

10 Things Men Can Do To End Men's Violence Against Women

1. Acknowledge and understand how sexism, male dominance, and male privilege lay the foundation for all forms of violence against women.
2. **Examine and challenge our individual sexism** and the role that we play in supporting men who are abusive.
3. Recognize and stop colluding with other men by getting out of our socially defined roles, and take a stance to end violence against women.
4. **Remember that our silence is affirming. When we choose not to speak out against men's violence, we are supporting it.**
5. Educate and re-educate our sons and other young men about our responsibility in ending men's violence against women.
6. **"Break out of the man box."** Challenge traditional images of manhood that stop us from actively taking a stand to end violence against women.
7. Accept and own our responsibility that **violence against women will not end until men become part of the solution to end it.** We must take an active role in creating a cultural and social shift that no longer tolerates violence against women.
8. Stop supporting the notion that men's violence against women is due to mental illness, lack of anger management skills, chemical dependency, stress, etc., etc. **Violence against women is rooted in the historic oppression of women and the outgrowth of the socialization of men.**
9. Take responsibility for creating appropriate and effective ways to develop systems to educate and hold men accountable.
10. Create systems of accountability to women in your community. **Violence against women will end only when we take direction from those who understand it most – women.**



A Call to Men Cumberland County

565 Congress Street
Suite 206A
Portland, ME 04101

A Call to Men

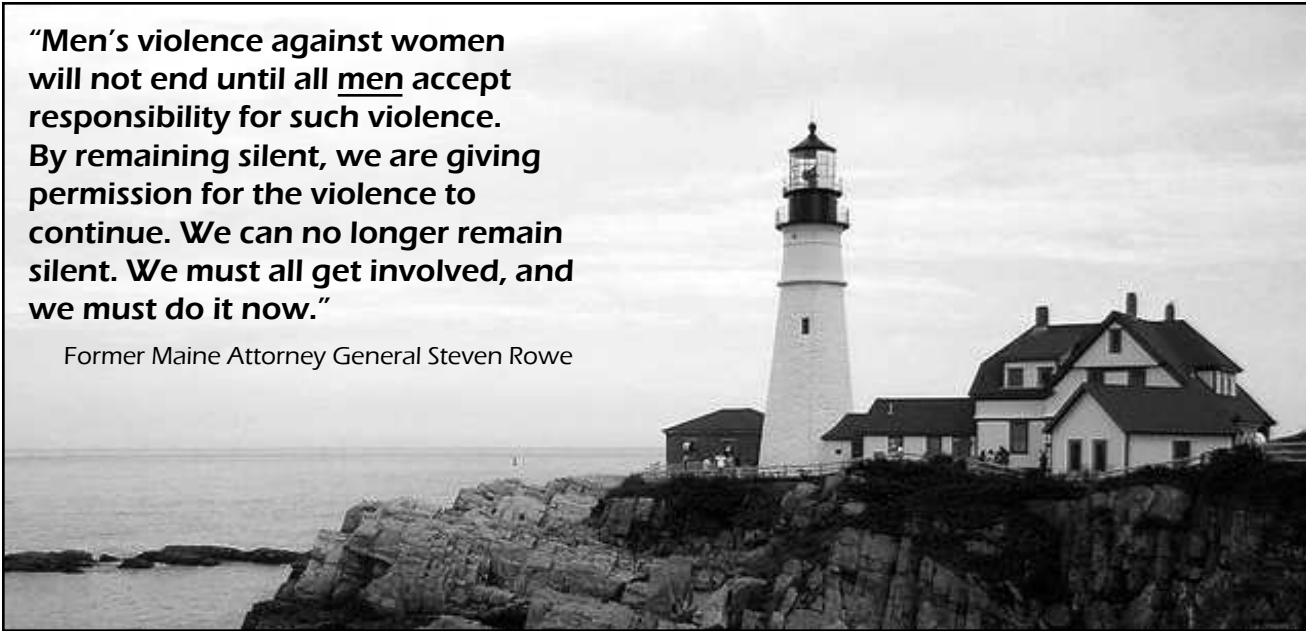
Cumberland County



**Committed to Ending
Violence Against Women**

“Men’s violence against women will not end until all men accept responsibility for such violence. By remaining silent, we are giving permission for the violence to continue. We can no longer remain silent. We must all get involved, and we must do it now.”

Former Maine Attorney General Steven Rowe



A Call to Men

The truth is that while most of the violence against women is committed by men, most men don’t commit violent acts.

Imagine what a difference we could make in the lives of women if every man in Cumberland County became an active member of *A Call to Men – Cumberland County*. That’s 101,362 men committed to ending violence against women.

And who are these women? They are not strangers. They are our daughters, our sisters, our mothers, our friends. They are people for whom we care deeply.

Take a moment to sign our pledge, and please consider joining *A Call to Men – Cumberland County*. Email us at acall2men@gmail.com to join. Thanks!

Take the Pledge!

I hereby make a personal pledge never to commit, condone or remain silent about violence against women and girls. I further pledge to take action by being a good role model for young men, by discouraging degrading language, jokes, and conversations which objectify women, and by supporting the women in my life who are survivors of violence.

Name _____

Signature _____

Email _____

Please mail your pledge to *A Call to Men*, 565 Congress Street, Suite 206A, Portland, ME 04101. Or take the pledge online at www.acalltomencumberlandcounty.org. Thanks!

Unsettling Statistics

- 99.8% of the people in prison convicted of rape are men.
- 90% of people who commit violent physical assault are men. Males perpetrate 95% of all serious domestic violence.
- It is estimated that 1 in 4 men will use violence against his partner in his lifetime.
- Every year, more than half a million women have injuries requiring medical treatment that were inflicted upon them by intimate partners.
- Percentage of women treated in emergency rooms for violent injuries who were hurt by a current or former partner: 37%
- Every two and a half minutes, somewhere in America, someone is sexually assaulted.
- Number of women killed by domestic partners each year: 1,200
- Six out of ten rapes of young women occur in their own home or a friend or relative’s home, not in a dark alley.
- A majority of young women who are raped (68%) know their rapist either as a boyfriend, friend, or casual acquaintance.

Get to know us better!
www.acalltomencumberlandcounty.org