YOUNG MEN CHANGE

BE PART OF THE SOLUTION IN ENDING MEN’S VIOLENCE AGAINST WOMEN

A TOOLKIT FOR HIGH SCHOOL SPORTS TEAMS TO PARTICIPATE IN MASSACHUSETTS WHITE RIBBON DAY CAMPAIGN

CREATED BY JANE DOE INC.

“From this day forward, I promise to be part of the solution in ending violence against women.”

Massachusetts White Ribbon Day
A Men’s Initiative Project of Jane Doe Inc.
Toolkit by Jane Doe Inc.

Authored by Marya Mtshali, Craig Norberg-Bohm, Debra Robbin, and Toni K. Troop

Design by Jacob Leidolf of PoliticalPirates.com
Photos by Jim Danvers jdanvers.com and Larry S.

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Welcome
Welcome to the White Ribbon Day Toolkit for High School Sports Teams. Male sports teams are invited to join Massachusetts White Ribbon Day as White Ribbon Teams to conduct a campaign in your school. This kit outlines the five steps of the campaign and provides sample materials that you can edit and change to meet the needs of your school.

What is White Ribbon Day?
Massachusetts White Ribbon Day (WRD) is part of the International White Ribbon Campaign, which was created in 1991 by a group of Canadian men on the second anniversary of one man’s massacre of 14 female college students in Montreal. The purpose of the original campaign was to advocate and mobilize men to speak out against violence against women. As of today, 60 countries participate in White Ribbon to promote men’s role in stopping violence against women.

Jane Doe Inc., The Massachusetts Coalition Against Sexual Assault and Domestic Violence (JDI), launched the statewide White Ribbon Day in Massachusetts in 2008. JDI’s strength based approach is one of celebrating positive masculinity; inviting men and boys to be leaders to help end violence against women; and encouraging men and boys to contribute to a solution in any number of ways.

Why should your school become involved?
As you know, high schools are not immune to issues of sexual and domestic violence. Whether the violence occurs among students or is experienced at home, at work, or in the community, sexual and domestic violence affects everyone – including athletes. The impact of hundreds of male coaches and student athletes from all walks of life throughout Massachusetts declaring their commitment to this principle of non-violence will, with your help, be far-reaching and long-lasting:

- Create a clear, loud and visible statement from male athletes to help build a social school climate that promotes positive masculinity and healthy relationships!
- Promote safety and respect in all relationships and situations!
- Foster a positive image of manhood and invite all coaches and athletes to join in a celebration of personal peace and cooperation!
- Build a network of resounding voices that will support and advance the White Ribbon Day Campaign initiative!
How can students join the White Ribbon Day Campaign?
Male students are asked to take the White Ribbon Pledge, wear the white ribbon, become an ambassador, and represent positive masculinity, which is an important proactive step in bringing an end to male violence against women. Female students can help by showing they support their male peers who have taken the pledge by wearing white ribbons as well.

Why the focus on student athletes?
Every student athlete knows that their reputation, their status, and their influence extend beyond the sports arena. As much as athletes can inspire people with their athletic acumen, they are often trendsetters and respected leaders within their school and communities. In fact, a part of being a well-rounded athlete means using one’s leadership skills both on and off the field on important issues affecting classmates and communities.

Through the Massachusetts White Ribbon Campaign, student athletes can help tackle the issue of sexual and domestic violence. By taking the pledge, student athletes will become role models for what it means to be in a healthy relationship and how to be an active bystander who helps prevent sexual and domestic violence. As White Ribbon Day Ambassadors, student athletes will not only inspire their classmates to get involved but they will help foster a school environment that honors equality and respect.

How can coaches help?
Coaches are in a unique position to help student athletes be as responsible and respectable off the field as they are on the field. As a strong formative influence on their athletes, coaches play a crucial role in helping young athletes grow into adults who can make a difference in their communities throughout their lives. Coaches can start by being role models themselves in treating people with respect, addressing issues of violence, speaking out against sexism, homophobia and so on.

