



Engaging Men & Boys

Through this social media campaign, Maitri is starting a dialogue with men in our community to identify and eliminate the root cause of gender-based violence and partner violence.

Thank you, Aman Singh for joining us in this meaningful discussion. #EngagingMenAndBoys

Q: Tell us your name and a little bit about you.

A: Hi everyone! My name is Aman Singh and I am currently a product manager at Visa. I have lived in the Bay Area my entire life and love living out here, enjoying the great weather, hikes and enjoying new cuisines with friends. I also am an avid sports fan, supporting the 49ers, Warriors, and Giants.

Q: What is the role of a man to be a good role model for future generations?

A: I think it boils down to 5 main categories: Integrity & Ethics, Respect & Responsibility, Healthy Lifestyle, Work & Personal Life, and Adaptability

- **Integrity & Ethics:** It's important to demonstrate honesty, integrity and ethical behavior in all aspects of life! I think this starts from childhood and it's important to raise children with strong moral values and to stay consistent.
- **Respect & Responsibility:** It's important to take responsibility for your actions and decisions. Own up to the mistake you make in life/work and you will see that people will respect you more for taking accountability.
- **Healthy Lifestyle:** It's important to promote a healthy lifestyle and to prioritize physical and

mental well-being and to encourage habits that contribute to overall health.

- **Work & Personal Life:** It's so important to have a healthy work-life balance. It's a good thing to love the work you do but it's not the true purpose of life. The purpose of life is to enjoy your life and the moments/memories that come with it. It's important to succeed in work/life and to work hard but do it without sacrificing personal well-being and relationships.
- **Adaptability:** The world is changing constantly. It's important to adapt and to embrace change. It's extremely important to showcase the ability to learn. Growing and navigating evolving circumstances is essential.

Q: How do you think gender power dynamics impact intimate relationships?

A: I think gender power dynamics play a very significant role in shaping the dynamics of intimate partner violence, and it can depend on a multitude of factors where I believe gender power imbalances are among the key contributors.

- **Patriarchal Norms:** In the history books, people have always viewed the man as the one who held more power and authority. Back then, the rulers were almost always men, and even now, the president of the US has yet to be a woman. I think this can be attributed to the normalization of violence and controlling behaviors.
- **Socialization & Gender Expectations:** I think society, even today, raises children in the same way. The boys are socialized to be assertive and dominant, while girls are socialized to be submissive. Boys play with violent toys and engage in violent games such as guns and football while girls tend to play with Barbies and watch Polly Pocket.
- **Cultural & Religious Influences:** Cultural and religious influences can also have an impact because societies reinforce traditional gender roles and expectations that may legitimize control and dominance.
- **Social Stigma & Shame:** Society and shame play a huge part in gender power dynamics. In fact, according to the connections for abused women and their children ([CAWC](#)), nearly 44% of domestic violence cases go unreported due to fear, trauma, and decriminalization which can lead to repeat offense and have lasting repercussions.

Q: What is men's responsibility in building healthy partner relationships?

A: Building a healthy partner relationship is a shared responsibility between both partners in the relationship where both have a crucial role to play. I believe men should be able to have:

- **Communication:** I think communication is key in any relationship, whether intimate or not. It's important to have open and honest communication where you share your thoughts, feelings and concerns and also be able to listen to their perspective which is important to understand and resolve issues.

- **Respect:** It's essential to treat your partner with respect and dignity where you acknowledge their autonomy, opinions and feelings so that both partners feel valued and appreciated.
- **Conflict Resolution:** Communication is key in this aspect as well. It's important to not resort to aggression or violence and instead to find constructive ways to address disagreements to find compromises.
- **Personal Growth:** Encourage personal growth and development for both you and your partner where you support each other's aspirations and work towards creating environments that fosters collective growth
- **Commitment:** It's very important to demonstrate commitment to the relationship where you work through challenges together and prioritize the long-term health and success of the partnership.

Q: What are your thoughts about division of labor or household chores in a couple or family situation?

A: I believe both partners should partake in the division of labor or household chores but it also depends on the mutual understanding to work together between your partner for the well-being of the family. It's important to have a team-work mentality, have regular check-ins, individual strengths, and to also have recognition and appreciation.

- **Teamwork Mentality:** If you have this type of mentality, it fosters a sense of partnership and it gives a view that its a join effort and reinforces the idea that both individuals are working towards shared goals
- **Regular Check-Ins:** Life always changes, maybe you were doing 80% of the chores but now got a promotion at work, which requires you to work longer hours. It's important to relay that to your partner and having periodic discussions ensures the arrangement remains fair and balanced.
- **Individual Strength:** Play to each other strengths and the chores/labor will be done faster and more efficiently. Some chores might even be enjoyable based on what the person is inclined to do.
- **Recognition & Appreciation:** Acknowledging and appreciation is very important at work but also in recognizing what your significant other is contributing to at home. Appreciation will always create a positive atmosphere and reinforces a sense of mutual respect.