Make a VOW.. Say NO to VAW!



18 Do's & Don'ts to help End Violence



Against

- Women Now!

 1. Tell people that VAW is NEVER ON
 - 2. Learn about VAW and what causes it.
 - Encourage and support those people who work to end all forms of VAW in your community.
- Respect women and young girls.
 Raise your sons and daughters as
- Raise your sons and daughters as equals and teach them the value of respect for all people.
 - Organize forums or sessions in your community, workplace or schools regarding violence against women.
 - Teach boys and young men that masculinity should not mean degrading or abusing girls and women.
- 8. Make your home violence-free.
 - Participate in online discussions and social media campaigns to create awareness in ending VAW.
- 10. Volunteer for a cause to end VAW.
- Discuss things with your partner and respect each other's opinion.
 Talk with your partner, friends and
- family on how you can support each other in stopping VAW. 13. Don't make fun out of VA<u>W or use</u>
- 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.
- Men: never remain silent, never condone, and never commit acts of VAW.
- Speak-up! Never remain silent if you are a victim of VAW.



