Get involved

Tell us where you're at with the issue of violence against women.

Campaign Name	**#welisten** for White Ribbon Month
Purpose	We are encouraging men and boys of all ages and backgrounds to speak about where they are at on the issue of violence against women.
Video Orientation	Landscape video. (This will be cropped to portrait for social media)
Video Length	30 seconds to 1 minute (we can edit this down if it's longer)

You speak. #welisten

Here are some starters that might help. We don't mind if you choose one (or more) of these or if they just spark something else you want to say. It's up to you!

Start with your name, age and general occupation.

Example: I'm John. I'm 36 and I'm a bricklayer

Complete this sentence/sentiment:

- When I hear the words violence and abuse against women, I feel… because…
- I think men and boys could help end gender-based violence by…
- I do/do not see myself as part of the solution to ending violence against women because…
- One thing I think I can do to prevent violence against women is...
- The biggest male role model I had growing up was …. I admired him because …
- If you asked the women in my life how I make them feel safe, I'd hope they would say…

Tips

- There is no perfect answer. We want to start **open and honest** conversation. Be honest about where you're at. *I don't know or I can't think of anything* is a valid answer if it's how you feel.
- If you 'um' and 'ah', that's ok. We aren't looking for perfect.
- Film somewhere quiet with no background noise, preferably against a white wall.
- Once filmed, open the browser on your phone and go to whiteribbonaustralia.wetransfer.com and click upload files.
- We will edit the raw footage. Example on the right.

BEFORE

AFTER

We understand the courage it can take to speak about men's violence towards women. If this topic has raised any issues for you (or anyone involved in the recording), please reach out for help" You can contact **1800 Respect National Helpline** – 1800 737 732, **MensLine** – 1300 789 978 **Kids Helpline** – 1800 55 1800, **Lifeline** – 13 11 14.