

**I will stand up,  
speak out and  
act to prevent  
men's violence  
against women.**

First Name

Surname

Gender M  F

Postcode

Email

- I am happy for my name to appear publicly that I have signed the oath
- I would like to subscribe to the White Ribbon e-Newsletter

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[www.whiteribbon.org.au](http://www.whiteribbon.org.au)

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## What is White Ribbon?

The White Ribbon Campaign is the largest global male-led movement to stop men's violence against women. White Ribbon is an organisation that works to prevent violence against women by changing attitudes and behaviours. In Australia, White Ribbon engages and enables men and boys to lead this social change by using a combination of social marketing, the Ambassadors Program and prevention initiatives in communities, schools, universities, sporting codes and workplaces.

## What can you do to stop this violence?

- Take the Oath online.
- Reflect on your attitudes and behaviours towards women.
- Challenge sexist attitudes and behaviours.
- Break the silence by talking to your mates and being heard on social media.
- Encourage mates using violence in their relationships to get professional help.
- Listen to friends who are experiencing violence and encourage them to seek help.
- Volunteer or host a fundraising event.
- Make a donation to sustain White Ribbon's work.
- Support White Ribbon Day, 25 November, the UN International Day for the Elimination of Violence against Women, by wearing a white ribbon or wristband.
- Call the Police on 000 if you see or hear someone being violent. Never put yourself in danger or challenge violence with violence.

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