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Help end violence

Sometimes I'm ashamed to be a man. This happens when I'm reminded that one in three households hides domestic abuse, and 70 percent of it is perpetrated by men against women and children.

Some cultures countenance a man beating his wife and children. This country's media routinely show men abusing women without any indication that it is wrong. Why? Do men believe they prove their moral superiority when they use their greater physical strength to bully someone? Do they find their prestige enhanced when they use their greater financial strength to control another person's life?

How can you abuse someone you love? I believe abuse, physical, mental or emotional, by men or by women, is never justified. Unfortunately, many men don't agree with me.

As a husband, father and grandfather, I beg all men to join me in educating men to their duty as partners, husbands and fathers. We can volunteer at organizations that work to root out violence. We can allocate funds on our state income tax returns to combat domestic violence.

Often, abusers were abused as children. The next time we hold back from striking or shouting at our children, we reduce future adult abuse. We can help men we know who have this problem.

If a friend was ruining his life and his family by misusing alcohol/drugs, we wouldn't be ashamed to intervene with tough love. If we're aware that a friend is ruining his life and his partner or family by abusing them, help by intervening.

Half the women killed in our country are murdered by an intimate partner. By any standard, this is an epidemic. For the health and happiness of our country's women and children — in other words, our partners, wives and children — and for our own dignity and pride as men, please work to wipe out domestic violence.

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 Berthoud