What kind of guy do you wanna be?

Find out how at whiteribbon.org.nz

What kind of guy do you wanna be?

Take the Pledge

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

Use our TOOLBOX at whiteribbon.org.nz

If you could be the kind of guy you wanna be, what would you do?

What kind of relationship would you have with women?

What kind of dad would you be?

Having a respectful relationship and modelling it to your kids is the long-term answer to violence towards women.
The strongest of respectful relationships are based on equality. That means not having power over women, or assuming there are set rules or rules. Respect that she’s her own person and make decisions with her, not for her.

Communicating respectfully is key to a good relationship. Conflict happens, but dealing with it respectfully makes the difference. When you’re in the moment, take a moment. Really listen, and talk about your feelings, so you can work through it together.

Asking before doing anything sexual is part of a respectful relationship. Don’t assume. You both get to choose, give consent, and change your minds at any stage. Because sex is always better when you’re in it together, it’s gotta be an enthusiastic ‘yes’ to everything.

Teaching sons how to respect will set them up for all relationships in life. What they see, they will do. So show respect to all women. Make time to talk about sex, and what’s appropriate. Active parenting is about setting an example, and not assuming that others will.

**YES**
- to **GIVING** her some space
- to **TALKING** it out with her
- to **ASKING** if she’s into it
- to **WALKING** the talk

**NO**
- to **PUTTING** her in her place
- to **TAKING** it out on her
- to **PRESSURING** her into it
- to **AVOIDING** the talk