



16 Days of Activism Day 9

Join the HeForShe Movement



Zonta International encourages everyone to join the HeForShe movement. HeForShe is an invitation for all people, especially men, to stand in solidarity with women to create a bold, visible and united force for a gender equal world. Millions have already joined the movement. It is essential that men become involved not only in the gender equality conversation, but also the solutions. Commit to take the pledge at <https://www.heforshe.org/en>.

5 Things Men Can do to Help Raise Boys who Respect Women

1. Practice what you preach.

It's a cliché, but it's true: actions speak louder than words. So above all, walk the walk – talk the talk. Always address women with respect. Show how important respect is by demonstrating it yourself.

2. Do not tolerate behavior that degrades women.

Unfortunately, in some settings, such as sports, there is often a tradition of language and humor that can be degrading to women. If you hear a boy or young man engaging in behavior that is degrading or disrespectful to women, tell him it is unacceptable and tell him why you will not tolerate the behavior. If it happens among your peers, remind them that they are role models for young men and boys. Do not be afraid to stand up for respect and decency.

3. Make sure he develops other kinds of respect.

Respecting women is part of a greater respect for others. Ensure that he treats his teachers, classmates, friends, and his teammates and opponents, with the same respect he'd like to receive from them.

4. Find out who his heroes are and what they do.

It is common for young men to idolize famous athletes, musicians or actors. However, when it comes to respecting women, the personal behavior of some of these heroes can leave much to be desired. Encourage him to think for himself and let him know that not everything about his hero is worthy of imitation. Help him to identify heroes that respect women – they are out there!

5. Make sure he learns that sexual assault is always wrong.

If he seeks your advice about girls and dating, seize the opportunity to talk to him about healthy relationships. Make sure he understands that forcing a girl to do something sexual that she does not want to do is always wrong and is a crime. No matter what his friends say -- Wrong. Always.

