

# 10 THINGS **MEN** CAN DO **NOW** TO END VIOLENCE AGAINST WOMEN BY **MEN**



## Stop and prevent violence

1

Immediately seek help if you know that you beat up or ill-treat your wife, girlfriend, daughter or any other woman. You can approach a social worker, counsellor, NGO working with men or gender-based violence. You may also call the Stop Gender Violence helpline: 0800-150-150 - a National toll-free helpline for survivors, witnesses and perpetrators of gender-based violence.

2

**Do not be a bystander** when women are abused! Speak to your friend, brother, uncle, father, workmate, neighbor or any man who is close to you and is abusive whether physically, sexually, emotionally or economically.



## Support survivors

3

**Be part of the solution!** If you are a retired lawyer, social worker, judge, teacher or any other relevant profession urgently volunteer your services to government authorities or civil society organisations to reduce the back log of gender-based violence or sexual offences cases.

4

**Support women survivors** of gender violence in your community to report cases (for example by providing transport, be present in numbers to support her in a court case, offer your phone number to be available to support, etc.) or accompany them during court processes.

5

Find a shelter for abused women near you to provide financial or in-kind support.

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## Engage your community

6

Educate yourself and others; join or start a conversation about gender violence by finding safe spaces for men to talk such as barbershops, during sports games, at schools, workplaces, churches, in taverns.

7

Use social media to speak out against gender violence and gender inequality. Send a clear message that it is cowardice and not cool to violate women.



## Make a personal commitment

8

Be a role model at home including teaching boys early and often to respect women and girls and teaching girls their rights.

9

Do not tolerate jokes, practices and behaviour that disrespect women or girls; or perpetuate negative gender stereotypes and social norms.

10

Commit to actively play a role in ending gender violence as an individual, in your family, in your community and in the society. Join the HeForShe Global Movement at [www.heforshe.org](http://www.heforshe.org).

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