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I feel most of the time when we talk about domestic abuse and violence, we think of a female victim and a male perpetrator. Since women are victims in most of the domestic violence cases we automatically internalize that men are abusive. However, I think it's important to realize that domestic abuse can definitely happen from both sides and not all men are abusive. Although many men are consciously making effort to raise awareness to stop violence against women, we cannot ignore the fact that statistics have been consistent in reporting that men commit more domestic violence than women. Men must acknowledge the fact and do something toward prevention. I believe men have to engage actively in raising awareness. Only doing so men can start making a better future and help in lowering chances of domestic abuse drastically.

We also forget that abuse doesn't always have to be physical. Emotional and mental abuse are probably a lot more common these days in intimate partner relationship. A partner can constantly manipulate the situation in a way that selfishly benefits the abusive partner. Words hurt as much as a bruise, yet they can't be seen. As a society, we need to be aware that if someone feels abused and even if they cannot show any physical injury, we must take their fear seriously. Emotional abuse can have same impact as physical abuse.

Domestic violence shouldn't be seen as a women issue, it is important men talk about this serious community issue and do something to prevent it.