

**Committed** men are responsible for their actions.

**What is your  
commitment?**

#CommittedMen

- 
- The majority of men respect women and believe violence against woman is never justified.**
  - Men and boys must play a critical role in ending violence against women and girls.**
  - Men are already at work on strategies to prevent the violence.**

● **Commitment** is a choice  
and an act!

**Are you committed to  
playing your role to  
end violence against  
women?**

## **Committed men**



- report abusive and violent behavior to a trusted adult.
- speak out and stand up when someone is acting in an abusive way.
- encourage and support their peers to speak out and stand up against violence against women.

Your words are your  
**commitment!**

**Are you committed to  
use the power of your  
words to encourage  
and help your partner  
instead of harm them?**

## **Committed men**

- never say negative things or gossip about women and girls in person or on social media.
- speak out when their peers make harmful jokes about women and girls.
- use positive and supportive words in all their relationships.

● **Equality and respect,**  
not control and aggression!

**Are you committed to  
equality and respect in  
your relationships?**

## **Committed** men

- respect their partners' decisions.
- communicate how they feel and make sure their partner feels safe to do the same.
- listen and are willing to compromise because everyone's opinions matter equally.

**Are you committed?**

**Get connected • Get educated  
Be an upstander**



**@AVDA\_C2CLeaders**

**[www.iamcourageous.org](http://www.iamcourageous.org)**

## **AVDA**

24-Hour Hotline: (800) 355-8547 TTY  
[www.avdaonline.org](http://www.avdaonline.org)

## **FCADV**

(800) 500-1119 or TTY (800) 621-4202  
Florida Relay 711  
[www.fcadv.org](http://www.fcadv.org)

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**FCADV**  
Florida Coalition Against Domestic Violence



**AVDA**

*A Community of Hope*  
*Aid to Victims of Domestic Abuse, Inc.*