

## HOW TO PROMOTE CHANGE

### Name the abuse: Ask him

- To specify his abuse without minimizing what he did
- To claim his abuse and not blame others

### Expect consequences: Ask him

- What he will do to stop himself
- What consequences will discourage him from doing it again
- Who will impose the consequences

### Require restoration: Ask him

- What steps he will take to restore the emotional and physical safety he has destroyed

### Transform beliefs about women:

- When a man holds negative beliefs about women, he will likely act on those beliefs
- Changing beliefs is how authentic personal change can occur

### Work for social change:

- Men will stop assaulting women when men decide it is unacceptable and act accordingly
- So long as the community promotes negative beliefs about women, men will continue to act on those beliefs
- Challenging sexist structures and systems is critical for safety and justice

**Men Stopping Violence** works locally, nationally, and internationally to dismantle belief systems, social structures, and institutional practices that oppress women and children and dehumanize men themselves. We look to the violence against women's movement to keep the reality of the problem and the vision of the solution before us. We believe that all forms of oppression are interconnected. Social justice work in the areas of race, class, gender, age, and sexual orientation are all critical to ending violence against women.

## WHAT YOU CAN SAY TO A WOMAN IN DANGER

First ask yourself: Am I talking to her to avoid talking to him?

Remember: The man who batters is the problem. She can't stop his violence even by leaving.

### You can say

- I believe you
- I think he's dangerous
- I don't believe his excuses
- You cannot cause him to yell at you
- No one deserves to be abused
- I'm concerned about your safety

### You can

- Give her information about services for women who share her experience (1-800-799-7233)
- Listen to her
- Ask her if you can talk with her boyfriend or husband. Doing so may put her at greater risk:
- Respect her decision

### Cautions

- Giving advice may make it worse, especially when it criticizes her choices by suggesting others
- He may punish her for speaking with you



Men Stopping Violence

*Working together for a change.*

2785 Lawrenceville Highway, Suite 112  
Decatur, GA 30033  
(404) 270-9894  
Fax (404) 270-9895

[msv@menstoppingviolence.org](mailto:msv@menstoppingviolence.org)  
[www.menstoppingviolence.org](http://www.menstoppingviolence.org)

a conversation

Men: What you can say and  
do to make a difference.



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## WHAT YOU CAN DO

### Say what you see or experience: I experience you

- Interrupting her
- Criticizing her family
- Yelling at and intimidating her

### Say how it affects you and how you feel

- I'm surprised you'd use that language
- That frightens and concerns me
- I feel less respect for you

### Say what you think and want

- You can't assault her and still claim to love or respect her
- I want you to stop interrupting her and to hear what she has to say
- Even if you feel challenged by what she does, you still have no right to hit or yell at her

***If his behavior seems part of a pattern, say so.***

***If his behavior is a crime, label it.***

## WHAT YOU CAN SAY TO A CHILD WITNESS

### Say

- I know this is hard for you
- What your dad did was wrong
- You did not cause this

### Ask

- Do you or your mom feel scared at home?
- Who can you talk with about this?
- Would you like me to talk with someone for you, or with you?

**SHE SEEMS AFRAID OF HIM**, *can't finish a sentence around him, has visible bruises. He is your friend, your brother, a co-worker. You think you should do something.*

## WHAT YOU CAN EXPECT

He may ignore you, or berate you. He may compare you to a woman or a gay man, as if those comparisons were insults.

***If he takes you seriously, he will work to change.***

## WHY STEP IN

We intervene because it's the right thing to do, not because we are guaranteed he'll change.

Typically, it has seemed unthinkable that men would say or do anything about men's violence against women.

### We've said things like

- It's not my business
- I don't know his side of the story
- I'd like to kick his \_\_\_\_, but...

***We have left it up to women to try to make it safe.***

### We can join in creating safety for women

- Without telling women what to do
- Without telling women what the problem is
- Without attacking men physically or verbally

***Saying and doing something to challenge him feels hard, but it is what a friend would do.***

## WHY MEN BATTER

### Men batter because it "works"

- Violence, or the threat of it, stops her from doing something he doesn't like, or gets her to do something he wants. Battering is a pattern of physical and emotional abuse designed to keep him in charge

### Men batter because they are taught to

- Men learn to batter by seeing other men do so
- Men learn to hold women in contempt by hearing other men do so

### Men batter because they can get away with it

- They hide it by choosing when, where, and whom to batter
- The community hides it by ignoring, justifying, or condoning it

## WHY MEN CAN BE EFFECTIVE IN CHALLENGING BATTERING

Men commonly say "I was taught to respect women," or "I love women." Yet upon further reflection, men discover that they hold beliefs that are disrespectful of women. "Women exaggerate." "Women are gold diggers."

***Men learn to degrade women primarily from other men; men will learn respect for women primarily from other men.***