JDI invites coaches to join this campaign by themselves taking the pledge and talking to their athletes about getting involved in White Ribbon Day. Specifically, coaches can assist their athletes in taking the pledge, becoming White Ribbon Ambassadors, and organizing activities in their school and community.

What you’ll find in this toolkit?
JDI put together this toolkit to help student athletes and coaches plan a White Ribbon Day Campaign in your school. This kit outlines the five basic steps for participating in the campaign and includes detailed instructions for preparing White Ribbon Banner Signing Week. Sample materials are included that you can edit and change to meet the needs of your school.
**FIVE STEPS FOR A SPORTS TEAM WHITE RIBBON DAY CAMPAIGN:**

Here are the five basic steps to bring the White Ribbon Day Campaign to your school. On the following pages, you’ll find more detailed suggestions and organizing tools for each of these steps.

**Step 1: Your Team Takes the Pledge**

Taking the White Ribbon Day Pledge is a proud moment. The pledge simply states: “From this day forward, I promise to be part of the solution in ending violence against women.”

It’s really powerful to say the pledge out loud in a group setting. This will create an environment where the team can talk about the meaning of the pledge with one another. Each athlete who takes the pledge is given a white ribbon to wear on White Ribbon Day. By taking the pledge, the team shows leadership in your school on this important issue.

**Step 2: Your Team Invites a Speaker to Learn More about How to Help End Sexual and Domestic Violence**

The White Ribbon Day Campaign is more than just a pledge drive. It’s an opening to have a deeper conversation with men and boys about what causes sexual and domestic violence and what we can do to prevent it. Jane Doe Inc. has sixty member organizations located across the Commonwealth with educators ready to visit your team to talk about how to help end dating violence and sexual violence, how to promote healthy relationships, and about how extremely important it is for men and boys to participate in the solution.

To find someone near you to speak, you can visit janedoe.org/find_help/search to find a program near you and to request a speaker.

**Step 3: Ambassadors Recruit Others to Take the Pledge**

After taking the pledge themselves and learning about their role in the solution, student athletes and coaches agree to be White Ribbon Day Ambassadors and help spread the word. Ambassadors recruit other men and boys to join by also taking the pledge and wearing a white ribbon during your banner week and Massachusetts White Ribbon Day. The informational flyers and pledge collection forms will be helpful in telling others about the campaign and obtaining their pledge.

**Step 4: Your Team Leads Banner Signing Week**

Now it’s time to engage the rest of your school! Your team provides the leadership to invite all of the men in your school sign a White Ribbon Day Banner. The banner would be displayed in the cafeteria, entry way or other prominent location for the period of a week. Daily announcements ask all the male students and other men at the school to sign. Each signer gets a White Ribbon to wear or put on a backpack. During Banner Signing Week, everyone wears their white ribbons.

**Step 5: Attend Massachusetts White Ribbon Day at the State House**

You and your team are cordially invited to attend our statewide event at the Massachusetts State house on the first Thursday of March. The Governor sponsors an annual proclamation rally attended by legislators, civic and business leaders, other sports teams and community ambassadors. Teams will be recognized from the podium and have a chance to meet other students from across the Commonwealth.
Taking the White Ribbon Day Pledge is about …

- Making a personal commitment to ending men’s violence against women.
- Promoting respect, dignity, and equality.
- Speaking out against attitudes and behaviors that contribute to sexual assault and domestic violence.
- Realizing that gender violence is a men’s issue that affects all of us.
- Confronting sexism, homophobia, racism and other forms of oppression.
- Finding out how to help someone who may be a victim or offender of sexual or domestic violence.

WHO: The pledge will first be taken by the team members and their coaches and other related staff. Start by deciding if you want to work with one team at a time or bring all the male athletes together. We suggest you identify a point person from the athletic department to coordinate the effort and consider asking a student to help lead the effort.

