

# **TAKE ACTION!**

## **Zero Tolerance for Violence Against Women Action Plans**

### **CONSUMER ACTION PLAN**

As a consumer, I will:

- Challenge the tolerance of violence and sexism in movies, music videos, magazines, on television and radio and in all advertising
- Boycott movies and other media that glorify violence
- Purchase non-violent, non-sexist toys
- Stop buying products from advertisers who exploit women in their promotions

### **FAMILY ACTION PLAN**

In my family life, I will:

- Listen to my children and try to understand their perspectives
- Commit to non-violent problem solving and discipline and learn how to follow through on that commitment
- Find out what my children and grandchildren are watching on television
- Share with my partner in the management and control of all family finances
- Encourage my daughters and granddaughters to pursue all interests, including those which are non-traditional

### **NEIGHBORHOOD ACTION PLAN**

In my neighbourhood, I will:

- Stop denying that violence exists in my neighbourhood
- Reach out to a neighbour who is isolated
- Be a part of Neighbourhood Watch programs

## **WORKPLACE ACTION PLAN**

In my workplace, I will:

- Find out what my employer is doing concerning equality and violence against women
- Refrain from abusing my co-workers
- Take time to know if an employee is being abused and offer support
- Promote awareness and awareness sessions on violence against women

## **STUDENT ACTION PLAN**

In my school, I will:

- Urge teachers and administrators to support gender-aware violence prevention programs
- Treat my co-students with respect
- Promote and practice equality
- Get involved in working out alternatives to violence
- Not put girls down
- Support someone who is being hurt

## **COMMUNITY ACTION PLAN**

In my community, I will:

- Help my community recognize that ending violence against women is a priority
- Find out what services exist for victims of violence
- Work with others to fill gaps in service
- Ask my family doctor to display posters and pamphlets on violence against women
- Insist that the school make gender-aware violence prevention part of its core curriculum
- Spend time with children who could use support and a little fun

- **Contact my local transition house, sexual assault centre, Status of Women Action Group, or other women's groups and ask how I can learn and help**
- **Get a local men's service club to sponsor a community awareness session for men on violence issues**
- **Challenge local service groups to become partners in ending violence**
- **Challenge my municipal, provincial and federal politicians to practice zero tolerance of violence against women**
- **Write a letter to my editor of my community news paper in support of ending violence**
- **Talk about equality and violence against women in my place of worship**
- **Start safety audits.**

### **PERSONAL ACTION PLAN FOR MEN**

**As a man, I will:**

- **Not be violent**
- **Give financial and political support to service for victims and survivors of violence**
- **Challenge any tolerance of violence or sexist behaviour**
- **Talk to other men to seek support**
- **Give up my need for power and control**
- **Promote equality not only in thought and words, but in deeds**
- **Share responsibility for child care and home maintenance and do my part without being asked**
- **Teach my children that violence is an abuse of power and does not resolve conflicts in relationships**
- **Ask women about their experiences, their fears and the equality barriers they face**
- **Attend community forums on violence against women and listen to the women**
- **Listen. Listen some more**

- **Never purchase nor use pornography**
- **Speak out on dating violence and inequality of women**
- **Never argue with, minimize or deny women's feelings**
- **Commit to act on what I learn**
- **Challenge the backlash against women who are working toward equality and toward the ending of violence**
- **Ensure that no woman and no child live in silence with violence in my home or in my neighbourhood**
- **Never listen to men who ridicule me or make me feel like "less of a man" for working to end violence against women**
- **Challenge other men to become part of the solution**