

What men can do

To end men's violence against women, we need to change attitudes and behaviour – this will take time.

Here are some practical steps men can take every day to help end men's violence against women:



Listen

Ask a woman who trusts you about violence and abuse and how it has affected her life. If she feels comfortable to talk, just listen and learn from her experiences. Women who have survived or are surviving violence and abuse will provide valuable and experiential insights.



Learn about the problem

Many people think violence is committed in public places by strangers, but women who are at risk of violence are more likely to experience it in their own homes and from men they know. Visit the White Ribbon website to get more information. Watching the news, reading articles on the topic and seeking information will help you understand the impact of violence and abuse on women and the community.



Learn why some men are violent

Men are not naturally violent. Violent and abusive behaviours are learnt. For them, violence is a way of expressing their masculinity. It is intentional behaviour to gain power and control.



Develop respectful relationships with women

Be an example to other men: treat women with respect and as equals. Be mindful of how language as well as actions can be disrespectful and abusive. Healthy relationships help create gender equality. Express your feelings directly and in non-violent ways e.g. express your appreciation of your partner or have disagreements in well managed and thought through words.



Wear a white ribbon or wristband

We can create the change. Show your commitment to ending men's violence against women by wearing a white ribbon or wristband. Use it as a starting point to talk with your friends, family and colleagues about men's violence against women. Be proud to stand up, speak out and act to prevent men's violence against women.



Challenge sexist language and jokes

Sexist language and jokes help create the impression that women are inferior to men, are “objects”, and work to legitimise violence against women. They are part of abuse that objectifies women, meaning that women are viewed as a possession. Point this out when you hear sexist language or sexist jokes and encourage others to be respectful towards women.



Identify and oppose sexual harassment and sexual violence

Unwanted sexual comments and behaviour reflect power inequalities between men and women. Oppose sexual harassment by supporting initiatives to create respectful and healthy environments.



Take action if you see violence happening

Call the police ± never assume someone else has. Ensure you do something to stop the violence, but do not use violence yourself or put yourself in danger. Do not remain silent: stand up, speak out and act to stop men's violence against women.



Support local women's programs and services

Women's refuges, rape crisis centres, counselling and legal services, support women experiencing violence and are vital for women escaping violence. These services need support and financial backing.



Examine your own behaviour

If you have been physically violent against a woman, committed sexual assault, threatened or tried to control their lives, get help today. Do not wait for it to happen again. Call MensLine on 1300 78 99 78 for support and advice.



Be a role model

Be a role model to other men, women and children. Teach them that violence is unacceptable and talk about ways to manage negative feelings that could result in conflict or violence.



You can get involved in White Ribbon

White Ribbon is a global social movement to end men's violence against women. There are many ways for you to get involved. Visit our website for more ideas.

From Kaufman, M. (2000). *The White Ribbon Campaign: breaking men's silence to end men's violence – statement of principles*. Michael Kaufman. Retrieved from: <http://www.michaelkaufman.com/2000/the-white-ribbon-campaign-breaking-mens-silence-to-end-mens-violence-statement-of-principles/>