On Fatherhood, from a Father of Sons

"As a father of two sons and a career law enforcement officer I knew early on that I wanted my children to be positive productive members of society and to have that positive outcome would require me to be an example and role model of the behavior I wanted them to embrace. Children learn behavior, good or bad, from their role models and the most important role models are parents.

Role modeling or imprinting positive behaviors, problem solving skills, and values are always challenging especially in a society where societal expectations are changing. Every man or woman who becomes a parent has a responsibility to help build good citizens and that starts by living a life in which our children learn behaviors that we as parents want to see from them.

Parenting is not easy but there is no more important role in life once you have made the decision to have a child. As an advocate for victims of domestic violence and DAIS, the issue of domestic violence can be ended if each of us mirrors positive behavior in our relationships. That was my goal as a father and now that my boys are adults and entering into relationships I see positive results. I could not be prouder as a man, as a father, and as a husband."

Dane County Sheriff Dave Mahoney's career spans 37 years of improving public safety, saving lives and building trust between law enforcement and the communities they serve. He was first elected to lead the Dane County Sheriff's office in November 2006 and is currently serving his third term. As Dane County Sheriff, he is active on issues of national, statewide, and
county importance including the issue of domestic violence, moral leadership and officer wellness.

Sheriff Mahoney and his wife have two grown sons.

**Action Steps**

1. Watch this [video](#) of a father inspiring his little girl with daily affirmations.

2. Talk with your children or young people in your life and model healthy relationships. Children not only listen to adults, they imitate them. [Here](#) are some tips to start the conversation.

3. Share the [Power of One](#) with a male friend or family member who has children. In order to create a real shift in culture, we need to spread the message and raise awareness that everyone has a role to play when it comes to eliminating domestic abuse. Together we can change the culture.

**Power of One**

We all have the power to change harmful attitudes, to speak up, and to support the work to end domestic abuse. It is the power of one voice, one message, one conversation, one intervention. The act of helping one leads to the impact of helping all. One. And for all.

A group of men came to DAIS and worked together to explore social constructions of masculinity and develop a vision statement for the future of healthy masculinity, and then discovered how they can contribute to making that vision a reality.

A huge thanks to the group of passionate and open men who attended! We, as facilitators, left the session feeling inspired, energized, and reinvigorated. Keep an eye out for 2017 Power of One events, which will be listed in this newsletter!