

HOW TO BE AN ALLY TO THOSE WHO IDENTIFY AS WOMEN →

A - Assume responsibility
L - Lead by example
L - Listen and learn
Y - You can be the change

#allmen can help end sexual violence. The next wave of feminism must involve men. This Ends Now has created ALLY, a helpful acronym to help men step up and be allies.

1 ASSUME RESPONSIBILITY

Acknowledge that 98% of sexual violence perpetrators are men. By stepping up as an ally, you can play a pivotal role in combatting sexual violence.

2 LEAD BY EXAMPLE

Lend support - think about how your actions could help eg. cross the road if you are walking behind a woman at night. Lend a hand -intervene when you witness misogyny.

3 LISTEN AND LEARN

Lend an ear to survivors without judgement. Let them know they're not alone. Learn and educate yourself about consent, healthy relationships and sexual violence. Spread this knowledge among other men.

4 YOU CAN BE THE CHANGE

You can make a difference. Shift the dialogue from asking what women can do to stay safe to what men can do to prevent sexual violence. Support This Ends Now's #allmen campaign and engage inspire action and foster change.

Donate today and help us end sexual violence!



THIS ENDS NOW