



# 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

# WHAT IS THE LONG BEARD?

The Long Beard is White Ribbon Australia's STOP Toolkit. It's a simple, yet powerful, approach to tackling men's violence against women. This toolkit will equip you with the knowledge and tools to make a real difference in your community. STOP stands for:

## **SEE, TALK, OFFER SUPPORT, PREVENT.**

If you want to help end violence, first you have to be able to identify it. We show you how to see the signs of violence, how to talk about it with your mates, how to offer support for someone struggling, and how to prevent violence so it doesn't happen in the first place. We've also got a list of helplines so you have backup. Remember, you aren't alone.

So take a look at The Long Beard, learn how to STOP men's violence against women, and create a lasting impact.



# SIGNS OF ABUSE

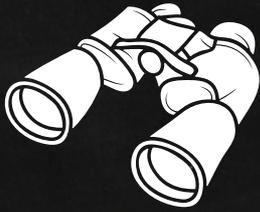
It is not always easy to identify if you or someone you know is experiencing domestic violence or is in an abusive relationship. Below is a list of signs of abuse. If you or someone you know experiences these signs it might help to seek professional support. **There is no shame in asking for help.**

<b>EMOTIONAL ABUSE</b>	Unfairly and regularly accuses her of flirting or being unfaithful
	Humiliates her in front of other people
	Makes sexist jokes against women
	Threatens to hurt her, the children or pets
<b>FINANCIAL ABUSE</b>	Controls how she spends money
<b>CONTROLLING BEHAVIOURS</b>	Decides what she wears or eats
	Discourages or prevents her from seeing friends and family
	Decides what she uses for birth control
<b>TECHNOLOGY-FACILITATED ABUSE</b>	Monitors what she is doing, including reading her emails and text messages
	Sharing intimate photos without her consent
<b>PHYSICAL ABUSE</b>	Physically assaults her (hitting, biting, slapping, kicking, pushing)
<b>PSYCHOLOGICAL ABUSE</b>	Constantly criticises her intelligence, mental health and appearance
<b>SEXUAL ABUSE</b>	Continuing sex after she has asked to stop

# 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](http://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:



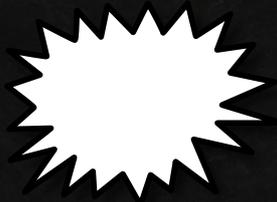
**"YOU'RE BETTER THAN THAT..."**

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:



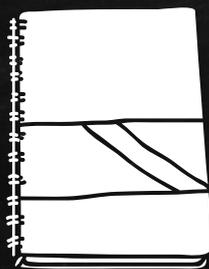
## GET HELP

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

Stopping violence is more than just responding when you see an incident.

Stopping violence is something we can do every day by creating a culture that doesn't accept violence, abuse or disrespect. Here are some tips at how you can help prevent it:



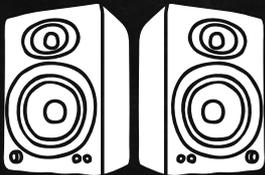
## HAVE A THINK

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](http://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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