



Men's
Referral
Service



NEWS AND INFORMATION LINKS UPDATE SPECIAL EDITION

CALLING ALL MEN: AN OPEN INVITATION TO 16 ACTIONS OVER 16 DAYS

November 25, 2011

Violence against women is one of the most widespread and serious abuse of human rights in Australia today. This violence and abuse can take many forms – emotional, verbal, social, financial, sexual and physical. It affects not only mothers, but also many, many thousands of children. Yet most people don't see this as being relevant to them.

It is very important that women aren't the only ones working to reduce family violence, especially since most people who use violence are men. Studies indicate that 90% of men are at times uncomfortable with how men around them talk about or treat women. However, most respond with silence because they think they are the only ones who feel uncomfortable.

Yet there are lots of things you and other men can do every day to make a big difference.

How you can make a difference

The **16 Actions, 16 Days Campaign** aims to help eliminate violence against women by encouraging thought and action. From Friday November 25, we are asking men throughout the country to do just one thing every day to prepare, skill and support themselves and other men in stopping violence against women before it occurs.

16 Actions, 16 Days involves four stages:

Learn about violence against women

Talk about violence against women

Do something about violence against women

Think about violence against women (and the part we all play)

Each stage has one action per day (i.e. **Learn** has four actions over four days, as does **Talk, Do** and **Think**)

Each of the four stages will be launched every fourth day of the campaign.

Why 16 Days?

No To Violence (NTV) wants to highlight what everyday men can do to be part of the international **16 Days of Activism Against Gender Violence** campaign.

Commencing on November 25th, **White Ribbon Day** (i.e. the International Day Against Violence Against Women) the **16 Actions, 16 Days** campaign ends on December 10, **International Human Rights Day**. The campaign links violence against women and human rights, emphasising that such violence is a human rights violation. It has been used as an organising strategy by individuals and groups around the world who are calling for the elimination of all forms of violence against women,

NTV's **16 Actions, 16 Days** involves everyday, practical strategies. The hope is that men will become allies (i.e. part of the solution), role models (i.e. lead by example) and active bystanders (i.e. do something that's safe and helpful when it happens).

The timetable

The **16 Actions, 16 Days** learn, talk, do, think action plan is detailed in the [16 Actions, 16 Days campaign calendar](#) on the NTV website. And to get you started, here's the guide for the first four days.

16 Actions, 16 Days Stage One: Learn

Friday November 25:

- **Action:** learn about *White Ribbon Day* and why men need to get involved in preventing violence against women.
- **How:** read more on the [White Ribbon Foundation website](#) and check out a Melbourne-based [film festival about violence against women](#).

Saturday November 26:

- **Action:** learn about the myths about men's violence against women.
- **How:** download and read a [summary of common myths](#) and book in to hear more about [He Hits, She Hits](#) myths.

Sunday November 27:

- **Action:** learn About why some men use violence and what can be done.
- **How:** go to The Men's Referral Service website [concerned about](#) and [learn more](#) pages.

Monday November 28:

- **Action:** learn about the success that some men are having in preventing violence against women.
- **How:** download and read about [everyday men making a difference](#) and visit a leading [website on men's involvement](#).

16 Actions, 16 Days Stage Two: Talk

How To:

Tuesday November 29

- **Action:** use Social Media to send and promote links about preventing violence against women.
- **How:** post this [link](#) on [Facebook](#) or [Twitter](#).
think about positive, non-violent and respectful (of women) YouTube clips.

Wednesday November 30

- **Action:** talk about men's role in preventing violence against women using social media.
- **How:** use Facebook to share ideas, opinions and links with your friends.
use Twitter to share ideas, opinions and links with the world.

Thursday December 1

- **Action:** talk about what you could do as men to prevent violence against women in your "natural networks".
- **How?** "Natural Networks" = people you know at work, with your sporting teammates, etc.
Talk to the men in your natural networks about what you could do as a group.
Go to the [Men's Referral Website](#).
Read more about prevention work in different settings at [VicHealth's website](#).

Friday December 2

- **Action:** Talk about men's preventing violence against women with young(er) men.
- **How:** Talk to the young(er) men in your life about what men can do to prevent violence against women, based on what you've learnt so far.

16 Actions, 16 Days Stage Three: Do

How To:

Saturday December 3:

- **Act:** do use the Men's Practical Toolbox to challenge and interrupt other men's language and behaviour.
- **How:** [download](#) and use the Men's Practical Toolbox at the No To Violence website

Sunday December 4:

- **Act:** do support and believe women who are experiencing violence.
- **How:** go to the [Women's Domestic Violence Crisis Service website](#) on how best to support women, go to the [Men's Referral Service website](#).

Monday December 5:

- **Act:** do find out that you can do more than just avoid using violence.
- **How:** download and read the shortened [What Men Can Do](#) report by Dr Michael Flood

Tuesday December 6:

- **Act:** do investigate becoming a volunteer with the Men's Referral Service.
- **How:** find out how ordinary men are making a very real difference.

16 Actions, 16 Days Stage Four: Think

How To:

Wednesday December 7: Think about what you and other men are learning through popular culture and the media.

How? - Go to collectiveshout.org to think about sexploitation.

- Count how many times over the next week you see and hear non-violent, respectful relationships with women. Compare that with the opposite.
- Identify three men in movies, TV and music who inspire you most. What have you learnt from them about being a man and how they treat women?

Thursday December 8: Think about how much of the housework you are doing.

How? Think about all the jobs that need to be done around the house, inside and out. How are decisions made around the house? Are there patterns about who does what? Has any of this been discussed? Is it shared, or is there an imbalance? Why?

- Read more about Striking a Balance that's fair.

Friday December 9: Think about how you define what it is to be a man.

How? Think about the unwritten rules you follow for being a man. Have you ever tried to prove yourself as a 'strong' man? Why? What does this mean?

- Compare your answers with the information in these handouts.
- Think about how your rules and ideas about manhood shape your relationships with women.

Saturday December 10: Think about what you've done over the last 16 days.

How? Think for a moment. How did it go?

- Think about what you'll continue doing now that **16 Actions, 16 Days** is over: what do you need to continue your journey?
- Talk with others about your *16 Actions, 16 Days* efforts.

Be sure to let me know how you've found being part of **16 Actions, 16 Days**, what's worked and what's been challenging so we can make this a better campaign in 2012.

Thanks for challenging yourself. Hopefully this is only the beginning.

For more information

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The NTV / MRS News and Information Links Update

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