

One million men. One million promises.

Key quotes from celebrities and leaders

"The truth is that domestic violence and violence against women touch many of us. This violence is not a private matter. Behind closed doors it is shielded and hidden and it only intensifies. It is protected by silence – everyone's silence. Violence against women is learned. Each of us must examine – and change – the ways in which our own behavior might contribute to, enable, ignore or excuse all such forms of violence. I promise to do so, and to invite other men and allies to do the same." — **Sir Patrick Stewart**

"Today I promise to continue my work in defense of women and children who experience domestic violence, human slavery, and sex trafficking. I swear to encourage and recruit other boys and men who stand up to bullies and stalkers, rapists and oppressors. I commit -- as a man and as a father and grandfather of girls -- to advocate that men stand with survivors and work with women to stop what I believe to be domestic terrorism. I affirm that I will not stop in my efforts to inspire other men to stand up, speak out and demand an end to violence against women and children. I know we can build a peaceful world in my granddaughters' lifetime. Let's start now. Join me and Breakthrough's *One million men. One million promises* and make your promise today." — **Michael Bolton**

"Imagine a world of happy and healthy families. Imagine a world of non-violence and peace. Here's how we get there: *Treat women and girls with respect*. Join me to make a promise today to help stop violence against women. One million men making one million promises to promote equality -- that can change everything". — **Russell Simmons**

"Listen, guys, enough with the idiotic violence toward women. You want to beat on someone, do it to yourself. And take it like a man." — **Lewis Black**

"Make no mistake: men's violence against women is a men's issue – it's our problem. And I'm here to say we've had enough of women being disrespected, and we won't tolerate it any longer. It's not only about not being violent; it's about changing a culture that says 'violence is okay.' I promise to stop laughing at jokes we've all participated in. I promise to speak out against domestic violence. And I'm asking men in Dallas – and everywhere – to do the same. Let's make our homes, and our cities, safe for all." — **Dallas Mayor Mike Rawlings**

Yesterday I was at a clinic we run in Africa called Bhubezi Clinic and there were 40 women in the room. Somebody asked the women if any of them had ever been raped, and there was laughter amongst the women. We asked why they were laughing. The women said, 'Ask the question: Has anybody in this room not been raped?' Not one woman put up her hand. As men, we all have something to give. We all have the power to do our own part to stop the global pandemic of violence against women and girls. It is holding us all back. We can all be leaders here, in ways small and in ways grand -- in Africa, in Europe, around the world, in our

own homes and circles. So join me and become one of the million men making one million promises to help end the violence against women.

— **Sir Richard Branson**

“We are proud to join with Breakthrough, the United Nations, and their partners to encourage men in New York and across the globe to take a stand for their mothers, daughters, sisters, and all women. Today we add our voice to Ring the Bell, renewing our promise to help build a safer world for women, children, families and communities.” — **Mayor Michael R. Bloomberg**

“I promise that in everything Greenpeace does, we will work to promote freedom of violence for women. When women are safer, our planet is safer. The two words that are critical to Greenpeace are "green", protection of the environment and "peace", promotion of peace, and it's for that reason that we strongly make this promise. It is everyone's job, men and women, but particularly men because we are the perpetrators of violence in the main, that we step up and take action. Please join me and Breakthrough's *One million men. One million promises* campaign and please make your promise today as to what you will do to advance peace and security for women on our planet.” — **Kumi Naidoo**

“Men can and must be leaders and partners in ending violence against women. They already are. Men listen to men; they have the power to create safe and healthy spaces. Right now, men are pushing each other and themselves to change the way they think and act. Right now, men are challenging the habits and norms that perpetuate violence. And through Ring the Bell, millions of men will take that message to millions more. Ring the Bell is raising the voice of civil society in unison with the heads of state who are joining the COMMIT Campaign. I urge men in all walks of life, all cultures, all communities, all countries, to step up and make your promise count. Join me in ringing the bell to end violence against women. — **Michelle Bachelet**

“At Comic Relief we promise to help women and girls get their rights recognised and support them to reach their full potential. We will do this by funding organisations which understand and address the rights of women and girls and tackle the violence, abuse, and harmful traditional practices against women. We promise to continue supporting women and girls to drive this work and represent their own interests. To address gender inequalities, we work with both women and girls and men and boys at all levels to bring about positive changes in families and communities, and ultimately, in society, to help break the cycle of poverty, exploitation and abuse. Comic Relief wishes the Ring The Bell all the best on International Women’s Day.” — **Kevin Cahill**

“I promise to be a role model to my children by treating my wife — and all women — with the respect they deserve. I believe that if we raise our kids to understand that girls and boys — and all people — are equal, we can help stop violence against women, and we can change the world. I know that millions of fathers agree with me. So men, let's make sure it starts with us, now.” — **Harold Perrineau**

“I promise to ring the bell any way I can. I promise to tweet the bejesus out of this campaign. I promise to tell friends, family, colleagues, barbers, grocers, beekeepers, elevator riders, search engine optimizers, woodworkers, balloon artists and crayon color namers. We have to stop violence against women. We need to make this world a better, gentler place, one where everyone can feel safe. To quote my kids, it's not a MAY-do. It's a MUST-do.” — **AJ Jacobs**

