

## HOW MEN CAN HELP

- ✦ Be a positive role model for other men. Never commit, condone or remain silent about violence against women
- ✦ Talk about the problem of violence in our society. Remaining silent gives unspoken approval of expressing anger or insecurity through violence
- ✦ Violence against women – or anyone – is not a joke. Laughing at or retelling a joke about keeping women “in line” tells others that violence against women is acceptable
- ✦ Support local women’s groups
- ✦ Visit [www.whiteribbon.ca](http://www.whiteribbon.ca) for more information