



**Men Ending Violence**  
A lockdown toolkit





# Men Ending Violence

## A lockdown toolkit

During the first national lockdown there was a significant and devastating increase in violence against women. This includes domestic abuse, harassment in the workplace<sup>2</sup> and street harassment<sup>3</sup>. Most men are not violent but all men can help to end violence.

This toolkit shows some of the ways men can make a difference in ending violence and where to go for help.

White Ribbon UK is the leading charity that works with men and boys, campaigning and educating to change the cultures that lead to abuse and stop violence before it starts.

White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity. The campaign began in Canada in 1991 and has now spread to over 60 countries around the world.

**White Ribbon asks everyone and men in particular, to wear white ribbons as a sign that they have promised to never commit, excuse or remain silent about violence against women and girls.**

The 25 November, the International Day for the Elimination of Violence Against Women, is marked as White Ribbon Day.

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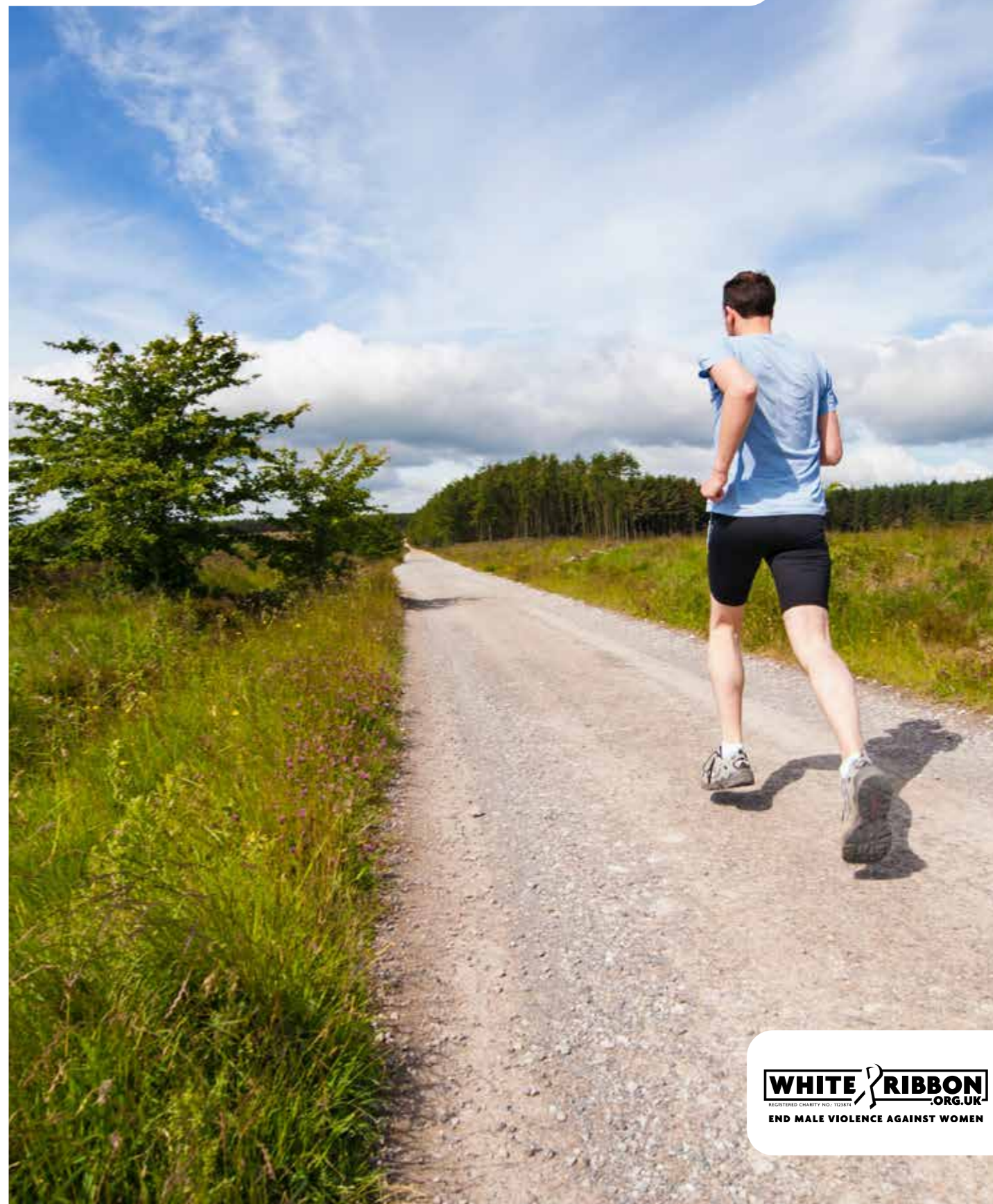
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<sup>1</sup>[www.womensaid.org.uk/a-perfect-storm-the-impact-of-the-covid-19-pandemic-on-domestic-abuse-survivors-and-the-services-supporting-them/](http://www.womensaid.org.uk/a-perfect-storm-the-impact-of-the-covid-19-pandemic-on-domestic-abuse-survivors-and-the-services-supporting-them/)

