

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

10 Practical Things men can do to help end violence against women.

1. Listen to women... learn from women

The path starts with listening. Learn about violence by asking a woman who trusts you how violence has affected her life. Then, if she feels comfortable to talk, sit back and listen.

2. Learn about the problem

A common myth is that most violence is committed by strangers. In fact, women are most at risk from men they know – husbands, boyfriends, fathers, relatives, employers, and caregivers.

3. Learn why some men are violent

Men are not naturally violent. There have been societies with little or no violence. Studies over the past century have found that half of the tribal societies studied had little or no violence against women, against children, or among men.

4. Wear a Purple ribbon

Change will occur if we each accept personal responsibility to make sure it happens. Wearing a Purple ribbon is your personal pledge never to commit violence against women.

5. Challenge sexist language and jokes that degrade women

Sexist jokes and language help create a climate where forms of violence and abuse have too long been accepted. One of the most difficult things for men is to learn to challenge other men.

6. Learn to identify and oppose sexual harassment and violence in your workplace, school, and family

Sexual harassment refers to unwanted sexual advances or sexually-oriented remarks or behaviors that are unwelcome by another person.

7. Support local women's programs

Around the world, dedicated women have created support services for women of violence: safe houses, rape crisis centers, counseling services, and legal aid clinics. These non-profit services need your support.

8. Examine how your own behavior might contribute to the problem

If you've ever been physically violent against a woman, if you've hit, pushed, threatened, kicked your spouse or girlfriend, then you have been part of the problem. Admit what you did was wrong and make amends if possible. But if such behavior has any chance of continuing, then you urgently need to get help getting to the root of your problem. Don't wait until it happens again. Please act today.

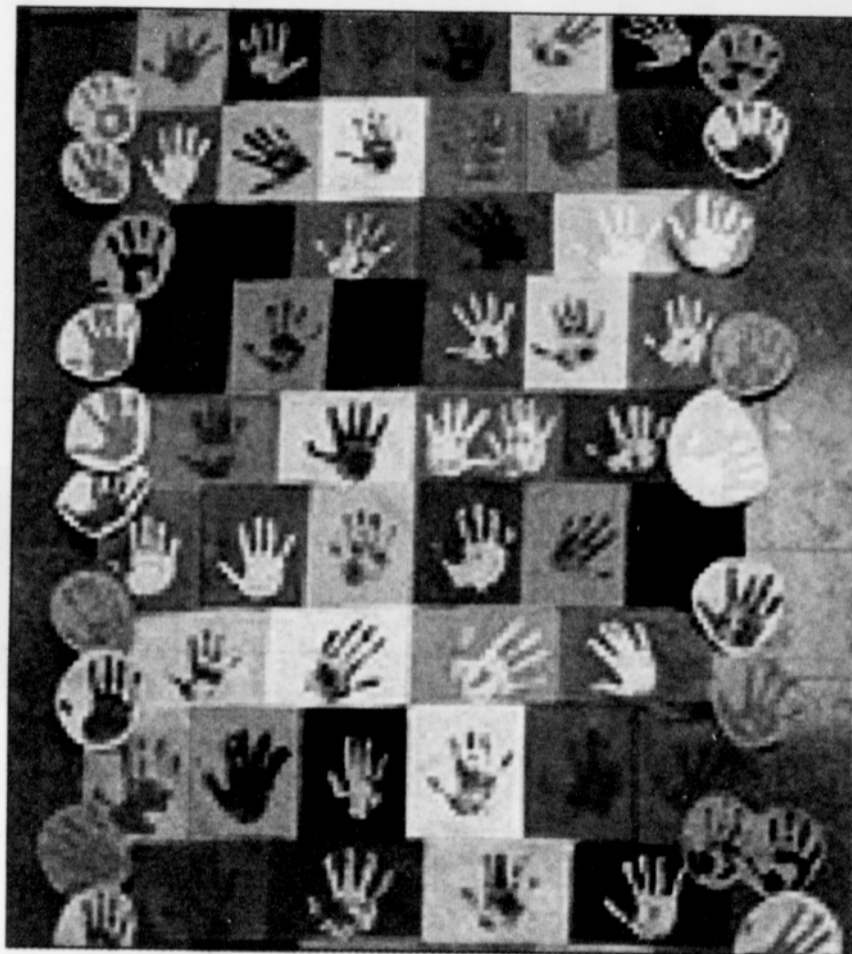
9. Work towards long-term solutions

Ending violence against women won't happen overnight. We must look at how we raise future generations. We must teach our children, by example, that all forms of violence are unacceptable.

10. Get involved!

Educational efforts is the largest effort in working to end violence against women. Volunteers are always needed. We need your support.

Excerpts taken from The White Ribbon Campaign (Canada): Breaking Men's Silence To End Men's Violence, Statement of Principles.



THESE HANDS ARE NOT FOR HITTING

October Events & Activities

- **October 3rd 5:00-8:00pm**
T-Shirt Decorating for display on public Clothesline
- **October 9th**
Unveiling of Clothesline 5:00pm
Corner of SW Swan and Gaither
- **October 10th**
Women's Health Fair 12:00-8:00pm
Siletz Community Health Clinic
- **October 16th**
Family Night Activities 5:00pm
Siletz Valley Charter School
- **October 18th 7:00pm**
Join us at the Siletz Valley Charter School High School Football Game!
- **October 23rd 9:00-2:00pm**
Blood Drive
Siletz Community Health Clinic
Call 541-444-9680 for appointment
- **October 24th 5:00pm**
Bingo Fundraiser
Siletz Tribal Community Center

Domestic Violence Action Month

CARE

COMMUNITY - AWARENESS - RESPECT - EMPOWERMENT

Educating and empowering our community to live a healthy non-violent lifestyle that strengthens spirit for future generations.

541-444-9680

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