WHEN: Plan to take the pledge with the team(s) at least three weeks before the first Thursday of March. You’ll need those three weeks to get through the rest of the steps leading up to the statewide Massachusetts White Ribbon Day.

WHERE: The team(s) can take the pledge during team practice or at a special session. Taking the pledge only takes a couple of minutes, but the impact can last a lifetime.

HOW: Below is a sample script you can use with your athletes when taking the pledge:

The White Ribbon Campaign was created by a group of men in 1991 in reaction to one man’s massacre of 14 female college students in Montreal specifically because they were women. The campaign has mobilized boys and men around the world to take a stand against violence against women. White Ribbon Day is an annual day of recognition of men’s roles in stopping violence against women.

Today, as a team, we will take the White Ribbon Day Pledge together to make a commitment to be a part of the solution in ending this violence, and we will wear white ribbons as signs of our commitment. Taking the pledge means not only promising to never be a perpetrator of violence against women but also promising to never be a silent bystander and to get help when you suspect someone is
a victim or offender of sexual assault or domestic violence.

As athletes, we have a unique ability to influence other students to participate in White Ribbon Day. Once we all have taken the pledge, we will be asked to serve as White Ribbon Ambassadors and recruit our male classmates to join us in taking the pledge and wearing the white ribbon.

As a leader and sportsman of our school and community, I pledge to end domestic violence and sexual assault against women. We have mothers, sisters, grandmothers, and aunts and we would never want to hear about someone inflicting pain onto them in any possible way. In addition, we believe in respect and safety in our own relationships. We are part of a team and as a team we are against domestic violence and sexual assault. Join me in making a difference in our school and community and let’s take this pledge together:

“Please stand up and repeat after me the White Ribbon Day pledge... From this day forward, I promise to be part of the solution in ending violence against women.”

Don’t forget the white ribbons!
You can either purchase white ribbon and safety pins from a local craft store or purchase plastic white ribbon pins through Jane Doe Inc. [whiteribbonday.janedoe.org/purchase_ribbons.html].

NEXT STEP:
Now that the team(s) have taken the pledge and put on their white ribbons, it’s time to delve a little deeper into the issue and build a foundation for the following next steps!
Learning more about sexual and domestic violence is important because...

- Wearing the ribbon will mean more to those involved.
- Understanding the causes and impact of sexual and domestic violence is essential to knowing what we can do to prevent it.
- Empowering students to become White Ribbon Day Ambassadors works best if they feel prepared and informed.

**WHO:** We can help you find the right speaker for your team and school. Jane Doe Inc.’s membership consists of sixty (60) community-based sexual and domestic violence organizations located across the Commonwealth. Their educators can visit your team to talk about how to help end dating and sexual violence, how to promote healthy relationships, and about how extremely important it is for men and boys to participate in the solution.

Our members are experts within their community – offering knowledge, experience, and leadership in supporting survivors and creating safe communities. JDI can also identify other speakers depending on your interests.

**HOW:** Visit: janedoe.org/find_help

search to find a program near you and to request a speaker.

**Contact Jane Doe Inc.**
at 617-248-0922 or mensinitiative@janedoe.org for additional assistance.

**NEXT STEP:**
Now that the team is prepared, it’s time to choose to become Ambassadors and put your outreach plan in place.
Becoming a White Ribbon Day Ambassador means...
• Standing up for what you believe in.
• Learning the facts.
• Talking with your friends, teammates, relatives and the people who are close to you about why you’ve gotten involved in this campaign and what it means to you.
• Inviting other male students and men at the school to take the pledge and become ambassadors.
• Demonstrating what it really means to be a man.

WHO: The leadership from this campaign comes from the student athletes themselves with the support of their coaches and other adults. It’s their role to act as White Ribbon Day Ambassadors who help spread the word in your high school by recruiting other male students to join you in wearing a white ribbon on White Ribbon Day.

