to assess your current level of comfort and skill in talking to your teen about his/her relationship.

- If you feel you already do the activity, place an **√** in the space.
- If you feel you will try the activity in the future, place a **+** in the space.
- If you feel uncomfortable with the activity and do not feel you can do the activity, place an **X** in the space.

<input type="checkbox"/>	Build a caring, supportive relationship with my teen, so he/she can come to me when he/she has a break-up.
<input type="checkbox"/>	Talk to my teen about break-up myths he/she may have been exposed to by peers and media (i.e. Moving on to new partner immediately is the best way to get over the break-up).
<input type="checkbox"/>	Take time to talk with my teen about friends and daily events.
<input type="checkbox"/>	Provide educational opportunities for my teen to learn about the biological, social, and emotional changes taking place during adolescence.
<input type="checkbox"/>	Join my teen in watching his/her favorite TV shows particularly those that involve teens in relationships. Save your comments for after the show when you will have time for a discussion. (For example ask your teen, "How might that situation really end up?", "What is healthy/unhealthy about this relationship or break-up?")
<input type="checkbox"/>	Ask my teen open-ended questions about the status of his/her current dating relationships. Avoid forcing the issue, though.
<input type="checkbox"/>	Keep information to myself that he/she shares in confidence.
<input type="checkbox"/>	Talk to my teen about his/her desire to date. Talk about healthy relationship and break-up practices he/she should engage in when he/she does start to date.
<input type="checkbox"/>	Help your teen recognize the signs of a threatening or potentially harmful relationship.
<input type="checkbox"/>	Recognize and help your teen deal with the possible public nature of teen break-ups, particularly because of social networking sites.

WHAT NEXT? Now examine your responses. For any activity you already do, keep up the good work. For any activity you are willing to try, get going. For any activity you are uncomfortable with handling, seek outside help and resources. The most important thing is that you stay active and involved in your teen's life and continue to build your own skills to better support him/her through the ups and downs of his/her relationships.



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