

# 25 Ways to Prevent Domestic Violence

- 1 Work for full equity between men and women in society and in personal relationships
- 2 Examine the ways we legitimize male violence
- 3 Be a role model for healthy relationships
- 4 Unplug yourself and your children from violent media
- 5 Promote positive sports etiquette, hire coaches committed to non-violence
- 6 Teach children how to settle conflicts and differences peacefully
- 7 Recognize that verbal and emotional cruelty is also violence
- 8 Understand that love does not involve control or ownership
- 9 Teach boys and girls effective, respectful ways to express frustration, sadness and anger
- 10 Be a nurturing, loving, caring role model
- 11 Do not belittle, humiliate, hit, or otherwise hurt children
- 12 Ask local and elected officials to take a stand for healthy relationships and peaceful families
- 13 Teach your sons and daughters that respect is just a minimum
- 14 Respect “no” when a child says it to you
- 15 Never excuse behavior by saying, “boys will be boys”
- 16 Confront homophobia
- 17 Confront sexism
- 18 Do not belittle, humiliate, hit, or otherwise hurt adults
- 19 Teach boys and girls to communicate clearly in relationships and that “no” means “no”
- 20 Understand that what it means “to be a man” is defined by society
- 21 Recognize the availability of guns increases lethal violence
- 22 Support the work of your local domestic violence program
- 23 Praise gentle boys and strong girls
- 24 Appreciate gentle men as the strong men they are
- 25 Live by the principle that love is respect



For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at [www.odvn.org](http://www.odvn.org). Published as part of the 25 for 25 years of ODVN celebration!