

I am the BREAK pledge

*I am a link that breaks the cycle of violence and abuse,
not a link that continues it.*

*I choose to stand for progress in our society, to become a piece of the jigsaw
of success that helps build a future where everyone belongs.*

*I pledge to leave a legacy of support, compassion, and understanding for
those who feel isolated, fearful, or unheard.*

I pledge to work to create a society rooted in peace, respect and unity



Men's Action Network

Supporting and Promoting Male Health and Wellbeing