<sup>2</sup>[www.whiteribbon.org.uk/news/2020/8/3/we-need-to-stand-up-to-online-workplace-harassment](http://www.whiteribbon.org.uk/news/2020/8/3/we-need-to-stand-up-to-online-workplace-harassment)

<sup>3</sup>[plan-uk.org/media-centre/new-research-shows-barrier-to-girls-rights-exacerbated-by-coronavirus-crisis](http://plan-uk.org/media-centre/new-research-shows-barrier-to-girls-rights-exacerbated-by-coronavirus-crisis)

Make the White Ribbon Promise to never commit, excuse or remain silent about male violence against women.







## Stay at home but stay connected.

It's important that we stay connected with our friends, even if we're in lockdown. Keep in touch - call or send a message. If you haven't heard from someone you would normally see regularly, reach out and see how they are doing.

Use the White Ribbon as a conversation starter – wear one on zoom calls, add one to your social media, print out our promise poster and display it in your window. Speak out about the importance of men thinking about their behaviour.

Lockdown is no excuse for sexist and abusive behaviour towards women either physically or online. If 'banter' starts, speak out and close it down.

If you are concerned that someone you know is emotionally or physically abusing their partner there are people who can help.

If you think it is safe ask his partner how she is doing. See what she says. Notice the tone of her voice.

Be careful talking to your friend – if you have any concerns seek advice.

## IF YOU KNOW SOMETHING, DO SOMETHING.

If someone is in immediate danger **call 999** and ask for the police.

Raise an anonymous concern with Crimestoppers  
**0800 555 111**

Call the 24 hour National Domestic Abuse Helpline for help and advice **0808 2000 247**

If you are worried about your own behaviour call the Respect Helpline number **0808 802 4040**







## Your lockdown

### Survival Kit

Many men in lockdown are feeling isolated, stressed out and under pressure. This survival kit has been developed to help if you are feeling under pressure yourself and can also be shared with anyone you think it may help.

#### **Whatever the situation there is no excuse for abuse.**

If you are worried about your behaviour and need to speak to someone directly call the Respect Helpline: 0808 802 4040

#### **What you should know**

Not being able to move around freely, being restricted, feeling caged -all these things are a challenge.

It's completely ok and normal

- to feel powerless, insecure and as if you're not in control
- to be afraid of the virus
- to feel crowded at home
- to feel isolated and on your own
- to worry about your health, family, finances and work

All this is stressful and limits your ability to take care of yourself and empathise with others. Being stressed out can restrict our views and feelings. It is tempting to look to others for blame.

These emotions are no reason or excuse for taking your frustrations out on others. You remain responsible for your reaction to feeling overwhelmed, insecure or angry. Violence is never a solution. Say no to violence.

