

Male Athletes Against Violence **MAAV**

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*Spread the MAAV message
throughout your community.*

For more information on the University of
Maine's MAAV program, call 207/581-3138
or visit <http://www.umaine.edu/maav>



Men's Pledge Against Violence

I pledge:

- to educate myself on issues surrounding violence while developing personal beliefs against the use of violence
- to be a positive role model for my community.
- to look honestly at my actions in regard to violence and make changes if necessary.
- to educate others on all issues surrounding violence.
- to take initiative! I will be prepared and have the courage to correct others regarding violence.
- to support women's groups. I may not be able to prevent all violence but I will help those who have been victimized.
- to be aware of pre-existing beliefs, stereotypes or rumors that may alter my judgments.
- to challenge the social norms. If no one ever challenges the norm, nothing will change.
- to learn to identify problematic situations to help victims.