

Core Values for Dads Preventing Violence

1. Listening. So often, instead of listening to what is being said to us, we are mentally preparing our response. Really listening is a skill that takes patient practice, but the rewards are enormous. Many times our daughters would rather we heard their story than grant their request. Listening is a sign of respect. It demonstrates that we value the speaker. We believe that listening is the most important thing that we can do in Because We Have Daughters.

2. Equitable and shared decision-making. The process of sharing ideas in a respectful way can be just as important as resolving a situation. In interactions with their daughters, fathers are used to coming up with “the answer” to a challenge or conflict, but allowing open discussion leaves space for girls to explore their own ideas with confidence.

3. Awareness of space. Fathers are encouraged to pause in different situations to allow time and space for their daughters. This pausing applies to different situations, such as pausing in a conversation to hear another point of view or pausing during an activity to ensure that everyone feels included. BWHD activities build awareness of the need to provide space for girls to expand to their full personhood.

4. Assertiveness. Communicating wants and needs is important for both fathers and daughters. In BWHD everyone has the opportunity to practice assertiveness without being aggressive or manipulating.

5. Appreciation for non-traditional qualities. Fathers can encourage daughters to explore a full range of possibilities for their lives by expressing appreciation for nontraditional qualities daughters might possess.

6. Discussing difficult issues without judgment. Being able to talk about difficult issues without blaming, minimizing, or judging can help bridge the traditional divide between men and women. Fathers who learn to listen actively and suspend judgment can strengthen their relationships with their daughters.

7. Awareness and understanding of societal pressures girls and women face. All girls and women live with the knowledge, conscious or unconscious, that they could be assaulted by someone they know or even love. BWHD provides an opportunity for men to learn what it is like to live with that knowledge and how it shapes women’s reality.

We hope that you will find the Core Values useful to you in other areas of your life, as well as in Because We Have Daughters®.

<https://www.menstoppingviolence.org/programs/because-we-have-daughters/>