

I speak out to end men's violence against women. Do you?

Five things you can do:

- ① **Recognize** that gender-based violence is pervasive and is perpetuated by accepted social practices such as sexist and demeaning jokes or language.
- ② **Speak up.** Bystanders are essential in ending gender-based violence.
- ③ **Support women and gender diverse people around you.**
- ④ **Model behaviour** that helps the next generation unlearn gender stereotypes.
- ⑤ **Use your power in the union:** Bargaining and enforcing economic security and respectful workplaces is key to personal security.



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