

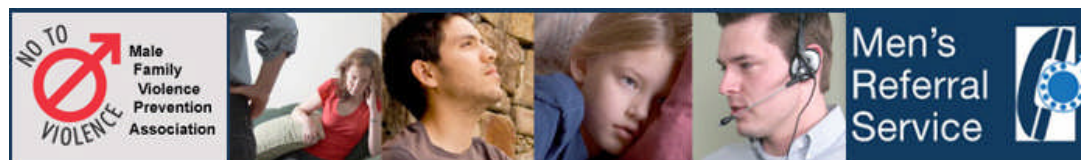
16 Actions Over 16 Days To Help Stop Violence Against Women Stage 1 - Learn

FRIDAY	SATURDAY
25	26
LEARN	LEARN
<p>- Action: learn about <i>White Ribbon Day</i> and why men need to get involved in preventing violence against women.</p> <p>- How: read more on the White Ribbon Foundation website and check out a Melbourne-based film festival about violence against women.</p>	<p>- Action: learn about the myths about men's violence against women.</p> <p>- How: download and read a summary of common myths and book in to hear more about <i>He Hits, She Hits</i> myths.</p>
SUNDAY	MONDAY
27	28
LEARN	LEARN
<p>- Action: learn about why some men use violence and what can be done.</p> <p>- How: go to The Men's Referral Service website concerned about and learn more pages.</p>	<p>- Action: learn about the success that some men are having in preventing violence against women.</p> <p>- How: download and read about everyday men making a difference and visit a leading website on men's involvement.</p>

[everyday men making a difference](#) and visit a leading [website on men's involvement](#).

November 2011

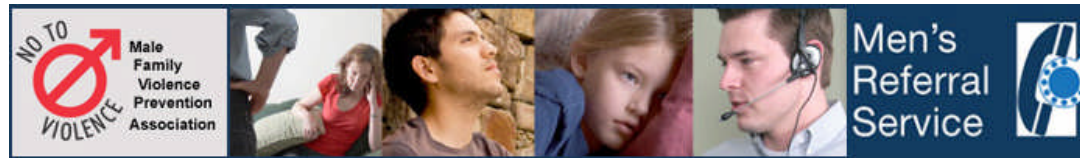
THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25 - Learn	26 - Learn	27- Learn
	<p>- Action: learn about <i>White Ribbon Day</i> and why men need to get involved in preventing violence against women.</p> <p>- How: read more on the White Ribbon Foundation website and check out a Melbourne-based film festival about violence against women.</p>	<p>- Action: learn about the myths about men's violence against women.</p> <p>- How: download and read a summary of common myths and book in to hear more about <i>He Hits, She Hits</i> myths.</p>	<p>- Action: learn About why some men use violence and what can be done.</p> <p>- How: go to The Men's Referral Service website concerned about and learn more pages.</p>
Remind me:			
<p>There are three more stages of the campaign to go: they will be rolled out as their start dates approach</p>			



**16 Actions Over 16 Days
Your Action Campaign
To Help Stop Violence Against Women
Stage 3 - Do**

December 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
28 - Learn	29 - Talk	30 - Talk	1- Talk	2 - Talk	3 - Do	4 - Do	
<p align="center">SATURDAY</p> <p align="center">3</p> <p align="center">DO</p> <p>- Action: use the Men's Practical Toolbox to challenge and interrupt other men's language and behaviour.</p> <p>- How: Download and use the Men's Practical Toolbox at the No To Violence website.</p>		<p align="center">SUNDAY</p> <p align="center">4</p> <p align="center">DO</p> <p>- Action: support and believe women who are experiencing violence.</p> <p>- 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.</p>		<p align="center">MONDAY</p> <p align="center">5</p> <p align="center">DO</p> <p>- Action: find out that you can do more than just avoid using violence.</p> <p>- How: Download and read the shortened What Men Can Do report by Dr Michael Flood.</p>		<p align="center">TUESDAY</p> <p align="center">6</p> <p align="center">DO</p> <p>- Action: investigate becoming a volunteer with the Men's Referral Service.</p> <p>- How: Find out how ordinary men are making a very real difference.</p>	
					10 - Think	11	
					International Human Rights Day		
					17	18	
					24	25	
					31	Jan 1 2012	
						New Year's Day	



16 Actions Over 16 Days To Help Stop Violence Against Women Stage 4 - Think

December 2011

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	8	2 - Talk	3 - Do	4 - Do
THINK	THINK	<ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - Action: 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. 	<ul style="list-style-type: none"> - Action: 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
<ul style="list-style-type: none"> - Action: 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? 	<ul style="list-style-type: none"> - Action: 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. 	<ul style="list-style-type: none"> 9 - Think - Think about how you think it is to be a man. - Think about the rules you follow for being a man. Have you ever proved 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. 	<ul style="list-style-type: none"> 10 - Think - Action: 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. 	<ul style="list-style-type: none"> 11
FRIDAY	SATURDAY	16	17	18
9	10	23	24	25
THINK	THINK	30	31	Jan 1 2012
<ul style="list-style-type: none"> - Action: 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. 	<ul style="list-style-type: none"> - Action: 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. 	<p style="text-align: center;">It's International Human Rights Day</p>		
		New Year's Day		