

# FATHER'S DAY PLEDGE TO END GENDER VIOLENCE

## I WILL WORK TO END GENDER VIOLENCE AND PLEDGE TO:

- Not use violence of any form in my relationships.
- Speak up if another man is abusing his partner or is disrespectful or abusive to women and girls. I will not remain silent.
- Be an ally to women who are working to end all forms of gender violence.
- Mentor and teach boys about how to be men in ways that don't involve degrading or abusing girls and women. I will lead by example.

— *Adapted from 10 Things Men Can Do to Prevent Gender Violence by Dr. Jackson Katz, 2013*

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The **Father's Day Pledge PA** is part of a statewide campaign in the movement to end domestic and sexual violence.

It is an opportunity for [good men to take action](#) and be part of the solution. It makes a difference when men talk to boys about healthy relationships, confront other men about disrespectful jokes or behavior, and actively express support for victims to get help.

It is on all of us to [prevent these crimes](#) from happening in the first place. Urge your friends, family and coworkers to sign the Pledge at [southwestpasaysnomore.org/fathers-day-pledge](https://southwestpasaysnomore.org/fathers-day-pledge).

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SOUTHWEST PA SAYS

**NO MORE**

TOGETHER WE CAN END  
DOMESTIC VIOLENCE & SEXUAL ASSAULT

**SouthwestPASaysNoMore.org**

#FathersDayPledgePA

# You've signed the Pledge...now what?

Here are some tips for living the Pledge. Put them into practice in your daily life.



If you hear someone using language that is disrespectful or abusive, **SPEAK UP**. Saying “I don’t appreciate that” or “that’s not okay” can send a powerful message.



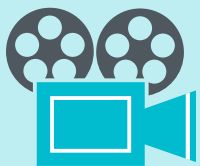
**WATCH YOUR LANGUAGE.** Encourage young boys and girls in your life to express a broad range of healthy emotions. Be aware of how you might unintentionally encourage violence by dismissing emotions as weak or feminine.



**ASK YOUR SCHOOLS** to teach students about healthy relationships. Coaching Boys Into Men is a program that does this through athletic programs. Learn more at [www.coachescorner.org](http://www.coachescorner.org). Call 211 to request the program.



Young people need to hear frequent messages about the importance of respect. **ASK KIDS ABOUT RELATIONSHIPS** they see at school, on TV or online. For tips, visit [www.loveisrespect.org](http://www.loveisrespect.org).



**MIND THE MEDIA.** TV, video games and popular music often portray women in a degrading manner. Talk about it.



**LEAD BY EXAMPLE.** Never use violence in any form, and support women’s shelters, rape crisis programs and all who are working to end gender violence.

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