How to turn...

Awareness into Action

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 collective effort.

What can you do to support gender equality in your attitudes, beliefs, and behaviours?

Self reflection and education:

1 Learn about the link between gender-based violence and inequality

...and how it impacts marginalised groups, through resources like Our Watch, Respect Victoria, and WHGNE's free e-Learning courses, like "Making the Link".

2 Reflect on and challenge biases

Outdated ideas around masculinity and femininity often shape expectations about how men and women should behave, socially, professionally and in the home. Shifting these attitudes and stereotypes will take personal reflection, accountability and commitment.

Call it out and walk the talk:

3 Challenge everyday sexism

Language matters - phrases telling us to "man-up" or "'act lady-like" can reinforce harmful gender stereotypes. Be mindful of your words and challenge yourself and others to use inclusive alternatives. Take it further by standing up against sexist jokes or behaviour. Actively listen to experiences with empathy.

4 Back up other people who call out sexism

...disrespectful behaviour and attitudes. There is no place for excusing or downplaying violence and disrespect against women and LGBTQIA+ people. The more we support each other, we promote respect and inclusion.

5 Check out WHGNE's "Bystander action" or "Awareness to action" free e-Learning courses

...for guidance on calling out harmful behaviour or supporting others who do.

Scan the QR code to access WHGNE's Gender Equity E-LEARNING HUB courses and information about preventing gender-based violence.

www.whealth.com.au/news/16-days-of-activism-against-gender-based-violence-in-2024/

What can you do in social settings, schools, or workplaces to support gender equality?

Bring your community along for the journey:

1 Encourage young people to build respectful relationships that model equality

Support young people in developing mutually respectful relationships by challenging limiting stereotypes. Help young people build resilience and emotional maturity to navigate rejection and conflict without aggression, emphasising kindness, honesty, and vulnerability as strengths.

2 Promote and normalise gender equality

Encourage your workplace, community group, sporting team or school to create a gender equality plan. Think about fairness, making sure everyone feels included, and creating an environment where people feel safe. Check out WHGNE's e-Learning courses "What is a gender lens?" or "Preparing for gender impact assessments" to get started.

3 Partner with other organisations

Through collaboration you can expand supportive environments for gender equality. You could work together on shared goals, pool resources, or host joint events. Partnerships amplify your impact and empower more people in the community to take action towards equality.

4 Encourage your organisation to undertake Gender Equity training

Share WHGNE's Gender Equity e-Learning Hub free courses far and wide.

What can you do to support gender equality in things like cultural norms, policies, or media?

Be loud in your advocacy:

1 Encourage women's independence and decision making

...in public life and relationships. Support the women around you to raise their voices. Individuals can offer practical help, like childcare or mentorship, to enable women to participate more fully in public life. Organisations can ensure hiring and promotion practices are equitable.

2 Advocate for policy change

As an individual, you can sign petitions or pen a letter to your local MP. Organisations can publicly support gender equality through their messaging; writing policy submissions to endorse or oppose proposed legislation and endorsing specific initiatives that align with their values.

3 Support public campaigns

...like 16 Days of Activism or rallies against violence, by sharing them with your networks, attending and actively participating in events.

WOMEN'S HEALTH
Goulburn North East