



## #EngagingMenAndBoys

Men won't sit back and be silent in the movement to end gender-based violence, domestic violence and abuse. Maitri is engaging men and boys through this social media campaign so that together we can raise awareness and work toward prevention.

Thank you, Adarsh Gupta, for joining this Maitri campaign. Here is a message from Adarsh:

“Gender based violence and partner abuse are taboo topics in our communities. Most of the cases we are reluctant to address the root causes of these issues. Many cases are never reported, especially not until it is too late and the damage is done. Though I personally have never witnessed partner abuse and

violence, but I do know that it is prevalent in our society. Abuse does not always have to be physical, other forms of abuse, such as emotional abuse can have same detrimental effect on victims' self-esteem and spirits. I used to feel that probably I cannot do anything to combat this big societal problem, but then I've realized that everyone including me can make a difference by not becoming an abuser, by raising awareness in preventing gender-based abuse, and by supporting victims.

Now, I am using my voice in my high school and in my social networks that gender abuse and violence should not be tolerated. We may not see a change overnight, it may feel like a lengthy process but still we need to do our part in preventing gender-based violence. True change is only achievable if small steps are taken to make it happen, but with no steps taken, nothing will ever change. I will continue to do my part in making a difference and I hope for others to do the same. If we all hold perpetrators accountable and support victims then we will be able to end gender-based violence.

**About the participant:** Adarsh Gupta is a student at Saint Francis High School in CA and founder of a non-profit called Fit4Grit Academy. The key elements of this organization is to use martial arts to help self-defense and boost confidence. Adarsh is a black belt in Taekwondo, a golfer, a dancer, and a debater.

