



## 10 Tips for Boys to Help Combat Sexualization of Girls

1. **Be critical.** Portrayal of girls in the media isn't how they are in real life. The media distorts images of girls and boys to sell you things while you watch TV, surf the internet and read magazines.

Develop a critical eye: look for ads with women that focus on the product being marketed instead of the women themselves. How hard are these to find and why?

2. **Decide who you want to be.** Be true to yourself and lead by example. Question your own attitudes and behaviours and how they may disrespect or harm women and girls you know and care about.

Ask yourself: what do I like about the girls I care about? Make sure it has more to do with who they are on the inside rather than on the outside.

3. **Talk about it!** When you see images in the media that bother you talk it over with your peers, your teachers and your parents. Remember, change starts small.

4. **Educate yourself.** No one expects you to have all the answers or know what to do in every situation but there are answers out there.

Connect with your community: resources like the YWCA Youth Education Team and the White Ribbon Campaign are a good place to start.

5. **Get rid of the pressure!** Pressuring girls to send you photos of themselves, to go on a date, or to do anything that makes them feel compromised is not right.

Speak out: if you see your friends or peers trying to get girls do things that that they don't want to, stand up to them.

6. **Lead by positive example:** share with those around you the importance of respecting women and girls.

Develop a critical eye: find someone you look up to and talk to them about how to talk to girls respectfully and as equals.

7. **Learn about the impact of violence against women** in our communities. There are many resources out there to provide you with a greater understanding of the effect that sexualization of women can have.

Get informed: learn what violence against women is by looking it up online and connecting with groups that talk about it on social media such as The White Ribbon Campaign and the YWCA.

8. **Challenge and speak out online.** It can be as easy as not laughing at sexist jokes, or supporting Facebook or Twitter posts that are demeaning or degrading towards women. Speak out against them.

Take action: Prepare a response to a negative post you have seen online before. Hopefully you won't have to use it but if you see a negative post, you will be ready.

9. **Don't walk by.** If you witness harassment or an assault on the street or anywhere: assess the risk, then intervene and confront or defuse the situation. If you need to, ask for help. **Call 911.** Sexist language and street harassment all contribute to a culture of sexualization and violence.

10. **Be a 21<sup>st</sup> Century Man!** Sexualization and violence against women affects everyone, not just girls. Accept your role in helping to end it and treat all girls as equals and with respect!