

# WHAT EVERY PERSON CAN DO TO CREATE HARMONY AT HOME

## **Listen to each other and learn about the problem of domestic abuse.**

- Abuse ranges from physical and/or sexual assault to emotional abuse.
- Women are most at risk and particularly from men they know – partners, fathers and employers.
- Abuse occurs among every nationality, religion, economic status and race.
- Violence is learned.
- Alcohol doesn't cause violence but can contribute to violent situations.
- Violence is a way of asserting power, privilege, and control over others.

## **Challenge jokes and language that is degrading and disrespectful.**

- Jokes and language that are degrading help create a climate where forms of violence and abuse have too long been accepted, even if that isn't the intention.
- Challenge people who use sexist or degrading language, engage in violence, or make light of it by using jokes.

## **Examine your own behavior.**

- If you've ever been violent against an intimate partner or family member, you have been part of the problem.
- Admit what you did was wrong and take responsibility.
- Get help. Don't wait until it happens again. Please act today!

## **Work toward long-term solutions.**

- Challenge the institutions that perpetuate inequality between women and men.
- Get rid of attitudes that equate masculinity with the power to control.
- Make good changes in your relationships with women, children and men.
- Involve men as caregivers and nurturers of the young.
- Teach children, by example, that all forms of violence are unacceptable.



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*Making it a Home Safe Home*