



What I Can Do About Domestic Violence

SEE IT:

- Learn about domestic violence and abuse. Recognize that 1 in 3 women in Massachusetts have experienced rape, physical violence and/or stalking by an intimate partner.
- Recognize that domestic violence occurs across all races, occupations, ages and income levels. Victims can be male or female.
- Listen to those around you who might need help. Be open to the possibility that you may know domestic violence victims or abusers. Don't condone abuse of any kind.

STEP UP:

- Get active! Speak up when men talk, joke or brag about violence against anyone. Express the idea that it should not happen and it is not okay with you.
- Show boys and young men that being strong means never being violent toward a wife, girlfriend, partner or child.
- Talk to coworkers, friends and others about domestic violence. Listen and learn!

STOP IT:

- If you worry that you could be abusive or violent, or have been abusive or violent in a relationship in the past, seek help. Take steps to make the relationship safe.
- Look at your attitudes about relationships and violence. Build respectful and equal partnerships.
- Take part in MGH Men Against Abuse activities. Let others know you support MGH Men Against Abuse.

www.mghmenagainstabuse.org

