

## DOMESTIC VIOLENCE. CAN WE HELP?

Nowadays, domestic violence is increasing. From India to Europe, it is a fact that this phenomenon exists. Men culturally feel superior to women all over the world. Although the law establishes punishments, somehow light in India and stricter sentences in Europe, this is not enough. We should all try to be part of the solution.

Politicians must change the law about women's possibilities at work. Why is a woman's salary lower than men's in occidental countries?. Why do women have to be afraid of getting pregnant because they can lose their job?.

We know that violence against women can be psychological or physical. They can both drive people to death.

The causes of this outcome are: jealousy, alcoholism, the situation following the break-up of some couples, etc.

How can we help? As a man, I must contribute to supporting women's rights. That begins when we bring up our children at home and at school. Also, we have to share and pull our weight around the house and with family issues. Besides, we live in a local community and we know the problem exists, so when we notice some real domestic violence we should call the police; they know quite well what to do and they are the best solution (perhaps if we try to help a particular woman the outcome can be worse).

In conclusion, as an individual and a little part of a complex society, we have to support women about their rights to change our world and we must be ready to act if we really notice some domestic violence in our family and neighbourhood. We cannot allow to have women around who are frightened

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