WHEN: Once the team(s) take the pledge, they are encouraged to start wearing their white ribbons every day on their clothing, backpack, hat, and, if appropriate, team uniform.

HOW: You know what works best in your school to generate excitement and participation in a campaign. Here are some general action items to get you started:

1. Hold a meeting with your team and talk about your goals (how many students will take the pledge, how many will wear ribbons, etc.)

2. Set the date for Banner Signing Week and School White Ribbon Day

3. Create a game plan for reaching other students and publicizing the campaign.

For instance:
• Announcements in homeroom or designated classes about the WRD campaign.
• Tables with information, pledge sheets and ribbons before school, during breaks, at lunch and/or at games.
• Flyers around the school.
• Ad in the school newspaper.
• Article/announcement on the team’s website.
• Posts on facebook and other social networking accounts.
• Assign each team member to a particular grade, class, other team, club, etc.
• Be creative!

4. Prepare outreach materials. You can use the informational flyers and pledge collection forms designed by JDI or create your own.

5. Decide what kind of white ribbons you want. You can order plastic ribbons through Jane Doe Inc.

   whiteribbonday.janedoe.org/purchase_ribbons.html

   or make your own out of cloth or ribbon.

WHAT: One last thing. This campaign is founded on the idea of demonstrating what positive masculinity looks like. Take a minute to acknowledge the leadership of the White Ribbon Day Ambassadors.

NEXT STEP:
Now that that you’ve got your plan in place, it’s time for the next step: collecting pledges!
Now that your team has taken the White Ribbon Day Pledge and learned more about the issues, it’s time for the Ambassadors to put in place your game plan for reaching other students and publicizing the campaign.

An easy way to make the school aware of the big step that the team(s) has taken in standing up against men’s violence against women is through a White Ribbon Day Pledge Banner.

**WHO:** Your team leads all of the male students to sign a White Ribbon Day Pledge Banner that will be displayed in a public area of the school.

**HOW, WHERE AND WHEN:** Work with the team to make decisions about and implement the following steps:

1. The banner can be made professionally or can be handmade by the athletes. While both will cost money, the handmade banner will cost less. For information on purchasing a banner, see the “Ordering a Custom Banner.” For information on making a banner, see “Suggestions for Making a Banner.”

2. Determine what, if any, money needs to be raised for the banner (and possibly ribbons) and how the team will raise it. Possibilities are taking a collection from the athletes and their parents, asking for donations at a game, selling snacks, or asking a school or local organization to sponsor the banner and/or ribbons (such as the school PTA/PTO or the local Kiwanis club).

3. Each person who signs the banner will receive a white ribbon. Decide if the team wants to make the white ribbons (purchase white ribbon and safety pins from a local craft store) or purchase white ribbon pins (can be purchased at whiteribbonday.janedoe.org/purchase_ribbons.html

4. Choose a place to hang the banner where all male students will have easy access to it in order to sign it (such as a school cafeteria).

5. Determine the time frame for collecting signatures [i.e. have all signatures taken by the end of one week]. This date should be selected to fit well into your school calendar. To coincide with the Jane Doe Inc.’s statewide campaign, the time frame should be set prior to Massachusetts White Ribbon Day on first Thursday of March.

6. Confirm the game plan for how the team will market the signing of their banner. Suggested ways include an intercom announcement and/or an article about it in the school newspaper. Remember that your athletes are also Ambassadors, so they should also spread the word just by talking to fellow classmates and friends and wearing their ribbons.

**NEXT STEP:**
After taking the pledge and having all the male students in the school sign the banner, please tell us about your event! We would love to hear feedback from coaches, students, school administrators in any form (letters, e-mails, videos, photos). Send your notes and photos to: mensinitiative@janedoe.org

Now that you have your banner signed and pledges collected, it’s time for the final step: celebrating in Boston at Massachusetts White Ribbon Day.
Participating in the statewide event is...