"As a cast member of Days of Our Lives, I'm no stranger to drama. But in real life, I'm committed to building a peaceful world by helping end violence against women. And if you think about it, that's really a job for men. Join me and Breakthrough's *One million men. One million promises* and make your promise to help end violence against women today." — **Chandler Massey**

"Our generation can end violence against women. We can make violence against women unacceptable. We can raise a new generation of healthy, safe children and adults. We can do this if we understand that it is not a "women's" issue. We can do this if men take the lead. We can do this: in our own ways, in our own worlds, every day. Join me, right now, in making a promise to Ring the Bell and help end violence against women. Now is the time." — **Michael Skolnik**

"We need to create a new culture that supports safety and respect for all. I promise to promote music and artists who do just that. The louder we're heard saying no to violence against women, the better we'll all be. Join me. Ring the bell." — **DJ Spooky**

"We don't have to police the world in order to make a profound change to stop violence against women. We do have to keep an eye out in our *own* worlds. It's common sense that violence, verbal or physical, against a woman, shows only one thing: you've lost the battle and you're weak. Ask for help; it's out there and it's not too late to change. Bottom line, true bad boys are not afraid to Ring the Bell when they recognize abuse on the street, at work, among friends, or in their family -- and I promise I will. Guys, the mob mentality works both ways. We can protect the ladies if we stick together. Let's be the men we were raised to be!" — **Steven Santagati**

"I promise to inspire at least five Iranian celebrities to share the message of *One million men. One million promises*. I will also ask the CEO of Manoto, a TV channel for young adults, to make sure they report on the subject of young men's key role in ending violence against women, thereby reaching up to 50 million Farsi speakers worldwide." — **Siavash Habibi**

"One billion women and those who love them rose with us in February. I was deeply moved to see thousands of men join in the rising. I have never understood why violence against women is a women's issue. It turns out we don't rape ourselves. I know as surely as I know anything that when the majority of men, who do not commit violence, rise with us with the same intensity and commitment, the violence will end. Keep on Rising. Ring the bell. Join *One million men. One million promises* and make your promise today." — **Eve Ensler**

"As the father of two daughters, as a man who has been married to a good woman for 34 years, and mainly as a human being, I speak out here against the violence done to women. I speak out against all violence, but it's especially awful to me when a stronger person hurts a weaker one, when a larger person hurts a smaller one—and, sadly, those are often the conditions in which men hurt women. There are a thousand other ways for men to show their strength and power and in my novels I have tried to demonstrate some of those ways. Tenderness, kindness, consideration, forgiveness, understanding — these are not just sugary words, but real parts of real life, and it's the truly brave and strong who manifest those qualities. Both women and men provoke and hurt, lie and cheat and injure. But on this day I am standing up, as a man who loves women, and speaking — to young men, especially — asking them to have the courage to set all violence aside, to cherish the women in your life, to respect all the people around you as full human souls, and to respect yourself enough not to hurt others." — **Roland Merullo**

“All that is necessary for the triumph of evil is for good men to do nothing. I'm a man and I'm an equal partner in making my workplace, my city, my country and this world a safer place. Women do not have to depend on men to make it safer, but making it safer makes me feel safe too. At IndiGo Airlines, about half [the staff] is made up of women, about a third of our leadership team is made up of women and every one of us at Indigo owes our very existence to at least one woman in our life. We believe in girl power. I pledge to make this world, my country, my city, my workplace a safer place for women. I promise to ring the bell.” — **Aditya Ghosh**

“On International Women's Day we celebrate women all over the world. The truth is, we must celebrate women every single day. No home, community, society, or country can flourish unless we do. As human beings, we need to work together to build a world where every woman is safe, secure, and empowered. As family, friends, colleagues and co-citizens, we promise to ring the bell by upholding those values in our workplace, in our spheres, and in all that we touch. Join Breakthrough and one million men. Make your promise today.” — **Abu Jani and Sandeep Khosla**

“Like millions of men across the world, I'm working to end men's violence against women—until the violence stops.” — **Dean Peacock**

“As we increase and promote a healthier and more respectful manhood, we decrease and prevent all forms of violence and discrimination against women and girls. Women do not need to be rescued or saved. Men need not to be violent and safety will take care of itself.” — **Ted Bunch**

“Our culture perpetuates stereotypes and negative attitudes that often prevent women from being treated fairly by legislators, judges, courts, and juries. My book, Reflections of a Domestic Violence Prosecutor, represents my way of calling for change in the legal system and in the media, and pushing for all children to learn about gender equality from the moment they enter school. Join me to help women, and the next generation, live safe and healthy lives.” — **Michelle Kaminsky**

“Because it is — some — men who commit violence against women, it must be men who change. By this we mean not only those men who use violence in their relationships. We also mean the majority of us who have remained silent. Men dominate parliaments, pulpits and police forces. When we are silent, we allow violence to continue. Men today support equality not only because we know it is fair and right, but because it will enable the women in our lives to be safer and to exercise their power — and because it will inspire us to be better fathers, friends, and partners. Which means: we will all have better lives.” — **Michael Kimmel**