18 Things you can do to help end violence against women now

1. Tell people VAW is never okay!
2. Learn about VAW and what causes it.
3. Encourage and support those people in your community working to end all forms of VAW.
4. Respect women and young girls.
5. Raise your sons and daughters to be equal and teach them that there is nothing that boys can do that girls cannot.
6. Organize forums or sessions in your community, workplace or schools regarding violence against women.
7. Teach boys and young men about how to be men in ways that they don’t involve degrading or abusing girls and women.
8. Make your home violence-free.
9. Participate in online discussions and social media campaign to create awareness in ending VAW.
10. Volunteer for a cause to end VAW.
11. Discuss things with your partner and respect each other’s opinion.
12. Talk with your partners, friends and family on how you can support each other in stopping VAW.
13. Don’t make fun out of VAW or use it as material for comedy.
14. Educate young girls and boys about VAW.
15. Don’t use disrespectful words.
16. Never judge people who suffered from abuses and VAW.
17. Men: never remain silent, never condone, and never commit acts of VAW!
18. Speak up! Never remain silent if you are victim of VAW.