



We can

end all violence against women

British Columbia campaign

www.wecanbc.ca
info@wecanbc.ca

50 Ways to Help End Violence Against Women

1. Reflect on your own attitudes and behaviors by completing the Change Makers Handbook and reviewing and eliminating language Violent Language <http://www.mvwcs.com/violentlanguage.html> from your everyday language.
2. Follow our FaceBook page and “Like” our page and postings. Introduce your friends to it.
3. Sign up for our Quarterly News Letter (bottom right of Home Page or <https://www.mynewsletterbuilder.com/tools/subscription.php>) and invite others to do so. News Letters are sent 4 times a year, with very infrequent (twice a year) “Special Editions” letting you know what is new to the Web Site, events in your community and additional links to resources and video clips.
4. When you hear people in your circle of friends tell a demeaning joke or display such an attitude towards women or anyone, do something. Say that is not acceptable, ask them how they would feel if the joke or attitude was about them, turn your back or leave if you do not feel safe and secure to speak out. **Say Something.** Men Talking to Men www.wrc.ucr.edu/SiteCollectionDocuments/handoutsBrochures/say_something.pdf has some excellent ideas and scenarios
5. Find out where there is help for women fleeing abuse and their abusers so that you are ready to refer your friends, co-workers and acquaintances should they need it. Good places to start are We Can BC supporters listed on the website, or the BC Society of Transition Houses - <http://www.bcsth.ca/>. In BC Victim Link 1-800-563-0808 is a 24/7 referral line that offers immediate support and referrals to services.
6. Manage a public bulletin board by posting We Can information—posters, brochures, pins and business cards, etc. Note: Items are free from We Can BC and can be obtained by emailing info@WeCanBC.ca .
7. Keep up to date on how women and violence *is* portrayed in the media “An Introduction to Misogyny in Popular Culture” www.thefreeradical.ca is an excellent piece.
8. Set a goal to talk to 5 others a month about the We Can campaign. The www.WeCanBC.ca site provides facts, real stories and scenarios to help start conversations and assist you to reach your goal
9. This week, as you decide what channel to watch, what clothes to buy or where to spend your time or money online, think about the product's or companies that impact women and girls. Then, remember the power you hold in your pocket. If these companies use sexism to sell, don't spend your money on it, and use Twitter to let them that you're #NotBuyingIt!. From the Miss Representation Project you can now [DOWNLOAD: The #NotBuyingIt App](#)
10. Organize a fund-raising activity and donate funds to a women’s shelter, We Can BC or other organizations that support women and children. Use your imagination for fund raising; some ideas include car wash, garage or other kind of sale, run/walk/swim/bicycle or host various competitions.
11. If you are in school start a program that educates yourselves, other students and your community about violence against women. We Can BC has excellent information on how to start a We Can BC School Club <http://www.wecanbc.ca/resources/youth> or email info@WeCanBC.ca for information and/or support.
12. Attend events wherever possible, take courses, watch films/documentaries, and read articles or books about gender inequality to learn about the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.



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13. If you coach a boys or men's athletic club, you can play an important role in instructing the players because they will listen to you. Teach them to respect and honor all those in the team, and they will learn to do the same with others in their lives (i.e. women). You are the role model that can lead them to grow into health young men. The following is a great guidebook for coaches <http://www.coachescorner.org/filelibrary/CBIM%20Playbook%202008.PDF>
14. Sexual humour is often used among teens, as they are embarrassed and curious about the topic the same time. If your teens use this type of humour, it is important for the teens to know that this humour degrades women. Have discussions that balance sexual examples teens see and use with your family values.
15. To make change around you, first take a look at who you are, watch this video to get an idea of what this means: <http://www.whoareyou.co.nz/> .
16. If you read an article in a newspaper or online that upsets you, write your frustrations down in a response and submit it in. You can write something yourself or use the examples and tips on the WE Can BC website (www.wecanbc.ca).
17. If you are the owner of a company or organization, or work for one, consider doing a confidential online assessment of your workplace. The Gender Equality Principles Initiative is a ground-breaking program that has been created to help companies achieve the seven gender equality principles. The website can help organizations track their progress towards achieving gender equitable workplaces. Here is the webpage link: <http://www.genderprinciples.org/assessment.php>
18. Simply discussing the impact of gendered media with others is among the most significant acts we can take as individuals to shift consciousness around what is possible for our girls' and boys' futures.
19. Make it a goal to attend at least one women's sporting event this year, whether it is at the college or professional level.
20. Be an active bystander. Do not risk your own safety in order to be an active bystander; however, there are some actions that are appropriate, depending on the situation. Remember, if the situation is not safe to call 911. We need to create a culture that can actively participate in preventing violence. Here is a sample playbook with some tips on how to safely intervene in a potential violence related situation. <http://www.stopabuse.vt.edu/pdf/playbook.pdf>.
21. Challenge friends or internet commenter's who disrespect women or girls.
22. Support political candidates that are committed to women's rights and equality. Remember to exercise your right to vote whether it be in Federal, Provincial or Municipal elections. If no candidate is ideal, vote for the one that least portrays a sexist, racist, homophobic, ablest etc. attitude.
23. Teach kids to look up to strong women and men. Strength does not mean violent.
24. Here are five great tips for gender neutral parenting. <http://everydayfeminism.com/2013/11/gnp-avoid-implicit-sexism/>
25. Don't fund sexism. Refuse to rent any video, purchase any magazine, subscribe to any web site, watch a movie, or buy any music that portrays girls or women in a sexually degrading or abusive manner. Another way is to protest sexism in the media.
26. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example.



