



#EngagingMenAndBoys

Men won't sit back and be silent in the movement to end gender based violence, domestic violence and abuse. Maitri is engaging men and boys through this social media campaign so that together we can raise awareness and work toward prevention.

Thank you Zayn Ali for joining this Maitri Campaign.

Here is a message from Zayn:

Before my mother entered the field of psychology assisting with victims of domestic violence, I never realized how truly prevalent and destructive this issue is in our world. After learning about only a fraction of the horrors victims go through, the true severity of this issue became clear to me. However, what's more alarming is the vast majority of teenagers are entirely unaware of the glaring severity of dating and domestic violence. Of the tens of millions of teenagers in the United States, only a handful likely consider dating violence to be a serious issue that must be addressed. This mindset is what leads to the perpetuation of the crime and the continued suffering of the victims. Because we don't view it as a serious issue, teenage boys overlook the little things that contribute towards this culture of toxic masculinity that allows for such horrendous acts to continue. Oftentimes, teachers, elders, parents, and other respected figures can also contribute to the sustaining of this culture. Boys may be looked down upon or questioned when joining cooking or knitting classes in high school, but these same concerns are never brought up for girls. School counselors and parents often question when teenage girls want to go to the gym or want to be a mechanic in the future. These occurrences are so common in our daily lives that they go completely unnoticed, but they are the foundation upon which dating and domestic violence lay. These perceptions

and beliefs perpetuate the idea that women belong in domestic roles such as cooking and cleaning. When young girls try to break from these norms they are perceived negatively. This perception and these beliefs must change in order to end all forms of partner violence at their core.

About the author: Zayn Ali is a freshman at the University of California, Santa Cruz studying Neuroscience.