



*Aditya Kini is a happy go lucky guy who admires people who set their own paths and make a positive contribution in this increasingly complex, divisive world. He loves dogs, the outdoors and a good night out with friends over board games.*

“Kudos to the Maitri team for this initiative! We don't get an opportunity to reflect on the issue of domestic abuse/violence and this is giving men like me a chance to reflect on this important issue. While the request was to write about domestic violence, I think we should talk about the broader issue of "domestic abuse". Violence is one form, though an extreme one, of abuse. Verbal, emotional, financial etc. are other forms of abuse. I believe that if a person lives in fear of the actions of another person due to that person being in a position of power, it could be warning signs of abuse. For example, consider a situation where one of the spouse is working and the other isn't and the spouse who is

earning does not provide financial assistance to the other in order to curtail his/her freedom. This is an example of abuse as someone who has more power is trying to control the actions of a domestic partner.

We can learn a lot from the success of the #Metoo movement from 2017/2018 and how it could relate to domestic abuse. The victims and the perpetrators aren't always obvious on the surface. Famous women like Ashley Judd, Gwyneth Paltrow and Asia Argento have been victims of sexual harassment in spite of their accomplishments and status. It took immense courage for the first few women to speak up openly that then became a global movement. In a similar vein, it takes courage for victims of domestic abuse to reach out to friends/families and more importantly, seek professional help.

Given that a majority of domestic abuse victims are women, men should reflect more on instances in their lives where they might have encountered examples of domestic abuse. This could mean challenging many cultural and patriarchal norms that they might have been accustomed to earlier. Also, we should speak up and act on if we encounter domestic abuse anywhere and not look the other way.”