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The United States Declaration of Independence says that everyone has the unalienable rights to life, liberty and the pursuit of happiness. A feeling of safety is a fundamental human right; feeling that your physical or mental well-being is under constant threat is a terrible way to live and is not something that any human being should have to suffer through.

We come from a culture that tends to be very rigid and it takes immense effort to change the existing thought processes. It is our responsibility to raise compassionate and empathetic individual and in turn, create a society to eradicate violence. We need to inculcate these values to ensure that future generations are cognizant of their rights and responsibilities. Men need to be active in taking a stand and actively show support to victims of violence and abuse by providing a safe environment and report perpetrators even if they are friends or family. We need to stop making excuses or turn a blind eye to the unacceptable behavior of fellow individuals.

It is about time that these issues are discussed in public forums and normalized in mainstream society through movements such as #metoo. The disappointing thing is the broad media fixation on Hollywood and celebrities. This issue is prevalent in all industries where women have limited power and are in constant fear for their jobs and mental well-being; these women deserve much more attention and help. It is up to us to encourage women to speak up and to support them wholeheartedly to prevent subjugation and domination of women from continuing to permeate every aspect of our lives.”