- A great opportunity for students to meet other students who also want to be proactive in stopping violence against women.
- A chance to hear words of inspiration.
- A time to make a connection to the big picture.

WHAT: Jane Doe Inc.’s annual Massachusetts White Ribbon Day proclamation rally sponsored by the Governor.

WHO: You and your team(s) and hundreds of men – elected officials, community organizers, civic and business leaders, sports teams, students, educators, law enforcement officials and more – from around the Commonwealth.

WHEN: First Thursday of March. Check the WRD website for details: janedoe.org/whiteribbonday

WHERE: State House, Boston

HOW: Since the event takes place during the day, special arrangements will need to be made for students to miss class and participate. The event is free and open to the public.

Here is what Coach Fred Jewett and some members of the Hingham Boys Track Team have to say about attending White Ribbon Day at the State House:

“My hope is that we can get many high schools to see how important the WRC is and how it can help their teams and schools and ultimately their families and society. I think all coaches, athletes and schools can dramatically build a positive atmosphere by participating in the WRC at their schools and at the State House. The culture of ignoring problems until they explode in tragedy and death is doomed to keep ruining lives and leaving many tragic victims and families behind. We have to change how we handle the difficult issues of our society so peace and respect can replace abuse and violence. Leadership starts with a small step and works when teams work together for a cause greater than themselves. Helping reduce violence against women and teaching young men how to be real men who care for others should be the goal of every coach. The WRC gives coaches the means to start a dialog and empower athletes to make positive change. A true winning combination for everyone.”

Fred Jewett
Hingham Boys Winter/Spring Track Coach
Director Think Respect Project

“The best part was participating in the pledge at the end. It made me feel a sense of unity with other men stepping up against abuse of any kind. I appreciated the opportunity to get out of the classroom and experience something that was much bigger than myself.”

Jackson Stone
Member of Hingham’s Boys Track Team
This is a short list of suggestions for those who want to do more than the White Ribbon Day pledge and banner in your school. Don’t hesitate to be creative with your students and find other ways of spreading the message of White Ribbon Day.

**Host a School White Ribbon Day**
A school-wide White Ribbon Day is a simple way to get the most out of the White Ribbon Day Banner. Set a date for School White Ribbon Day within your Banner Signing Week. This will be the day that everyone wears their ribbons! The week can include other activities such as bringing in speakers, holding workshops, raising money for local services.

**Host a White Ribbon Color Day at a sports game**
Get the entire school in the spirit by having everyone wear the same color clothing that day or at a particular game. You could choose white or red and white. You could give out prizes for the best dressed or most creative outfit.

**Host a School White Ribbon Day Assembly**
A school-wide White Ribbon Day Assembly is a great way to spread the message of the White Ribbon Campaign to everyone in the school. Plymouth County White Ribbon Campaign has been helping schools in their county run White Ribbon Day Assemblies for a number of years. They have a great template for the event that is interactive, educational, and engages students. Their handbook for operating a WRC Assembly is available on our website. For more information, go to mass.gov/daplymouth/veto/ribbon.html.

**Start a Men of Strength (MOST) Club**
The Men of Strength Club is a primary violence prevention program developed by the group Men Can Stop Rape to mobilize young men to be a part of the solution to preventing dating and sexual violence. It involves a 22-week curriculum that has been noted by the National Crime Prevention Council as one of the most promising “50 Strategies to Prevent Violent Domestic Crimes” and is considered one of the top gender violence prevention programs in the country by the Centers for Disease Control and Prevention. For more information, go to mencanstoprape.org.

Various activities done throughout the week or month will help sustain the discussion among students about violence and what they can do be a part of the solution to ending it. Websites like Break the Cycle: Empowering Youth to End Domestic Violence (breakthecycle.org) and the Teen Dating Violence Awareness Month site (teendvmonth.org) have a substantial amount of information educators can use to engage teens.
As a coach or other adult working with teens, you can take advantage of teachable moments to show your athletes that being committed to stopping violence against women is something that is – and must be – done on a regular basis. By demonstrating your commitment to stopping violence against women, you lead by example. Keep in mind that teachable moments can be the behavior or comments of a student, a current event, or some aspect of pop culture, such as a song.

