



THE LONG BEARD

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This resource is White Ribbon Australia's STOP Toolkit, showing men how to See, Talk, Offer support and Prevent violence against women.

 **White Ribbon**
Australia

The Long Beard is our STOP Toolkit. It shows you how you can help STOP violence against women with the four steps of **See**, **Talk**, **Offer** support and **Prevent**.

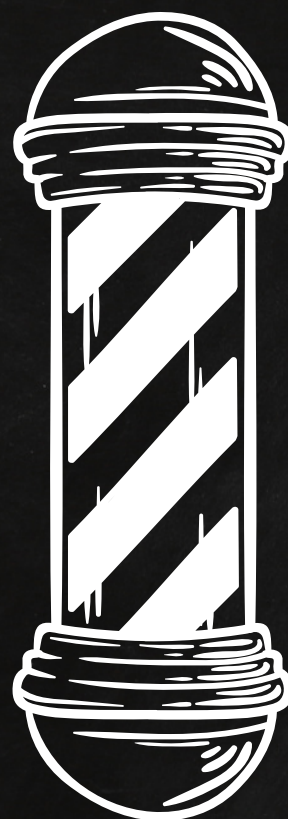
For National Support Services, please see the back page of this resource.

SIGNS OF VIOLENCE

It is not always easy to identify if you or someone you know is experiencing domestic violence or is in an abusive relationship.

Below is a list of signs of abuse. These behaviours are typical of the jealousy, controlling behaviour, put downs, threats and violence that occur in domestic violence and abusive relationships.

- Unfairly and regularly accuses her of flirting or being unfaithful
- Controls how she spends money
- Decides what she wears or eats
- Humiliates her in front of other people
- Makes sexist jokes against women
- Monitors what she is doing, including reading her emails and text messages
- Discourages or prevents her from seeing friends and family
- Threatens to hurt her, the children or pets
- Physically assaults her (hitting, biting, slapping, kicking, pushing)
- Decides what she uses for birth control
- Constantly criticises her intelligence, mental health and appearance These are some examples of unacceptable behaviour.

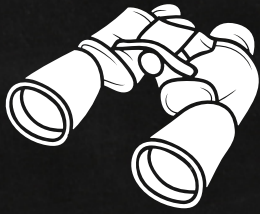


If you or someone you know experiences these signs it might help to seek professional support.

SEE

Your actions are important in helping to stop violence against women.

Abusive and disrespectful behaviour can be witnessed in your community, amongst your friends or within your family. It could be someone yelling at a woman on the street or physically pushing someone around. The suggested actions below are to help you safely do something about intervening to stop abusive behaviour:



BE A WITNESS.

If you see someone being assaulted make sure you stop and be a witness. Just being there can help.



DON'T IGNORE

When you see someone being taken advantage of don't just turn a blind eye, stop and offer support.



LEARN THE SIGNS

Would you know if someone close to you is experiencing violence? Visit whiteribbon.org.au to learn the signs.

TALK

Words are part of disrespectful and abusive behaviour but words can also help stop abuse and prevent violence against women.

Here are some lines that might help you navigate a difficult conversation:



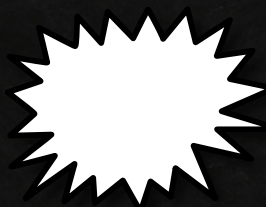
"YOU'RE BETTER THAN THAT...."

Challenge their comments in a non-confronting way.



"MATE, WHAT IF THAT WAS YOUR MUM OR SISTER?"

Highlighting someone close can make it more relevant to the person.



"IT'S NOT COOL TO SAY THAT. SHE HAS THE RIGHT TO WEAR THAT/SAY THAT/DO THAT..."

Remind them everyone has the freedom to make their own choices.

Asking a question can help people think about what they said and its impact on the person.

Talk to your mates about it. When sexist comments or behaviours occur point it out to your mates and start a conversation.

OFFER SUPPORT

Intervening doesn't mean putting yourself in danger.

Here are some helpful pointers on how you can safely stand up to violence against women when a situation has crossed the line:



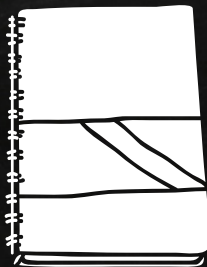
GET HELP

There's safety in numbers, so ask someone around you to safely intervene with you.



BE PREPARED TO LISTEN AND NOT HAVE ALL THE ANSWERS

Tell the person you're there to listen and concerned for them.



SAFETY PLAN.

If someone discloses they are experiencing abuse to you, suggest they make a safety plan - this could include having a 'safe' word with friends or family, getting a 'safe' phone or changing a daily routine and letting their workplace know.



CALL THE POLICE ON 000

If things are too difficult call for police assistance.



STANDBY THOSE WHO SPEAK OUT

If someone you know is calling out a sexist joke, back them up.

PREVENT



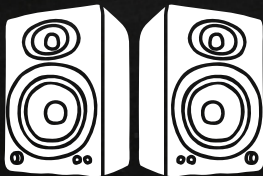
HAVE A THINK

What can you do every day to promote respect towards women.



UNDERSTAND

Educate yourself and learn the signs of disrespectful, abusive behaviour and violence against women by taking an online course through White Ribbon Australia. Visit www.whiteribbon.org.au.



TALK ABOUT DOMESTIC VIOLENCE

Don't be afraid to talk to your friends about domestic violence. Talking about an issue can help you tackle it.



CHANGE YOUR BEHAVIOUR

If you identify disrespectful behaviour in your actions, make a change. Remember to be kind and considerate to family, friends and colleagues.

NATIONAL SUPPORT SERVICES

**National Sexual Assault, Domestic Family Violence Counselling Service –
24/7 service**

1800respect.org.au

1800 RESPECT
(1800 737 732)

Lifeline – 24/7 service

lifeline.org.au
13 11 14

MensLine – 24/7 service

mensline.org.au
1300 78 99 78

Kids Help Line – 24/7 service

kidshelpline.com.au
1800 551 800

Translating and Interpreting Service

tisnational.gov.au
131 450

Sexual Assault Crisis Line (Victoria Only)

1800 806 292

Relationships Australia

1300 364 277

Mens Referral Service

1300 766 491

National Disability Abuse and Neglect Hotline

1800 880 052

Police and Ambulance

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