We pledge to never commit, condone or remain silent about men's violence against women. We will respect, listen to and share power with the women in our lives.
Realize that gender violence is a man’s issue that affects the woman YOU care about.

- Don’t remain silent
- Offer your help and support
- Respect women
- Be an ally with women working to end gender violence
- Speak out against homophobia and gay bashing
- Educate yourself
- Mentor and teach boys about masculinity

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