MISOGYNY

Recognize it. Challenge it. Replace it.

M2M RECOVERY PROJECT
PEOPLE | PURPOSE | A STRONGER TOMORROW

WHAT IT MEANS

Misogyny is contempt for, prejudice against, or discrimination toward women and girls.

It can appear in beliefs, language, relationships, institutions, and everyday behavior.

HOW IT CAN SHOW UP

CONTROL & ENTITLEMENT

Treating women as property; controlling children, money, clothing, *movement, or* relationships.

DISRESPECT & OBJECTIFICATION

Reducing women to bodies or roles; sexual comments, insults, or dismissing their voice

DOUBLE STANDARDS

Excusing behavior in men while shaming women; doubting their ability, credibility, or authority.

WHY IT MATTERS

Misogyny damages safety, trust, dignity, opportunity, and healthy relationships.

It can fuel harassment, coercion, abuse, and violence - and harm entire families and communities.

THE POINT

EXAMINE YOURSELF

Would I say or do this if a man were present?
Am I listening - or trying to dominate?
Am I respecting her boundary, choice, and voice?
Does my behavior build dignity or fear?

CHOOSE A HEALTHY RESPONSE

PAUSE before reacting.
LISTEN without interrupting or dismissing.
RESPECT consent, boundaries, and equality.
REPAIR HARM: own it, apologize, and change.

FROM ATTITUDE TO ACTION

AWARENESS
The belief about women.

→

CHALLENGE
The double standard

→

CHOOSE
To respect

→

PRACTICE
Accountability

REAL MEN UPLIFT, PROTECT, AND PARTNER

Strength is measured by respect, responsibility, and self-control.