



*Sandeep Lankireddy, is a 21-year-old Indian American living in California. He will be entering Western University of Health Sciences this upcoming fall to be a physician.*

Domestic violence and gender inequality are very important topics to discuss openly in today's world but sadly these topics are often considered taboo or shameful, especially in a culture that, traditionally, seems to place more rules and regulations for women. We must know that gender inequality fosters an unsafe environment for women and girls and that hinders the entire societal development. I believe that men should become more involved in working to reverse these conditions. Men can play a crucial role as family members, friends, policy makers, and community leaders, in preventing violence against women and ensuring that priority attention is given to the issue. Men can help by supporting organizations like Maitri, advocating for the proper legislation to prevent violence against women, and supporting and believing victims of

abuse. We must acknowledge that violence against women is not a women issue, men too should take part in ending it.

I think Maitri's goal is incredible—it is very important to provide an accessible resource for South Asian families living in America, whom I often notice are most comfortable searching for help from others who speak their language and understand the traditions and values by which they live their lives. I commend Maitri's endeavors in engaging men to end violence against women and wish them success.