



Karthik lives in Seattle and is a software engineer by profession. He is a swimmer by heart and loves all things anime!

“Domestic violence is a grave violation of human rights. The focus however needs to be on women as they are impacted more. Acts ranging from physical and sexual abuse to emotional and economic abuse are committed by the rich and the poor alike across various countries. It exists across all strata of our society. As the issue is domestic and committed by a person you (used to) trust, it is a vicious cycle and requires more courage to break free of. Societal norms regarding abuse in certain countries can make women feel that it is a way of life.

I would like to believe that no one takes pride or glorifies domestic violence, sexual assault or violence against women, but that would be naive. I think any person with some sense of empathy would not commit such vile acts. We live in a digital age where sharing information and raising awareness has been easier. As more people lend their voices in speaking up against domestic violence and sexual assault; more victims will find the courage needed to stand up against it. Governments need to get rid of antiquated laws from a bygone era where women were considered the property of men. Marital rape is still legal in many countries including India. Rape of any kind should be a criminal offense. More thought should be put into passing laws that will make it easier for victims to speak up and get justice. Many experts believe that kids raised in an abusive home learn that violence is an effective way to resolve conflicts and problems. As a long term path for a better society, we should be educating and setting better examples for our children.

While mainstream media is definitely improving, it still often portrays women as accommodating and having a need to seek and please men; while men are portrayed to be dominating and often view women as sexual objects. As men, we can choose to not consume this ancient narrative and refuse to support the culture that glorifies violence against women in movies, music etc. Men should also be more supportive of their partners and encourage their friends and colleagues to be the same way. Not all domestic violence involves battery. If your colleague casually shames his partner or is disrespectful towards her; it could still be indicative of a much larger problem. Gas lighting can start in a harmless manner but can emotionally cripple one's partner. Recognizing such behavior early on would help in prevention and bring awareness in our community. If you see something, say something.”