

## Take the Pledge

“I will stand up, speak out  
and act to prevent men’s  
violence towards women.”



What kind of guy  
do you wanna be?

# NO

to violence  
towards women

Use our

**TOOLBOX**

at [whiteribbon.org.nz](http://whiteribbon.org.nz)

What kind of guy  
do you wanna be?

# YES

to respectful  
relationships

Find out how at  
[whiteribbon.org.nz](http://whiteribbon.org.nz)



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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.

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# YES

to **GIVING** her  
some space

The strongest of respectful relationships are based on equality. That means not having power over women, or assuming there are set roles or rules. Respect that she's her own person and make decisions with her, not for her.

# YES

to **TALKING**  
it out with 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.

# YES

to **ASKING**  
if she's into it

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.

# YES

to **WALKING**  
the talk

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.

# NO

to **PUTTING** her  
in her place

# NO

to **TAKING**  
it out on her

# NO

to **PRESSURING**  
her into it

# NO

to **AVOIDING**  
the talk