



KWAKHA INDVODZA:

The Male Mentoring Project

The 10 point plan against Gender Based Violence

I am a man or a woman of tomorrow. **I am** an advocate for **Respect, Dignity and Honour.**

Gender-based violence is a problem affecting everyone: men and women of all ages, professions and socio-economic backgrounds.

I pledge to make the following commitments towards the prevention of gender based violence and towards a happier, healthier future for me and my family:

1. To treat women with Respect, Dignity and Honour.
2. Not to commit violence against women.
3. Not to remain silent if I see or know about violence against women.
4. To model and demonstrate respectful behaviours in my relationships with family, friends, colleagues and other community members.
5. To sensitize and educate my community, school, church, family and friends on how to treat women and to train other boys on how to be men in ways that don't involve degrading women.
6. To advocate for equal opportunities, as men and women, boys and girls are all equal before their creator.
7. To support and encourage women's empowerment campaigns and advocate for the education of communities on Human Rights so that people can be empowered and know their rights as well as those of others.
8. To advocate for laws which promote equality between men and women.
9. To be honest and responsible young men.
10. To be ourselves, avoiding all pressures of society that may promote violent versions of masculinity.