

Five Things Anyone Can Do To End Violence Against Women

1. ***Listen to women and believe them.*** It is extremely rare for a woman to make up a story about violence. You may be the first and only person she tells. Believe her and support her decisions, without being judgmental.
2. ***Make violence your business.*** Keeping violence against women private helps no one. If you believe that someone is being abused - ask them. They might not tell you right away, but it will send a signal that you are someone they can trust. Don't put yourself in danger by intervening in a violent situation. Call the police.
3. ***Raise non-violent children.*** Talk to the children in your life about violence. Help them find non-violent ways of resolving conflict.
4. ***Help girls protect themselves.*** Help the girls in your life develop confidence and strong self-esteem. Let them know they're important as individuals - in or out of a relationship. Talk frankly to them about sex and dating, stressing respect and their right to choose.
5. ***Encourage people who commit violence to get help.*** Don't judge. Let them know their behaviour is unacceptable and that there are counsellors and support groups to help them change.