

# 5 Things Dads Can Do to Take a Stand



Domestic violence is a serious problem in our society. As men, it's time to stand up against domestic violence, to recognize our responsibility to prevent violence against women and girls, and to talk about what healthy, respectful manhood is about. It starts with how we view women.

Here are some ways you can be part of the solution:

- 1 Treat ALL Women with Respect**  
Whether it's your wife, a family member, or a random stranger, all people deserve to be treated with respect, value, and equality.
- 2 Think About Your Language**  
Men, we have to be careful with our words and watch what we say. Using language like, "You throw like a girl!" and "He's such a sissy," reflects an attitude that devalues women. The attitude that women and girls are not equal can carry over into relationships, and it is this kind of chronic belief that contributes to and is used to justify a culture of violence against women and girls.
- 3 Be an Upstander**  
You can't control others and their treatment of women and girls, but you can control your own actions and response to those around you. Next time you are in a situation when someone is being minimized, mistreated, or joked about, step in and stand up. Make a statement that you disagree and let him know his comments are offensive. Silence can come across as agreement. It's time to hold other men accountable for their actions.
- 4 Teach the Next Generation**  
Model proper treatment of women and girls to young men in your life. Teach them to value and respect all people. Teach them what healthy relationships are all about. Help them develop empathy and allow them to express emotion. Correct them if they fall into the trap of putting girls down. Show them healthy and appropriate ways to communicate, treat, and touch a woman. As the man in their lives, they are watching you. Modeling healthy behaviors towards women can help them follow in your footsteps.
- 5 Offer to Help**  
There are many ways you can get involved to help prevent domestic violence. Florida's certified domestic violence centers are always in need of volunteers, professional services, donations, and supplies. Please visit [www.fcadv.org](http://www.fcadv.org) for more information.

Take a stand and take responsibility for your thoughts, words, and actions. Men holding men and boys accountable for their behavior is a part of the solution to end domestic violence. Be courageous and be a part of the solution. What will you do today to help prevent domestic violence and promote healthy relationships?



Ready to take a stand? Visit [www.fcadv.org](http://www.fcadv.org)