



# MEN, BOYS AND GENDER-BASED VIOLENCE

**MEN AND BOYS CAN SUFFER FROM GENDER-BASED VIOLENCE.**

**MEN AND BOYS CAN HELP END GENDER-BASED VIOLENCE.**



## **Men and boys can suffer from gender-based violence.**

There are many reasons why this might happen. Here are some.

- Social beliefs such as men should not be sensitive are unfair to men because they set limits on what men or boys can be or do.
- There are other norms that say, 'men should be men' and not show their feelings. It is harmful if someone is not allowed to show their feelings. Beliefs that limit what someone can do or feel are harmful to a person's mental health.
- Men are less likely to ask for help and have higher rates of suicide.
- If one gender has more power in a relationship, it is bad for both people in that relationship.
- Some people feel that men or boys cannot be sexually harassed or assaulted. This means they might not be believed if they try to get help.

## **Men and boys can help end gender-based violence.**

Everyone needs to work together to stop gender-based violence. This includes men and boys. They are part of the solution.

Here are some things men and boys can do to end gender-based violence.

- They can stand up and speak out against gender-based violence
- They can be examples and show that it is okay for men or boys to show their feelings
- They can listen to women and other genders about their experiences
- They can understand how current norms about men and boys may be an advantage over other genders
- They can speak to other men for support and to learn more about gender based violence

**JOIN THE CONVERSATION!**

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