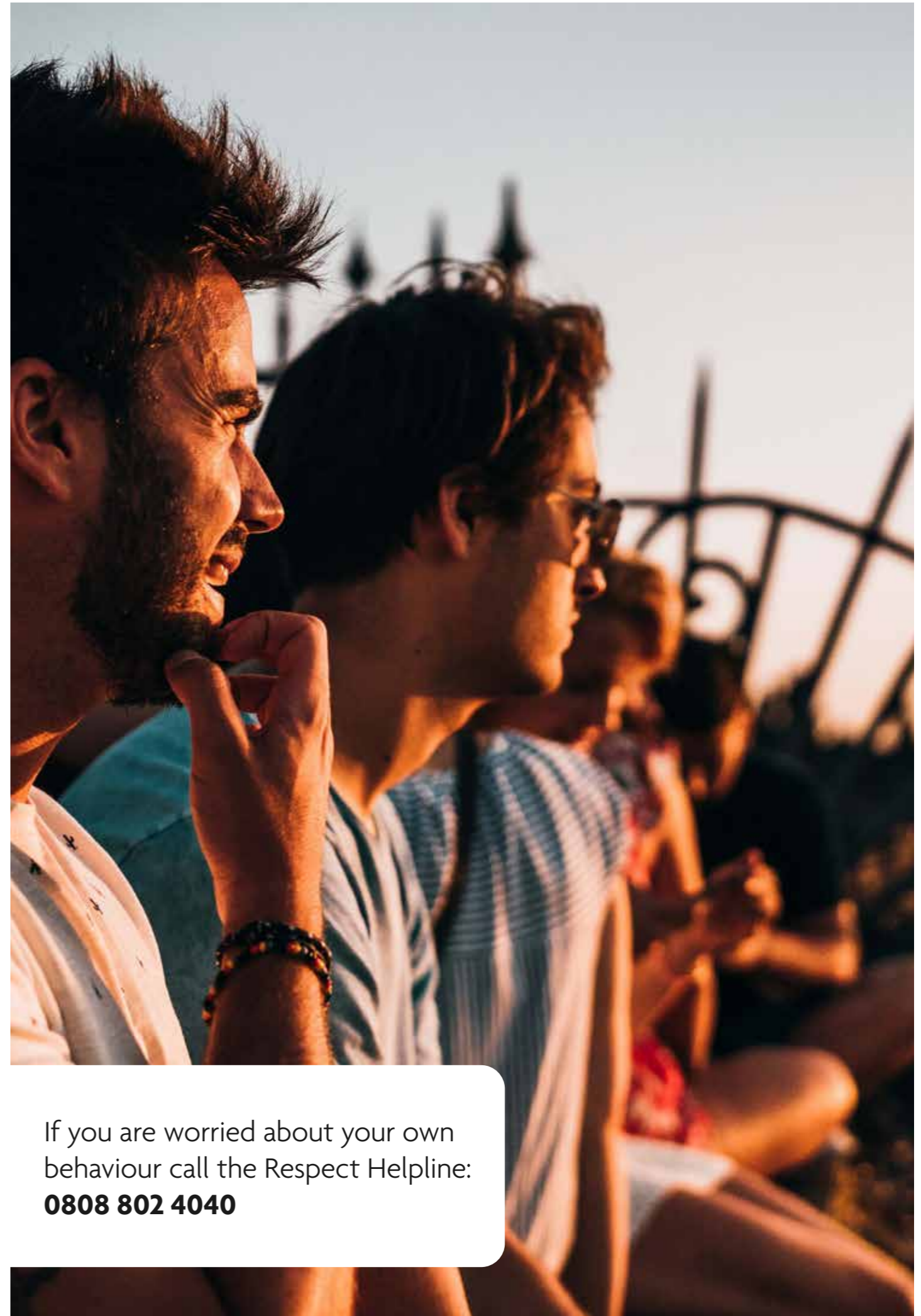
#### **What you can do when you feel stressed**

##### **1. Accept what you can't change.**

##### **2. Give yourself what you need.**

Here are some ideas

- Listen to music, read a book, make notes of what is bothering you.
- Remember the good times – look at your photos – share them.
- Get outside and spend time in nature.
- Work out! Find ways to do this without a gym – look online.
- Talk to your friends – don't wait for them to contact you. Let them know how you are doing. In fact they may be feeling the same way, talking can help you both.
- Find out what helps you relax – ask your friends what works for them.
- You don't need to be continually catching up with the news. Switch off for a while.
- Clean and tidy your home and cook some great food.



