

# MEN stop family violence CAN

# GET INVOLVED:

The Institute for Safe Families  
3502 Scotts Lane  
Philadelphia, PA 19129

215-843-2046 (Tel)  
215-843-2049 (Fax)  
info@InstituteforSafeFamilies.org  
www.InstituteforSafeFamilies.org

## Do You Know Men Who Act Like This Toward Women?

Yell	Withhold Money	Threaten	Punch
Intimidate	Control	Slap	Force Sex
Disrespect	Isolate	Choke	Kill

## This is Domestic Violence!

And it happens to between 1 and 4 million women each year. It is illegal. Domestic Violence is a pattern of physical, emotional, psychological and/or financial abuse that one intimate partner imposes on another. Domestic violence is about maintaining power and control.

## What Happens To Children Who Witness Violence In The Home?

Children learn and repeat what they see and hear.

## How Can I Prevent Violence Against Women and Girls? **Get Involved:**

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Special thanks to  
Men Stopping Violence in Atlanta,  
Jackson Katz, Hank Shaw,  
and Menergy

### Resources:

If you have been, are, or think you might become abusive and want to take responsibility for changing, check out:

**Menergy (for English and Spanish speaking men)** 215.242.2235  
**The Men's Resource Center** 215.564.0488

If you know someone in a physically, emotionally, or sexually abusive situation who needs help, check out:

**Lutheran Settlement House** 215.739.9999 (English)  
215.235.9992 (Español)  
**Congreso de Latinos Unidos** 215.291.8742  
**Women Against Abuse** 215.386.7777  
**Women in Transition** 215.751.1111  
**Women Organized Against Rape** 215.985.3333

## Men of Courage... Men of Conviction... Men of Responsibility.

These are the men who speak out and confront other men who are violent towards women. These men take a hard look at the facts, and the facts are that millions of women and girls are beaten, raped, sexually harassed, and stalked every year. These men want to understand the impact of this violence on their mothers, daughters, sisters, wives, lovers and friends.



# THESE MEN WANT THIS VIOLENCE TO END NOW!



## It's Time to Send a Message

Let men who are abusive know two things:

- 1 Violence against women is not okay.
- 2 There are consequences for being violent toward women.

When a man decides that he can no longer keep quiet, do nothing, or ignore the obvious, he is doing everyone a favor—his family, his community and himself.

## HOW THESE MEN DO IT

### Tell Him

- Identify the violent behavior and call it what it is—Abuse
- “I’ve seen you intimidating your wife”
- “I’ve noticed that you often disrespect your girlfriend even when others are around”
- “I can’t respect you as a man if you are abusive like that”

### Ask Him

- “What did you do?” No excuses or justifications, just the facts of his own behavior
- “Can you take responsibility for your actions?” No blaming, denying or minimizing

### Lead by Example

- Take responsibility for your own actions
- Build healthy, non-violent relationships with the women in your life
- Have the courage to say something to somebody

### Keep Others Involved

- If he has committed a crime, call the police
- If he is religious, involve his clergy

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