

NO MORE: NATIONAL RALLY AGAINST VIOLENCE WHAT COMES NEXT?

Thank you for attending the National Rally Against Violence for the North East region. So, what comes next? What can each of us do to prevent this violence against women, children and LGBTQIA+ people before it occurs?

The research is clear - violence against women and LGBTQIA+ people grows in the soil of gender inequality, so that's where we start. To stop this violence will take a lot of collective effort – we'll all need to get onboard.

BE AN ALLY - TAKE ACTION

1 CALL IT OUT

- **Be bold and unapologetic about calling out sexism.** Know that you have a community of supporters behind you. Know that this one action can nip in the bud a culture that drives violence against women and LGBTQIA+ people.
- **Back up other people who call out sexism, disrespectful behaviour and attitudes.** Stop excusing or downplaying violence against women and LGBTQIA+ people. The more we support each other, we promote respect and inclusion.
- **Men, stand up for women in the face of sexist jokes, even when it feels uncomfortable for you.** This is what being a good ally looks and feels like. Create and hold space for women and LGBTQIA+ people to speak, listen to them, believe them, empathise, understand. Stand up for them, even if they're not in the room and it's just you and your mates. Commit to being the change you want to see.

2 SELF-REFLECTION AND EDUCATION

- **Check your own behaviour, your own thinking.** We're all swimming in a cultural soup of ideas and expectations that we may not be aware of. Ideas like "Boys will be boys," can link to often outdated notions of masculinity or femininity of how men and women should behave. To shift these stereotypes and expectations takes personal reflection and accountability – this is the guts of the work involved in changing a culture.
- **Understand that violence disproportionately impacts those women and LGBTQIA+ individuals who are First Nations, migrants, refugees, or have disabilities.**
- **Check out information and resources** at [Our Watch](#), [Respect Victoria](#) and [Women's Health Goulburn North East](#), including our [16 Days of Activism Hub](#) and [Gender Equity e-Learning Hub](#)

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BRING YOUR COMMUNITY ALONG FOR THE JOURNEY

- **Promote and normalise gender equality – everywhere, particularly in workplaces, schools, sporting clubs, families.** For example, you could demand that your workplace, community group, sporting team, or school create a gender equality plan. Think about how all women and girls are welcomed, included and safe. Make sure their experiences are valued and respected. Encourage women to share their stories and experiences. This safety and encouragement will support more women to share of their experiences and will start new conversations, over time there will be even more space to speak of gender, disability, race, sexuality, poverty.
- **Support men and boys to build and celebrate healthy, positive and supportive relationships** with other men and boys, and to define a healthy masculinity and celebrate positive, equal and respectful relationships among people of all genders.
- As hackneyed as it sounds, we urge you to **pen a letter to your local MP** and demand action – we've created resources to help you available at our [16 Days Hub](#) on our website.
- **Encourage women's independence and decision making in public life & in relationships.** If you are in a position of power, support the women around you and encourage them to raise their voices. Listen to women. Believe women.

SUPPORT NUMBERS

If you are in immediate danger call **000**.

If you or someone you know is impacted by sexual assault, domestic or family violence.

1800RESPECT 1800 737 732, visit [1800RESPECT.org.au](https://www.1800respect.org.au) or reach out to The Orange Door, Wangaratta on 1800 271 157

Anonymous and confidential telephone counselling, information and referral to men to help them take action to stop using violent and controlling behaviour.

No to Violence Men's Referral Service (MRS) 1300 766 491

Confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter
13YARN

Anonymous LGBTQI+ peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

QLife 1800 184 527