



Father's Day Pledge: Promoting Equitable and Respectful Dating Relationships

Father's Day is traditionally a day to honor fathers and fathering. Fathering is not only about raising our children, but also working to create an environment where our children can grow and thrive. Fathers can play a tremendous role not only in raising our children to express these qualities, but also in creating environments that allow children to express these qualities. A big part of creating that environment includes helping to promote and advance gender equality – where all children can express and fully be who they are. We want all of our children -- our daughters, sons, genderqueer and non-conforming kids and everything in between, to be able to “just be,” to live safe, strong, and free and to be people of compassion, caring and kindness.

The New York State Coalition Against Domestic Violence (NYSCADV) is a state-wide coalition working to end domestic and dating violence and gender-based violence in all its forms. Part of our efforts include supporting community based programs to involve and mobilize members of the community to do whatever they can to be a part of the solution. As a part of our *Because We're Dads Initiative* NYSCADV is working across the state to support community-based activities and efforts that engage and mobilize fathers to actively take part in addressing and preventing gender-based violence. We encourage dads to embrace the unique role they have as fathers, to be active community change agents and to explore (ideally, alongside your children) ways that you can help make your home, your community and, eventually, the state, free of all forms of gender-based violence.

“Peace at Home, Then the World.”

Commit to increasing your efforts in parenting;

- ♦ If your child is still nursing, find a way to be present during that time. Ways for you to engage include, reading or singing to them while they are nursing or massaging their feet.
 - Learn about the benefits of skin to skin contact and bonding with your infant by [clicking here](#).
 - Spend one more hour a week caring for your child(ren).
 - Spend one more hour a week doing household chores.
 - Cook one family meal a week with your child(ren), focus on building those skills in your son(s).
- ♦ Read books to your child(ren) that promote gender equality (if you have younger children, you can always change the gender pronouns of characters in any book you are reading. [Check out these books celebrating equality here](#)).
- ♦ Play with your child(ren) in ways that promote gender equality.
- ♦ Speak out more often and more loudly in support of gender equality. Seize the opportunity to discuss gender equality whenever you see inequality or injustice in the news or in everyday life.
- ♦ [Contact your local Domestic Violence or Rape Crisis Program](#) and ask how you can get involved. Offer to help organize a fundraiser with other dads to support organizations working to promote gender equality. Include your children and, especially, your son(s) in the planning of the event.
- ♦ Advocate for meaningful parental leave policies in your place of work, and community;
- Join and share the [Dove+Care Paternity Leave Pledge](#)
- ♦ Connect with other efforts supporting fathering: [Fathering Together](#)