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Imagine this: A small boy who grows up in a small town observes the cheerful state of his household. His mom and dad are getting along together well, and everything is as ideal as it can be. He has a loving relationship with his dad and wants to follow his footsteps when he grows up. However, as the years pass, the glow from his house starts to fade away, and is replaced with darkness. The boy gets adjusted to seeing his mom endure an abusive relationship with all sorts of atrocities. Everything in his life starts to change, whether it is the music he listens to, which disrespects women, or the older boys he hangs around with who do the same. One day in school, he insults a girl and makes her cry, but no one bothers to correct his behavior. Fast forwarding 20 years to the future, the boy has no morals, no limits, and finds himself in the same position as his father.

Abusive behavior in men stems from the various external influences in their life, such as the media they consume or from their friends and family members. In my opinion, domestic abuse has snowballed into a problem of such great magnitude since many current day societies are male dominant and do not necessarily emphasize the core values of respecting women. So the main question is, where do we start to tackle this dehumanizing, prevalent problem? The answer is: Community. Our community is a powerful medium, and if we spread the message of having healthy, non-abusive and respectful relationships through it, we can positively influence people around us to raise awareness and abandon the practice that promote power and control. Each one of us can do outreach as simple as talking to people we know that are abusive and change their viewpoints about domestic abuse and gender based violence and we should be having discussions to get others involved in the movement. Students can help by creating clubs in school to raise awareness about the issue so our future generation will not be dragged into the problem. No matter how small of a deed it is, if we all work together to spread this awareness, we can get one step closer to having a world free of domestic violence and abuse.