

[hu] hombres unidos contra la violencia familiar

Hombres Unidos is a primary prevention workshop created in 2005 and is the first of its kind serving its focus population, migrant men. The five-session program **facilitated by men**, successfully creates an atmosphere where men can **open up** and speak about issues of sexual and intimate partner violence, issues that few of them may have spoken about prior to participation.



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Hombres Unidos aims to **change** the participants' knowledge, attitude, behaviors, and beliefs and allows them to **learn together** about violence and healthy relationships. In the hopes of ending violence, Hombres Unidos encourages men to **engage as advocates** against violence and celebrate healthy relationships. To learn more about Hombres Unidos, please visit the MCN website or contact the Project Coordinator at (512) 579-4505.

“While I was there we couldn't stop talking about what we've all discovered about ourselves - awesome curriculum.”

[men]

[end violence]

[united]

the basics:

- [Robert De Leon]
De Hombre a Hombre

[hu] fundamental principles:

- Men can be **naturally loving**, sensitive, nurturing human beings.
- Many men can and want to help **stop violence** against women.
- Men who provide support for each other have the **power to change** the social acceptance of violence.
- We cannot define perfection and we can only **change ourselves**; we cannot change anyone else.

the experience:

Session 1: Gender Roles and Male Socialization

Session 2: Defining Sexual and Intimate Partner Violence/Abuse

Session 3: Power and Violence

Session 4: Building Skills to Prevent and Respond to Violence

Session 5: Celebration