If you are worried about your own behaviour call the Respect Helpline:  
**0808 802 4040**





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#### **Share your thoughts and feelings.**

Have the courage to share your feelings and needs with your partner (e.g. closeness and tenderness, space for yourself).

#### **Be aware of your boundaries.**

Say so when you feel pressured, cornered or annoyed. You are allowed to set boundaries.

#### **Acknowledge what is happening inside you.**

To take control of your issues, you need to be aware of them.

#### **Your emergency plan.**

Make an emergency plan for yourself. Find out how you can calm yourself down when everything feels like too much.

These are ideas that have worked for other men:

- Go outside – to the park or at least to another room
- Breathe evenly – 5 seconds in, 5 seconds out. Repeat until you feel calmer
- Move – If you can't go outside, do push-ups, jump, run in your stairwell
- Get yourself a glass of water or eat something
- Lie down and close your eyes

#### **Be aware of your warning signs and use your emergency planning in time.**

Warning signs may be cursing, shaking, sweating, screaming, etc. Take them seriously. You need to act now.

Important: When you notice warning signs, inform your partner that you need to have a moment to yourself.

#### **Allow yourself to ask for help.**

If you are worried about your behaviour and need to speak to someone directly call the Respect Helpline **0808 802 4040**. Take a first step.

Last but not least: Drugs and alcohol are a risk. If you use them, limit yourself. If you don't, you will only harm yourself and increase your chances of losing control.

*Survival kit adapted from the prevention contribution by the umbrella organizations for work with boys, men and fathers in Switzerland ([www.maenner.ch](http://www.maenner.ch)), Austria ([www.dmoe-info.at](http://www.dmoe-info.at)) and Germany ([www.bundesforum-maenner.de](http://www.bundesforum-maenner.de)).*



## Raise Awareness

with White Ribbon UK

White Ribbon Day is 25 November here's how to mark it during lockdown.

How many people can you get to wear a White Ribbon UK? Everyone in your workplace? All your friends?

Find places to display White Ribbon Promise posters your window, post office, food shop?

Project a white ribbon onto the side of your office building, town hall or place of worship.

Make a video! Why do you support White Ribbon UK? Promote the Promise. Be creative and artistic with White Ribbons and free images.

