

In the opinion of the Habeas Corpus Working Group domestic violence is not an isolated phenomenon, but it is in connection with the fact that men control women in other areas of life. Every man can contribute to combating male control over women and inequality of women in his won life by not exploiting women or controlling them. This leaflet is mainly about what men can do for equality in their relationships with women. But it can give ideas about fighting inequality to men who are not in a relationships currently or who have a relationship with another man.

So, here are 12 things that men can do against domestic violence:

1. Do the washing up. Housework, which is mostly done by women, is in fact unpaid slave work, if men do not take their share of it. If you do not take your share of housework, when you go home after work, you consider women to be there to attend your needs just as the minority of men who abuse their partners. So if you want to do something against domestic violence do the washing up when you arrive home.

2. Next time, when you are together with women in a company, be quiet for a while. Despite the stereotype that women are chatterboxes, social-psychological research has shown that in fact it is usually men who decide who can speak and about what in a company. When next time you are sitting at the table with women, be quiet and listen what those 'gossipy' women talk about. Listen to those emotional vibrations you found so attractive when you chose your partner. When you dominate women in a company, you control them the same way and do not get to know their human nature as the minority of men who abuse their partners. So, if you want to do something against domestic violence, stay in the background for a while and listen to them.

3. Have the assets that both of you worked for registered under both of your names. When you

buy a flat, a car or a DVD-player from your salary, you forget that you can only be in your office from 9 to 5 because your wife has ironed your shirt. The increase in your assets would be impossible if you had to pay your partner for her work. Those men, who take housework from women without any remuneration, view their partners as household staff just like perpetrators of abuse. So, if you want to do something against domestic violence, your house, your weekend house and your car should be registered under both of your names.

4. When you make love with your partner next time, use a condom. Contraception is not women's responsibility and except for condoms most contraceptive methods endanger women's health or are not safe. When you do not take into consideration that your partner would like to be safe from diseases and unwanted pregnancy, you are not interested in your partner's safety, just like abusers. Hindering contraception is in itself a form of intimate partner violence. So, if you do not want to be a perpetrator of domestic violence, use a condom when you make love next time.

5. Let your wife drive. Enjoy the view. As you look right or left of the road, you may notice things you have never seen. Don't worry. You are safer as if you were driving. True, women cause more minor accidents, but the majority of deadly accidents is caused by us, men. If you think that women are too stupid to do be able to do something as simple as driving a car, you consider them silly and childish, just as the minority of men who, with reference to women's silliness, will humiliate their partners, isolate them from education or work, in other words abuse them. So, if you want to do something against domestic violence, let your partner drive next time.

6. Do not tell dumb blonde jokes. And do not laugh at them. These jokes often depict violence against women funny or acceptable like the one that that starts out: 'A blonde woman is thrown out of the tenth floor'. All blonde jokes strengthen

the stereotype that women are stupid. When you tell a dumb blonde joke, you do not view women as equal partners, just as men who control their partners. Verbal violence is in itself a form of abuse. If you do not want to commit verbal violence against women, do not tell dumb blonde jokes.

7. Be the emotional engine of your family. Be there when your wife or partner gives birth, help her in this hard work. Stay at home with the child. Change the diapers. You cannot get to know your children if you do not spend time with them. All at once, you will find that your children have grown up and you were not there. In this case, the emotional life of your children and your partner will fail to move you just like that minority of men who are violent with their partners and children. If you want to do something against domestic violence, be the emotional engine of your family.

8. When you look for employees or subcontractors next time, look for women. Women have smaller chances to find well-paid jobs. In professions where there are many women the reason seems to be that there are too many women employees already, and in professions that employ almost exclusively men, the reason is supposed to be that women are not good at these jobs. Women's situation on the labour market makes them dependent on the salaries of their male partners. If you do not employ women, you make it impossible for women to have their own income, just as the minority of men who forbid their partners to go to work. So, if you want to do something against domestic violence, employ women.

9. Do not use pornography and do not use prostitutes. Women taking part in pornography and prostitutes do not freely choose this situation but men, men who trade in women and pimps, force them to commit sexual activities neither their bodies nor their souls want. Look into your heart and imagine whether you would like to be in a situation where you have to have sex with ugly

and unattractive women indiscriminately. Would you like this to be filmed, so that all the world could see what you were forced to do? When you use pornography or a prostitute, you ignore the sexual autonomy of the victims of pornography and prostitution just as those men who rape their partners or force them to unwanted sexual acts. Several studies say that men often learn from pornography how to rape their partners. So, if you want to do against domestic violence, do not learn from pornography how to humiliate women sexually.

10. Call the police, support the victims, cooperate with others if you experience abuse in your surrounding. Often a whole community knows that a man batters or rapes his wife or children but they do nothing. When you accept domestic violence as a private matter between family members, you contribute to abusive men's undisturbed control over others. So if you want to do something against domestic violence join forces with the inhabitants of the village or the block of flats, call the police, talk to the abused woman or children when you experience domestic violence.

11. Demand measures against domestic violence from politicians. The government and the Parliament are obliged by international conventions to take steps against domestic violence, for example by establishing the restraining order. The "restraining order" established not so long ago does not protect the victims in effect because the woman first has to take action against her partner in order to be granted the protection offered by the law. In fact, they would need protection first to be able to report the abuse to the police at all without having to worry about the consequences of reporting. Therefore you can do something against domestic violence by supporting the revision of the restraining order.

12. Last but not least, put on the white ribbon, the symbol that you are a man who opposes

violence against women. Tell other men how contempt against, exploitation of, lack of understanding towards, ridiculing and keeping women in slavery are connected to domestic violence. If you do this, you join the majority of men who do not abuse their partners.

The Habeas Corpus Working Group started the Stop Male Violence Project with the purpose of promoting men's bigger responsibility in the area of partner abuse. If you are interested in more publications of the project visit www.stop-ferfieroszak.hu.

If you are a man and

- an abuser, but you want to change your behaviour
- or you want to take part actively in the elimination of violence against women and children,

the Stop Male Violence Information Line, which can be called anonymously, and where trained male volunteers expect your call, operates **on Thursdays from 18.00 to 22.00: 06-40-200-744 or 06-1-344-3802.**

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Do you know

what the elimination of women's inequality demands from men?

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