

# Be a Man. Stand Up.



**Stand Up** if a brother, friend, classmate, or teammate is disrespectful or abusive to girls and women. Don't look the other way. **DON'T REMAIN SILENT.** Urge him to seek help.

**Stand Up** and lead by example. Mentor and teach your brothers, sons, and young boys how to be **MEN** in ways that don't involve degrading or abusing girls and women.

**Stand Up** for your girlfriends, wives, mothers, sisters, and daughters.

**Men...**it is up to us to make a difference.



**MAVA**  
Men Against Violence & Abuse

**Get Involved**  
(719) 331-9628

**MAVA** is a community partnership seeking to guide and support individual, community, and social change to end violence against women and children.