

What can you do to support White Ribbon?



Here are some ideas for how you can support White Ribbon and encourage men and boys to help break the cycle of violence against women.

Wear a white ribbon or wristband

The simplest thing you can do is to wear a white ribbon or wristband. They show the world that you oppose men's violence against women. They are also a great way to start the conversation with your friends, family and colleagues.

Take the White Ribbon Oath

Take the White Ribbon Oath online or with a group of people. Encourage your mates to take the White Ribbon Oath.

Together we can encourage all men across Australia to take this oath and live by its values every day.



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

Spread the message

There are many ways you can help spread the White Ribbon message. Here are some ideas:

- **Attend, support or organise a White Ribbon event.** White Ribbon events are held throughout the year. Most events are held on White Ribbon Night (last Friday of July), during the month of November, and on White Ribbon Day on 25 November. Visit the White Ribbon website events page to see what is happening in your local area and for inspiration on how to organise your own event.
- **Donate to White Ribbon.** Our work is only possible with your support! Make a one-off or regular donation to White Ribbon or set up a workplace giving program with your employer.
- **Become a White Ribbon Supporter** and take an active role in promoting the White Ribbon message in your community.

- **Talk to your friends, relatives and work mates** about men's violence against women. Ask them to show their support and encourage them to wear a white ribbon or wristband.
- **Get involved in our violence prevention programs.** Register your workplace to become a White Ribbon Workplace and encourage your local school to participate in our *Breaking the Silence Schools Program*.
- **Join in the conversation on social media.** Connect with us on Facebook, Twitter, YouTube and Instagram.
- **Volunteer** for White Ribbon, raise awareness and funds by selling ribbons and wristbands.

Get creative!

The sky is the limit! And if you need any more advice on how to get started, email us on admin@whiteribbon.org.au or give us a call on (02) 9045 8444.

