



### #EngagingMenAndBoys

Men won't sit back and be silent in the movement to end gender violence and domestic violence. Men and Boys are raising awareness and working for prevention, and Adarsh Mallepally is one of them. Here is a message from Adarsh:

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It is my belief that men, especially in their formative years, can play a profound role in tackling gender violence and breaking down culturally embedded gender norms. Defined by our experiences, we are at an age where our mindset is malleable. Thus, manifesting real change in ending such

structural violence requires a shift in how we instill a personal code in young men. It takes a certain level of accountability to understand that inaction is just as harmful as the violent action itself. Not taking a definitive stance against domestic abuse means being complicit with the violence many women deal with on a daily basis. The onus is on us men to equalize the power dynamics and speak out against transgressions in the community. It's the little things like pointing out flaws in passing dialogue that truly add up to make a difference.

However, there is only so much progress half the population can achieve. Women have carried the torch themselves for far too long and, ultimately, the flame will cease to exist without a catalyst to prevent their voices from falling on deaf ears. Young men ought to champion these ideologies as certainties. In a day and age littered with controversial issues up for debate, this is not one of them. The time for listening has long passed. There's a clear, divisive line with little nuance or room for interpretation. Anything short of not being at the forefront of breaking down deep-rooted, gendered generational hierarchies is a disservice to all those who continue to endure abuse. We know we can be greater than the sum of our parts. Let's start acting like it.

**About the participant:** Adarsh Mallepally is an undergraduate student at the University of Pittsburgh majoring in Bioengineering. He serves as the Hospitality Director for Taaza, a dance competition that hopes to inject the passion for South Asian styles into the beautiful city of Pittsburgh.