

How men can help end violence against women



White Ribbon works with men to make women's safety a man's issue too.

White Ribbon focuses on men because:

- **Most perpetrators of violence against women are menⁱ.** To change this, we need to examine and challenge the attitudes and behaviours of men.
- **Gender inequality favours men and endangers women.** Men often have more power and higher status than women. This puts women in a subordinate position to men, creating the social conditions where men's violence against women is tolerated and even accepted.
- **Men can work to change the social and cultural conditions that contribute to men's violence against women.** Men can shape the attitudes and behaviours of other men. While this is also a reflection of gender inequality, it can be used strategically to create change and to support the violence prevention efforts of women.



I want to get involved, what can I do?

White Ribbon promotes three key actions men can take to prevent men's violence against womenⁱⁱ. You can start this process right now.

1. Start with yourself

This is the essential first step every man must take if he wants to help end men's violence against women. Look at your own life and honestly examine your attitudes and behaviours. Work to build respectful relationships with the women, and other men, in your life. Commit to living a non-violent life by taking the White Ribbon Oath and by building respect and equity into your everyday behaviour and relationships. If you have been violent, take responsibility and get help. Call MensLine on **1800 78 99 78** for support and advice.

2. Be an active bystander

When you see violence or hear about it, do something. Learn how to safely intervene and challenge sexism. Check out the White Ribbon factsheets 'What to do when someone tells you they have experienced violence or abuse' and 'Taking action against violence, abuse and harassment'.

3. Address the social and cultural causes of violence

Become an advocate for change. Get involved in campaigns and programs, like White Ribbon, that challenge gender norms and gender inequality. Check out the White Ribbon factsheet 'What you can do' for ideas about how to get involved in violence prevention.



Everyone benefits from efforts to end men's violence against women

Narrow gender stereotypes harm men and women. Examining social definitions of manhood will help remove the pressure on men to, for example, be physically strong, not show emotion and be financially successful. These expectations of men create the conditions for violence, abuse and control of women to occur. It benefits everyone to address gender stereotypes and gender inequalityⁱⁱⁱ.

However, as gender equality slowly improves, some men feel that they are losing the traditional advantages of being a man such as having the final say in decisions impacting on the family and occupying positions of power in the workplace. Men will have to give up these privileges for women's safety and gender equality to be realised. For some men, male privileges can be hard to let go of.

Ending men's violence against women is good for everyone

In demanding an end to violence against women, we are calling for:

- A new vision of what it means to 'be a man'.
- Fair, empowering, happy and peaceful relationships.
- Sexual lives based on consent, safety, and mutual pleasure.
- Girls and women living free from the threat of violence, abuse, intimidation or control.

- Girls and women experiencing greater equality in the home, workplace and community.

When this happens, men will have better relationships with women and increased emotional connection to themselves and other people. The safety of men will also improve, as the threat of violence from other men will reduce.

Get started today!

- Take the White Ribbon Oath.
- Commit to building respectful relationships.
- Learn how to be an active bystander.
- Get involved in violence prevention work.

Visit www.whiteribbon.org.au for more information and inspiration.

This factsheet is based on Flood, M. (2010) Where Men Stand: Men's roles in ending violence against women. Sydney: White Ribbon Prevention Research Series, No. 2.

ⁱ38.5% of women in Australia have experienced violence perpetrated by a male, compared to 10% that have experienced violence committed by a female. See: Australian Bureau of Statistics (2013) 'Prevalence of violence since the age of 15 – relationship to perpetrator by sex of perpetrator' Personal Safety Survey <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/BAAD8D00BD54E40ACA257C3D000D82FE?opendocument>

ⁱⁱFlood, M. (2010) Where Men Stand: Men's roles in ending violence against women. Sydney: White Ribbon Prevention Research Series, No. 2, pps. 8-9.

ⁱⁱⁱKaufman, M. (1999) The Seven P's of Men's Violence <http://www.michaelkaufman.com/wp-content/uploads/2009/01/kaufman-7-ps-of-mens-violence.pdf>