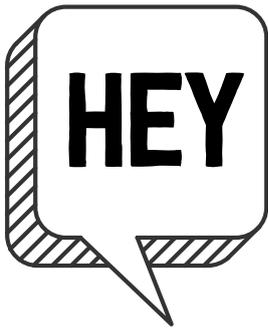


TOOLBOX FOR MEN

CALLING IN OTHER MEN

- TO PREVENT GENDERED VIOLENCE -



YOU WANNA HELP OTHER MEN TO GET INVOLVED IN PREVENTING GENDERED VIOLENCE RIGHT? HERE'S HOW...

You've noticed some of your mates are keen to do the right thing, but sometimes stick their foot in it? Although they mean well, they might say the wrong thing, eh? That is okay, we all make mistakes, but here are some ideas of how to help **lift up other men without putting them down.**



**THIS TOOLBOX CAN
HELP YOU DO THAT.**

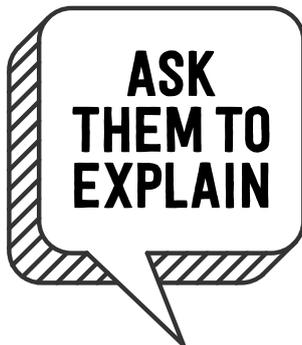




TALK WITH OTHER MEN

We're all on a journey to reduce and eliminate men's violence and we need to show men how they can help. The fact is, most men think violence against women is unacceptable. In fact, men consistently overestimate other men's comfort with sexist, coercive, and derogatory comments and behaviours. The tricky thing is finding ways to both shut down bad behaviour, but also to encourage other men to speak up and take action.

But in this journey, we sometimes don't have the right words, and sometimes we say the wrong thing. So, we need to 'call in' other men when they say something dumb, and find positive ways to engage with them.



STAY COOL AND CALM, AND REALLY TRY TO LISTEN AND UNDERSTAND

When someone says something stupid online, or says something sexist in real life, this is an opportunity to engage them and have meaningful conversations to promote sustained change. But jumping down your mate's throat for saying the wrong thing might not be the best way to get him to change his behaviour. Instead, try asking questions: If your mate says something sexist, ask them why they think that, or where they got that idea from? You could tell them that you don't understand and ask them what they mean. Because some men are used to fighting, conflict, and arguing, it can be very disarming to show some compassion and that you care about what they think.





**SPEAK
OPENLY &
SAFELY**

INVITE, DON'T INDICT

Recent research in Aotearoa has shown that when given the chance to speak openly and safely about difficult questions of sex, gender, and ethics, some young men can be enthusiastic and thoughtful around topics that they otherwise find difficult to discuss. While we have to hold individual men and male-dominated institutions responsible for their actions, we can also motivate other men by appealing to their sense of fairness and frustration with witnessing discrimination against others.



**TRY
TALKING
FACE TO
FACE**

ONLINE

Sometimes we can get pretty fired up when we see someone say something that we don't agree with. But jumping on that person, piling on, and making fun of them might not be the best way to get through...so take a breath. Take your time and try to engage with empathy and kindness. Lead by example and invite that person into a private dialogue where you can have a nuanced discussion. And if it's a friend? Try talking to them offline, it is so much easier to get things clear face to face.

DON'T PUT OTHER MEN DOWN, LIFT THEM UP!

You can help prevent violence by being a positive influence on other men. Effective prevention moves beyond simply stopping violence into promoting alternative healthy behaviours. A part of this is encouraging boys and men to recruit and educate other boys and men in ways that lift each other up. This means not only modelling positive behaviour in front of each other, but also understanding that other men might be at a different part of their journey and still working it out for themselves.





TALK WITH A MAN ABOUT BREAKING OUT OF THE MANBOX

You've seen a better way to be a man – you can help others do that too, especially young men who look up to you. Take every opportunity to talk with other men about how men act and are expected to act, on TV, in friend groups, in the whānau, wherever. Talk to other men about the 'man box' – where men must appear tough, aggressive and in charge in front of other men. Share what you know about yourself, and how 'man box' behaviour affects others. Just through your own behaviour you can give other men good examples of how to manage pressure to fit in, and to support your mates to be themselves too. Help young men respect women and have good relationships by encouraging them to think about everything they're seeing. Ask them what they think about it all. Get them thinking about what sort of guys they want to be and choosing to watch the things that support this behaviour.

Check out White Ribbon's toolbox on Breaking out of the Man Box here:

[CLICK HERE >](#)

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