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27. Check out the gendered toy-ad remixer on the new website linked below. You can set the video of one toy ad and place it with the audio of another toy ad aimed at the opposite gender. Seeing the results are surprising and incredibly discordant. We can see how the marketing industry still finds it worthwhile to target males and females differently.
<http://www.genderremixer.com/about/>
28. Become educated and engaged. Attend training sessions, read books and articles, join a student group. Learn the myths and realities of violence against women and understand how our society condones it.
29. Is Halloween around the corner? Looking for a costume? From the hypersexualization of women and girls to encouraging violence in boys, as well as, culturally and racially insensitive costumes; Halloween has turned into a night propagating some of the most harmful aspects of our culture. Take Back Halloween is a campaign we recommend you check out before the 31st. The website features some creative, new and diverse costume ideas for women and girls.
<http://takebackhalloween.org/about/>.
30. This thanksgiving, take the time to not only be grateful for something or someone, but also take this opportunity to say more around the table. Urge those around you to think about ways in which we can all live a conflict free lifestyle and commit to it. Living peacefully will be one way to preserve and protect the world, which we then can genuinely be thankful for.
31. Learn and acknowledge that there are many myths about violence against women. To every myth there is the real fact and truth. Here's a document to get you started on learning some myths versus facts:
<http://www.wecanbc.ca/sites/default/files/u2/Myths%20and%20Dynamics%20of%20Violence%20Against%20Women%20in%20Relationships.pdf>
32. Children play an important role in ending violence against women, depending on the values they have been raised with, they can grow up to be non-violent or violent. Help children find non-violent ways to resolve conflict and do not use violence on them either. Challenge any socialized gender roles they have.
33. Start exploring the 2013 A Mighty Girl Holiday Gift Guide for your holiday, birthday etc shopping. They are meant to be empowering toys for young girls. The guide features over 200 well-crafted and selected toys for different aged girls. The guides include ten different themes, including: science toys, pretend play, arts & crafts, action figures, women's history and more. <http://www.amightygirl.com/holiday-guide>.
34. One way of preventing violence against women is to promote attitudes and behaviors that are incompatible with violence and abuse, and that encourage the formation of healthy, nonviolent relationships. This paradigm shift is important.
35. Understand that self-defence classes and other solutions do not help end rape culture per se.
<http://www.vancouverobserver.com/blogs/feminista/why-self-defense-and-other-%E2%80%99solutions%E2%80%99D-can%E2%80%99t-end-rape-culture>.
36. Take a look at how one man refused to be just a bystander <http://www.upworthy.com/meet-the-tattooed-hero-who-stood-up-for-a-stranger-who-was-bullied-for-being-gay?c=upw1>.
37. Participate in acts and events that remember the victims of violence, for example, the December 6th Shoe Memorials www.shoememorial.com which are held across BC and Canada. Dec.6 is Canada's National Day of Remembrance and Action on Violence Against Women and commemorates the killing of 14 women at the Poly-Technique in Montreal because they dared to want to be engineers.



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38. Encourage those who commit violence to acknowledge that their behaviour is dangerous and unacceptable. Do not judge and support them to get them the help they need.
39. If you are or have been a victim, try to break the silence. Tell your story, inspire others and attempt to heal yourself to some level. Do not be ashamed. Telling your story will only empower others to share theirs.
40. Help young boys and girls know what consent is, since there is a lack of knowledge in understanding that consent means communicating yes on your own terms. This being said, it is important for parents to also talk openly about sex and relationships with their kids. This website may help: <http://www.consented.ca/consent/what-is-consent/>.

10 THINGS MEN CAN DO TO PREVENT GENDER VIOLENCE

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Approach gender violence as a MEN'S issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers.

1. If a brother, friend, classmate, or teammate is abusing his female partner—or is disrespectful or abusive to girls and women in general—don't look the other way. If you feel comfortable doing so, try to talk to him about it, urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**
2. Approach gender violence as a MEN'S issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers
3. Have the courage to look inward. Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try hard to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing them.
4. If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
5. If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past seek professional help **NOW.**
6. Be an ally to women who are working to end all forms of gender violence. Support the work of campus-based women's centers. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's shelters. If you belong to a team or fraternity, or another student group, organize a fundraiser.
7. Recognize and speak out against homophobia and gay-bashing. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse also has direct links to sexism (eg. The sexual orientation of men who speak out against sexism is often questioned; a conscious or unconscious strategy intended to silence them. This is a key reason few men do so.)
8. Attend programs; take courses, watch films, and read articles and books about multicultural masculinities, gender inequality, and the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.



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9. Don't fund sexism. Refuse to purchase any magazine, rent any video, subscribe to any Web site, or buy any music that portrays girls or women in a sexually degrading or abusive manner. Protest sexism in the media.
10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example

Taken all 50 Actions? Take or keep taking them. Sign up for the We Can BC news letter

<https://www.mynewsletterbuilder.com/tools/subscription.php> and find out when we post more.