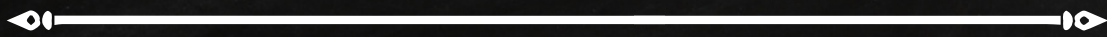




THE FULL SHAVE



Challenging the stereotypes around 'being a man'

 **White Ribbon**
Australia

WHAT IS THE FULL SHAVE?

The Full Shave isn't about getting rid of your hair, it's about getting rid of stereotypes about what it means to "be a man". There isn't one single way to be a man. Stereotypes are harmful because they try and fit us into a box that let's face it, we'll never fully fit into. Breaking down those stereotypes helps us be who we really are.

In this guide, you'll find 14 ways to challenge those outdated beliefs and norms that keep us all boxed in. It can help you break free from rigid masculinity, embrace diversity, and foster healthy relationships with all genders. Trust us, it's worth the ride!

We know change doesn't happen overnight though. It takes time, effort, and a bit of soul-searching. We're here to remind you that this journey is worth it. We'll be with you every step of the way, offering guidance, insights, and support.

Let the "Full Shave" be your go-to resource for smashing stereotypes, challenging norms, and building a more inclusive world.

LISTEN IN YOUR LANGUAGE

The Full Shave is one of the most important guides you could read, so it's important everyone can read it. Because of this, we've translated this guide into eight different languages, including Arabic, Cantonese, Dinka, Hindi, Indigenous English, Mandarin, Punjabi and Vietnamese.

You can find our language translations at the [end of this resource](#).

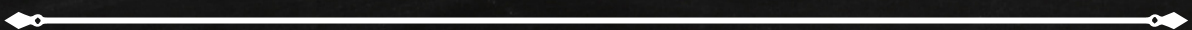
WHAT IS 'BEING A MAN'

As we grow up, we are exposed to a lot of ideas about what it means to 'be a man'. It can seem like there is a set of rules about how men should think and act, rules that tell us things like 'boys don't cry', or that we need to 'man up' or 'toughen up' when we need support. These ideas can be passed from fathers to sons, spread by your mates, or thrown around at sports clubs.

These ideas limit our potential.

Not only are these ideas harmful for ourselves, but they can lead to an acceptance of sexism, and even violence towards women. It is often the men who are most invested in being seen as a 'real man' who turn to violence.

By understanding stereotypes about what men are supposed to be, you can help shape who you are, without the pressure to think or act a certain way. You can then help your mates, your family, or any other men in your life to understand that masculinity does not mean exercising power over women. This process begins by changing how we see and speak about what it means to be a man.



SO WHAT AM I SUPPOSED TO CHANGE?



Being a man means different things to different people. For some, when they think about being a man, they think about their interests and the things they enjoy. **This is not what needs to change.**

What needs to change is the **expectation** that men will think and act in a certain way. We need to change the idea that if you don't think or act in a certain way, or like a certain thing, that you're less of a man. You're not.

Stereotypes put us into a box and for many men, that box does not let them be the full version of who they really are.

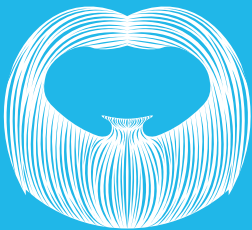
Trying to fit into those stereotypes is not only difficult for many men, but can leave them miserable, closed-off, or angry at the world.

CHALLENGE YOURSELF TO THINK DIFFERENTLY



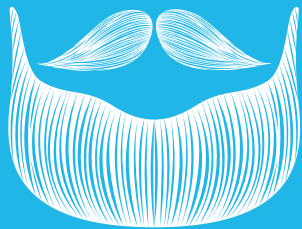
1. ACKNOWLEDGE HOW CHANGING CAN MAKE YOUR LIFE BETTER

Moving away from outdated stereotypes, like the idea that men shouldn't seek support when they're struggling, can be a great thing for you. Nothing is set in life. You are capable of growth and your life can change for the better.



2. BE OK WITH ALL YOUR FEELINGS

Every feeling you feel is valid. Whether you feel love, happiness, compassion, appreciation, fear, or anger, your feelings are a part of you.



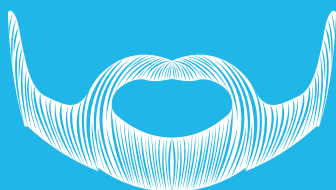
3. QUESTION IDEAS ABOUT MEN BEING IN CHARGE

Ask yourself why men need to be in charge. Why do they need to be right? Why do they need to be tough? Questioning these ideas can help you break down gender expectations.



4. ACKNOWLEDGE WHEN YOU SCREW UP

And then work to make it right. Everyone makes mistakes sometimes, but take that chance to learn from the experience and change moving forward.