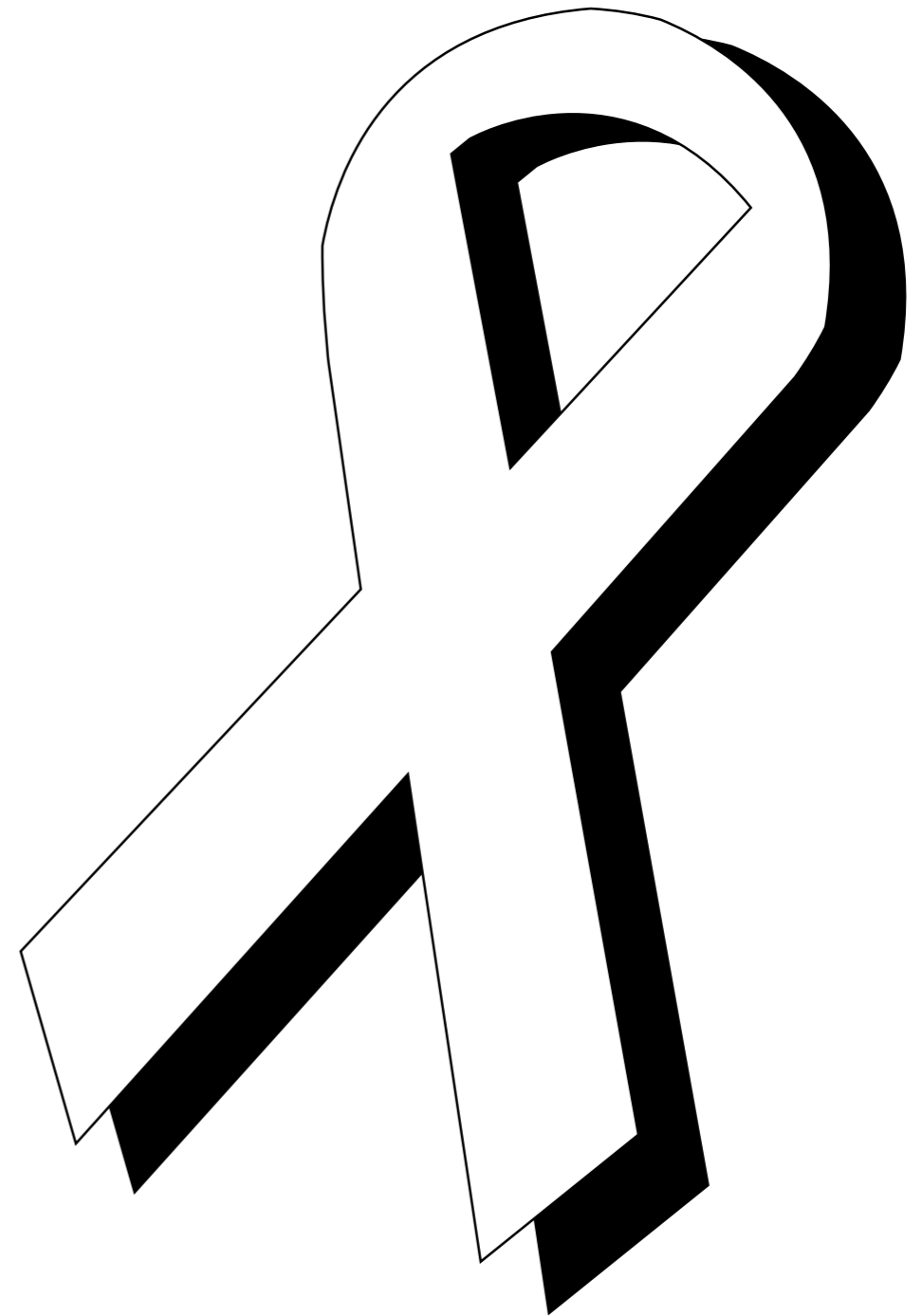
Be active on social media. Follow us and spread the word using #WhiteRibbonDay #MakeThePromise #NoExcuseForAbuse

Your workplace can be a White Ribbon Supporter or White Ribbon Accredited, find out more, [www.whiteribbon.org.uk/organisations](http://www.whiteribbon.org.uk/organisations)

Share our schools packs with your school download from our website [www.whiteribbon.org.uk/youth](http://www.whiteribbon.org.uk/youth)

Join a White Ribbon webinar to find out more and book [www.whiteribbon.org.uk/webinars](http://www.whiteribbon.org.uk/webinars)

Promise to never commit,  
excuse or remain silent  
about male violence against women.



thank you for your support

charity no. 1123874 company no. 05617302

**WHITE RIBBON**  
ORG.UK

END MALE VIOLENCE AGAINST WOMEN







# Men taking Responsibility

## An open Letter

In May 2020 prominent voices including politicians, sector leaders, and campaigners, signed an open letter calling on all men to look to their behaviour during the Coronavirus Pandemic. The letter states that men have a responsibility to think of their interactions with other men and to be positive role models.

### Men must take responsibility for their behaviour

We are parliamentarians, White Ribbon Ambassadors, representatives of organisations and activists, working to change the behaviours that support, excuse and enable male violence against women.

We are deeply concerned by the ongoing increase in calls to Domestic Abuse Helplines, and the reported increase in domestic abuse killings since the start of the lockdown period on 23 March.

We are calling on all men to look for ways of reducing the behaviours that can lead to abuse and violence.

