Committed men are responsible for their actions.

What is your commitment?

#CommittedMen
The majority of men respect women and believe violence against women 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
AVDA
24-Hour Hotline: (800) 355-8547 TTY
www.avdaonline.org

FCADV
(800) 500-1119 or TTY (800) 621-4202
Florida Relay 711
www.fcadv.org

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