5. HAVE COMPASSION

You don't have to be perfect, so why expect that of anybody else? Have compassion, and support others in the way you want to be supported.



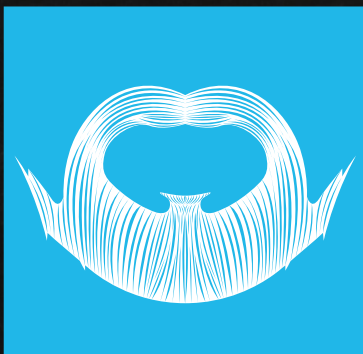
6. PICTURE THE IDEAL VERSION OF YOU

How do you want your friends, kids, or partner to see you? How do you want to see yourself? Are they someone respectful? Are they kind? Picture that ideal you and keep them in mind when you make decisions moving forward.



7. USE "I FEEL" SENTENCES

It can feel weird to start sentences this way, but it's an easy way to express our feelings, concerns or wants clearly.



8. REALLY LISTEN TO WOMEN

Listening is more than just hearing. Make an effort to really listen to women, take note of what they're saying and ask questions. Value their opinions as much as you would value your own.



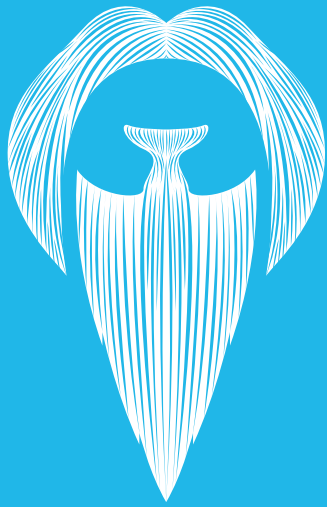
9. DON'T LAUGH ALONG WITH SEXIST OR DISRESPECTFUL COMMENTS

You can feel pressure to laugh along when someone you know makes a sexist or disrespectful comment, but staying silent, walking away, or calling out a comment if you feel comfortable is how we influence others to reflect on their behaviour.



10. REALISE THAT MOST MEN DON'T USE VIOLENCE.

Research on the attitudes of Australians on violence against women show that the majority of men don't agree with or use violence. If you're calling out violent attitudes and behaviours, you aren't alone.



11. EMBRACE THE IDEA OF 'A FAIR GO'

Every Aussie has probably heard the term 'a fair go' before, but it's more than just something politicians say before Election Day. A fair go is about giving everyone equal opportunities. It's about mutual respect and compassion. Embrace ideas like a fair go, or any other general concepts, religious beliefs or cultural customs that encourage equality.



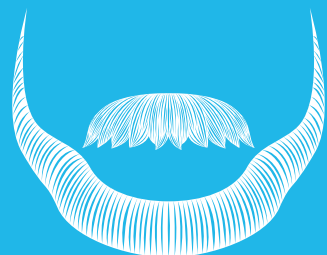
12. HANG OUT WITH MATES WHO RESPECT WOMEN

It's hard to be the ideal version of yourself if your mates don't talk about or treat women with respect. Surround yourself with mates who hold values that you respect.



13. BE PROUD OF TAKING A STANCE AGAINST GENDERED VIOLENCE

Wear a White Ribbon and talk about how it's a symbol for preventing gendered violence. Tell your mates about the Barber Shop. Use social media to start conversations about gender and respect. Be proud of the role you're playing to end gendered violence.



14. RECOGNISE WHEN YOU NEED HELP CHANGING

There are support services that can help you understand and change behaviours that contribute to violence against women. To find these services, take a look at [our website](#).

LISTEN IN YOUR LANGUAGE

Scan or click on the QR codes below to start listening in your language.



ARABIC



INDIGENOUS
ENGLISH



CANTONESE



MANDARIN



DINKA



PUNJABI



HINDI



VIETNAMESE



THE BARBER SHOP



A huge thank you to White Ribbon New Zealand, who allowed us to adapt this resource for the White Ribbon Australia Barber Shop.

Webster, K., Diemer, K., Honey, N., Mannix, S., Mickle, J., Morgan, J., Parkes, A., Politoff, V., Powell, A., Stubbs, J., & Ward, A. (2018). Australians' attitudes to violence against women and gender equality. Findings from the 2017 National Community Attitudes towards Violence against Women Survey (NCAS) (Research report, 03/2018). Sydney, NSW: ANROWS.

White Ribbon New Zealand. (2020). Being Men. Retrieved from <https://whiteribbon.org.nz/wp-content/uploads/2020/11/White-Ribbon-Campaign-2020-Toolbox.pdf>