For any teachable moment, there are three necessary steps:

1. **Game Plan**
   As with any game, you’ve got to consider the players, the timing, the skill, and the execution. Determine whether this particular teachable moment is best handled in a one-on-one conversation or in a group setting. In some situations, it may be necessary to discuss the situation immediately after it happens. Don’t let too much time pass between when the teachable moment happens and discussing it; waiting too long will make the discussion less effective as the “moment” has passed.

2. **Zoom In**
   Be specific in identifying what is problematic about the comment or behavior and explain why it is not acceptable. Be careful not to use vague language. Also be mindful of cultural traditions.

3. **Engage & Strategize**
   Engage the athlete(s) and ask them what they could have done differently. By them coming up with solutions or alternatives on their own, they learn to strategize for their own future behavior or to intervene during the inappropriate behavior of others.

**Examples of teachable moments…**

...a student bragging about how he manipulated or pressured a girl into sexual activities

...news about a female high school student being sexually assaulted

...students singing along to a song with derogatory lyrics about women

...a student “cat-calling,” or whistling and/or shouting comments about a girl’s appearance as she walks past

...a student or celebrity athlete is accused of rape

...derogatory language is used to describe girls and women

...a student has recently ended a relationship

Don’t let a teachable moment pass by. It is a great opportunity to show students how everyday occurrences contribute to environments that condone violence against women. It is also a great opportunity to show them how their everyday actions can create and sustain environments that condemn it.

Contact Jane Doe Inc. and your local sexual and domestic violence programs for resources on how to address these teachable moments.
Having your team make their banner can be a cost-effective way of producing a White Ribbon Day banner and also a team-building exercise.

We suggest having the banner be approximately 6’ x 2.5’ (or 72” by 30”), but it does not have to be exactly that size. You will want to leave enough space around the border for signatures. There are several ways of making a banner:

Team members can glue or tape together sheets of construction or printer paper in a large enough size so that the necessary text can fit and there is sufficient room for signatures. The team can hand write text with magic or permanent markers.

Many art departments in schools have large spools of paper of various colors that they might be willing to donate to the cause! The art department might have other material for the banner as well as text.

Another option is a banner made of fabric or vinyl from your local fabric or craft store.

Team members can write out the banner text using fabric pens, such as Crayola Fabric Markers or Uchida Fabric Markers or vinyl letters (which can also be purchased at fabric/craft stores).

Don’t forget to put grommets or a sleeve on top so that you can hang the banner.

For the banner’s text, we suggest you include the Massachusetts’ White Ribbon Day Pledge or the International White Ribbon Day Pledge (both are below), your school’s name and your team’s name.

International White Ribbon Day Pledge:
“I pledge to never commit, condone or remain silence about violence against women and girls.”

MA White Ribbon Day Pledge:
“From this day forward, I promise to be part of the solution in ending violence against women.”
Your team can obtain a professional banner from either an online retailer (such as Vistaprint.com or SpeedySigns.com) or a local-print shop.

Steps for Obtaining a Banner from an Online Retailer

1. Choose a 6’ x 2.5’ (72” x 30”) banner (or a banner of similar dimension, such as 6’ x 3’ or 72” x 36”). As of July 2011, a 6’ x 2.5’ banner from Vistaprint.com costs $41.99 (not including shipping and handling). If given an option for the type of material, select 10 oz. indoor vinyl. You may also want to see if grommets or banner hangers (which are attached to the corners of the banner) are an option since they will make hanging the banner easier.

2. Most online retailers will let you view a sample of what your banner will look like after you have entered in text and any graphics. For the banner’s text, we suggest you include the Massachusetts’ White Ribbon Day Pledge or the International White Ribbon Day Pledge, your school’s name and your team’s name.