This includes looking at how they respond to the pressures created from the stressful situation we all find ourselves in, taking responsibility for their behaviour and seeking help when they feel unable to cope. This is the responsibility of all men; and it is men that can stem this wave of abuse.

Men also have a responsibility to think about their interactions with other men. Where men hear other men or boys being disrespectful to women, our society needs them to challenge it, that is the first step in changing this situation.

This is a stressful and challenging time which means that the statement 'there is never an excuse for abuse', is paramount. There has never been a more pressing time for men to act as positive role models.



## Signed:

**Ian Blackford MP**  
SNP Westminster Leader

**Rt. Rev. Simon Burton-Jones**  
Bishop of Tonbridge

**Cllr Steve Darling**  
Leader of Torbay Council,

**Cllr Rae Evans,**  
Cabinet Member for Council Finance and Governance, Telford and Wrekin Council

**Cllr Peter Fox OBE,**  
Leader of Monmouthshire County Council

**John Finnie MSP**

**Chris Green OBE**  
Founder and President, White Ribbon UK

**Drew Hendry MP**

**Cllr Denise Jeffery**  
Leader, Wakefield Council

**Dame Diana Johnson MP**

**Arfon Jones**  
North Wales Police and Crime Commissioner

**Ben Lake MP**

**Peter Lassey**  
Chair, White Ribbon UK

**Dafydd Llywelyn**  
Police and Crime Commissioner, Dyfed Powys

**Cllr Vince Maple**  
Labour & Co-operative Group Leader, Medway Council

**Cllr Jim McMahon**  
East Ayrshire Council

**Cllr Jim Montgomerie**  
North Ayrshire Council

**David Munro**  
Police and Crime Commissioner for Surrey

**Gavin Newlands MP**  
Chair, White Ribbon APPG

**Andrew Percy MP**

**Sean Press**  
Chair, White Ribbon Scotland

**Tom Riordan CBE**  
Chief Executive, Leeds Council City Council

**James Rogers**  
Director of Communities, Leeds City Council

**Alan Sherry OBE**  
Former Principal, Glasgow Kelvin College

**Anthea Sully**  
Chief Executive, White Ribbon UK

**Davy Thompson**  
Director, White Ribbon Scotland

**Cllr Alan Waters**  
Leader of Norwich City Council

**Joyce Watson MS**  
Mid and West Wales, White Ribbon Campaigner

**Cllr Kay Wesley**  
Congleton Town Councillor

**Peter Willson**  
FMS and Operations Lead, Restored





## Where to get help

If you or anyone is in immediate danger, call 999 and ask for the police.

Raise an anonymous concern with Crimestoppers: **0800 555 111**

Respect Helpline, if you are worried about your own behaviour: **0808 802 4040**

National Domestic Abuse 24-hour Helpline, free confidential support to victims and those worried about friends/loved ones: **0808 2000 247**

Wales Live Fear Free Helpline, help and advice about violence against women, domestic abuse and sexual violence: **0808 8010 800**

The Men's Advice Line, for male domestic abuse survivors: **0808 801 0327**

National LGBT+ Domestic Abuse Helpline: **0800 999 5428**

Rape Crisis Freephone Helpline: **0808 802 9999**

Childline: **0800 1111**

Samaritans (24/7 service): **116 123**





Further reading : Masculinities and Covid 19, by Sandy Ruxton and Stephen Burrell. [www.promundoglobal.org/resources/masculinities-and-covid-19-making-the-connections/](http://www.promundoglobal.org/resources/masculinities-and-covid-19-making-the-connections/)

White ribbon uk, unit 31, the town hall, St George's street, Hebden Bridge, England, HX7 7BY, United Kingdom

T: 01422 417327 | E: [info@whiteribbon.org.uk](mailto:info@whiteribbon.org.uk)

White Ribbon uk is the working name of White Ribbon Campaign Ltd, a registered charity in England and Wales (no. 1123874) and a company limited by guarantee (no. 05617302)

Designed by James Davison  
[jamesdavison@me.com](mailto:jamesdavison@me.com)