Congressman Ro Khanna represents California’s 17th Congressional District, located in the heart of Silicon Valley, and is serving in his first term. Rep. Khanna sits on the House Budget and Armed Services committees and is a vice chair of the Congressional Progressive Caucus.

“Domestic violence is a universal issue—one affecting people of all races, ethnicities, and genders. However, we cannot ignore the fact that women are disproportionately affected. 1 in 3 women experiences domestic violence in her lifetime, often causing long term physical and mental harm. Men must not be silent about this issue, but instead, use our voices to speak out against it. In Congress, I am committed to protecting women through various legislation like the International Violence Against Women Act and the SAFE at Home Act, but we must also address domestic violence in our individual lives. Even the smallest actions can make a big difference: discourage sexist language and behavior, support and encourage women to seek help when dealing with abuse, lead younger generations by example, and ultimately make it known that domestic violence will not be tolerated. Most importantly, take pride in standing with women because, united, we can end domestic violence and make the world a safer place for all.”