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A friend recently asked me if I could share my thoughts on how men can help prevent domestic violence. It seemed like a fairly easy question, with an obvious answer, don't do it/don't let anyone do it, but a little more analysis/research taught me that the problem stems from layers of misogyny with no obvious single step solution.

Educating men on domestic violence seems like a good start, but if you begin to think towards executing this goal, a few challenges come up. Who are the men that lack awareness and need more education? Would men voluntarily attend education opportunities if they were available? And finally, who would educate them?

It's easy to hand off this responsibility to an organization, to other women, or to someone who has been a victim of abuse. But I believe we as men need to teach each other what a healthy relationship looks like. We can educate one another through conversation that might be difficult and uncomfortable, but that could help us change something unfair in this world.

The societal stigma around DV makes people hesitant to even start a conversation around it, and also dissuades people from reporting it. Start small, a conversation with a best friend or someone else in your safe space, the goal is to get the ball rolling. An easy way to start the conversation

1. Hey, I noticed "x" the other day at work, I think it was unfair. What do you guys think?
2. I recently heard some of my friends say "y". I think they were biased and not educated on the subject, how can we better educate them?
3. I want to help out with "z", can you guys give me ideas for the same?

Just conversation with our friends might not solve all our challenges or spread enough education about domestic violence, but I think it's a step in the right direction that we all can do starting today. Your voice might help someone learn the difference between what is right and wrong; it could also help someone suffering in an abusive relationship, after all violence is a sign of weakness and not strength.