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It is important to understand that majority of men are not abusive and are supporters of ending violence against women and girls. That being said, unfortunately men are responsible for majority of domestic violence incidents. As per The Huffington Post, the number of women killed by their current or ex male partners during 2001 and 2012 was 11,766. This statistic is appalling and shows the need for creating awareness amongst men and boys by addressing the topic of domestic violence.

The Illinois Department of Public Health defines an occurrence of domestic violence as “when one person causes physical or psychological harm to a current or former intimate partner.” Although we usually think of physical abuse when we think of domestic violence, often times the psychological abuse leaves a deeper mark than the physical abuse and could lead to depression and suicides. Studies have shown that women who experience emotional abuse by an intimate partner reported more symptoms of depression and suicidal thoughts than those who reported experiencing sexual or physical violence.

Domestic violence is not limited only to a particular demographic, and has a broad impact on our society. For example, children that have been exposed to domestic violence tend to develop mental and/or physical health issues. Studies have shown that often times these children grow up to be abusers or abused themselves as they are led to believe abuse is part of any relationship. Hence, it is the responsibility of the society as a whole to address domestic violence and take appropriate preventive measures.

As per the Domestic Violence Prevention Centre, there are many opportunities for men to support female victims. First and foremost speak out against all forms of domestic abuse. Secondly, be a positive role model to children. And lastly, understand how your own attitude and actions may perpetuate sexism and violence.