Ten Men is a group of men who are passionate about making our communities safer for everyone. In today’s world, many men see the need to take action to prevent gender-based violence but do not feel that they have the tools to do so. The Ten Men Program is designed to empower passionate men to create positive change in their communities.

Who are the Ten Men?
The Ten Men are passionate, committed, caring community members who want to use their time and influence to help make everyone safer. The Ten Men are Advocates – they are advocating for emotional health and safety for every person they interact with each day, and they are advocating for transformation and wellness in the whole community. The Ten Men are men who have chosen to educate themselves about the root causes of gender-based violence and collaborate with others to make our community a place where people protect each other.

Do you want to be one of the Ten Men?
- Do you have a desire to prevent abuse and violence in your community?
- Are you ready to speak up and openly share your passion for equality, safety, and well-being?
- Do you want to build connections with other men who share your passion for the community?
- Do you know someone who you believe embodies the traits of a leader or influencer who should be nominated to become one of the Ten Men?

Learn more at www.SARAcville.org Contact us at Prevention@SARAcville.org
What You’ll Do as one of the Ten Men:

The Ten Men program selects 10 participants each year to be trained to become an influencer for change around the issue of gender-based violence. It doesn’t cost you anything to join, and a stipend will be provided.

At our gatherings, participants build connections and camaraderie with other men who are taking up ownership of these issues.

During the program, you will receive training about trauma and resilience, and intersectional frameworks for increasing emotional wellness in the community.

As well as intensive training, each of the Ten Men develops a project to create change, however big or small, in their community, with the goal of helping to prevent gender-based violence. Personal action projects are ways the Ten Men use their influence to increase safety and well-being in the places where they work and live.

Each Ten Men participant gets to participate in a full-day retreat with the other Ten Men, as well as 6 gatherings throughout the year. These gatherings are where the connections are built, training is received, and you will collaborate with others on your personal action project.

By the end of the year, the group will create a visual or audio marketing campaign promoting the group’s messages about prevention in the community. Even when your year has ended, you will be invited to return to visit the future cohorts of Ten Men and support the growing number of men who are taking action in our region.

The Charlottesville region has so many men that are devoted and energized in the fight to end gender-based violence. SARA is excited to have men throughout the community join our team to create a safer community for everyone.