International White Ribbon Day Pledge: “I pledge to never commit, condone or remain silence about violence against women and girls.”

MA White Ribbon Day Pledge: “From this day forward, I promise to be part of the solution in ending violence against women.”

Here’s a sample layout for your banner:

3. If you’re ordering your banner online, please note shipping times. To allow for a more cost efficient shipping time, you will probably want to order your banner at least a month before you need it. However, the earlier you order it, the better, in case the printing company makes a mistake and your banner needs to be redone.

You’ll find banner templates on the Massachusetts White Ribbon Day website.

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**APPENDIX**

**ORDERING A CUSTOMMADE BANNER**

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**MASSACHUSETTS WHITE RIBBON DAY CAMPAIGN**

*From this day forward, I promise to be part of the solution in ending violence against women.*

*SPONSORED BY NAME OF HIGH SCHOOL NAME OF TEAM*
**Focus on Athletics**
- Coach for America: coachforamerica.com
- Coaching Boys into Men: coachescorner.org
- Ron Burton Training Village: ronburtontrainingvillage.com
- Sport in Society: northeastern.edu/sportinsociety
- The Think Respect Project: thinkrespectproject.com

**Focus on Teens**
- Love is Not Abuse: loveisnotabuse.com
- Love is Respect: loveisrespect.org
- National Domestic Violence Hotline: thehotline.org/is-this-abuse/teens-and-dating-abuse
- The Date Safe Project: datesafeproject.org/ciky-k12
- That’s Not Cool: thatsncool.com
- Start Strong Initiative, Boston Public Health Commission: bphc.org

**Massachusetts Resources**
- Jane Doe Inc. janedoe.org; to find local programs janedoe.org/find_help/search
- to learn more about MA White Ribbon Day Campaign and the Men’s Initiative for Jane Doe Inc. whiteribbonday.janedoe.org

- Men’s Resource Center for Change: mrcforchange.org
- Silent Witness Project, sponsored by REACH Beyond Domestic Violence: reachma.org
- The Clothesline Project: clotheslineproject.org

**National Organizations**
- Futures Without Violence: futureswithoutviolence.org
- Men Can Stop Rape: mencanstoprape.org
- National Coalition Against Domestic Violence: ncadv.org
- National Network to End Domestic Violence: nnedv.org
- Rape, Abuse & Incest National Network (RAINN): rainn.org

**International Organizations**
- White Ribbon Campaign: whiteribbon.ca
- UNiTE to End Violence Against Women: networkofmenleaders.endviolence.un.org

**Books**
- Ehrmann, Joe. Inside Out Coaching. (Building men and Women for others, 2011)


Kimmel, Michael and Mossmiller, Thomas (eds.). Against the Tide: Pro-feminist Men in the United States, 1779-1990: A Documentary History. (Beacon Press, 1992)


Pollack, William. Real Boys: Rescuing Our Sons From the Myths of Boyhood. (Owl Books, 1999)

Stoltenberg, John. Refusing to be a Man. (Meridian Books, 1990)

Tarrant, Shira (ed.) Men Speak Out: Views on Gender, Sex, and Power. (Routledge, 2007)

**Magazines/Articles/Online Resources**
- Voice Male Magazine: voicemalemagazine.org
- Gloucester Men Against Domestic Violence: strongmendonbully.com
- Alan Berkowitz: alanberkowitz.com
- Keith Edwards: menendingrape.org/SFYpresent.htm
- Rus Funk: rufunk.com
- Byron Hurt: bhurt.com
- Jackson Katz: jacksonkatz.com
- Michael Kimmel: creativepromotionsagency.com/mk
- Paul Kivel: paulkivel.com
- Don McPherson: donaldmcperson.com
- Violence Against Women Network: vawnet.org
- William Kellibrew: theWKFoundation.org