

# Guiding Men Along the Stages of Change

## MRI's Principles for Engaging Men in Ending Violence



### AFFIRMATION

1. Emphasize the important role men can play in ending violence against women.
2. Affirm men's inherent compassion and desire for connection with women, children and other men.

### AWARENESS

3. Broaden our understanding of violence to include domination, abuse and neglect.
4. Expose the costs and benefits of conformity to masculine domination and violence.
5. Help men understand the connections between their own experiences with violence and ending violence against women.

### SKILLS

6. Help men practice listening to women and other men with compassion.
7. Teach men to talk vulnerably about their own experiences with violence.

8. Teach men to be proud and powerful allies with women.
9. Provide opportunities for women to witness and support men as they learn to challenge violence and domination.

### ACTION

10. Provide specific actions for men to take toward ending violence against women.
11. Promote the development of men's networks and men's centers to support men to challenge masculine domination and violence.
12. Organize collective actions of men and women to challenge violence.