



Prevention is possible. Your simple acts can make a difference.

Men & Boys as Allies

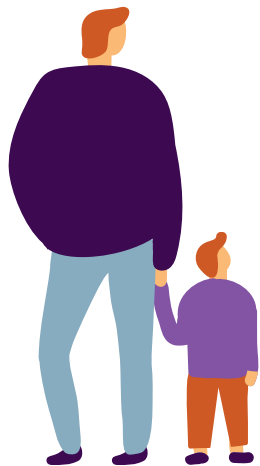
Why Men & Boys as Allies is Important

One way we can ensure prevention is possible in North Dakota is by engaging every person in our communities. Historically, women have been at the forefront in the movement to end interpersonal violence. But domestic and sexual violence affects everyone, and it will take everyone to prevent it. It is essential to involve men and boys in all efforts to end violence and achieve a safer world.



“If women could end violence against women and girls by themselves, they would have done it already.”

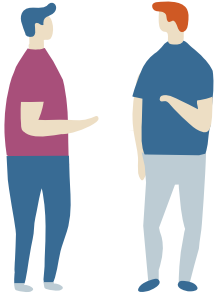
—Tony Porter



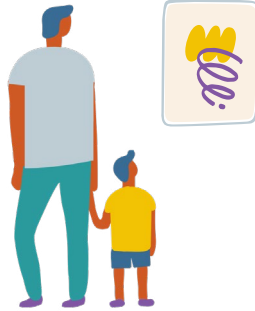
The Man Box

From a young age, boys are conditioned to fit inside a box and taught narrow definitions of masculinity. This concept is referred to as the “Man Box”, a term coined by the national nonprofit *A Call To Men*. The Man Box puts great limits on male expression and behavior, requiring men to be strong, successful, powerful, dominating, fearless, in control, and emotionless. While healthy manhood includes valuing and respecting others, it also includes valuing oneself and living authentically. Tony Porter, Director of *A Call to Men*, calls on men to step out of the Man Box and take a stand against violence. [Click here to view a short video from A Call to Men on the Man Box.](#)

All men and boys can play meaningful roles in preventing domestic and sexual violence. Here are some ways you can help make your community safer:



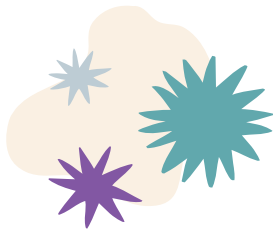
Step out of the Man Box!
Be willing to show emotion and validate the feelings of other men and boys.



Model healthy behaviors
for boys and other men.



Challenge offensive or harmful language
regarding women and girls.



Address abusive or unsafe behavior
in public and private settings.



Heal, learn, and grow
healthy and authentic relationships with others and yourself.



Use your strength and influence
to advocate for the health and safety of everyone in your community.

Domestic and sexual violence are everyone's issue.



Prevention is Possible
Your simple acts can make a difference.