

KNOW YOUR A-Z

Prevent violence against women - challenge gender stereotypes and promote respect.



ASK

women you know about their experiences of sexism and harassment.



BELIEVE

reports of violence and sexual assault. Offer support, not suspicion.



CHANGE

the conversation to talk about who she is, not what she looks like.



DON'T

ask "Why doesn't she leave?", ask "Why is he violent?"



ENCOURAGE

men and boys to talk about their thoughts and emotions.



FIND

ways to support women's choices, whatever they are.



GIVE

women and men equal opportunities and assume they have equal abilities.



HELP

young people understand sexual consent and free agreement.



INSPIRE

boys and girls to be equally strong, thoughtful and compassionate.



JUST

don't laugh at jokes that put women down.



KNOW

that gender inequality hurts men, women and kids.



'LIKE A GIRL'

isn't an insult; don't use it like one.



MAKE

an effort to talk positively about strong and powerful women.



NOTICE

when a woman is interrupted or spoken over, and call it out.



OPPOSE

gender stereotypes - they disadvantage all of us.



PUSH

yourself to parent equally with your partner.



QUESTION

what it means to be a 'good man'.



RELEARN

your history: Google 'women who changed the world'.



SHOW

children examples of women and men doing non-stereotypical jobs.



TALK

about equal pay at work.



UNDERSTAND

that there are many myths about what causes violence.



VALUE

women's voices and opinions; ask them what they think.



WALK

away from mates who don't respect women.



(E)XAMINE

how women are portrayed in popular culture - don't buy into it.



YOU

have a role in ending violence - speak up and act whenever you can.



ZIP-IT

Don't make that sexist joke or demeaning comment.

Domestic Violence Resource Centre Victoria

Preventing violence, promoting respect



Our WATCH

End violence against Women And Their Children