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White Ribbon Day 2022 - Template Blog Post

Thank you for your continued support of White Ribbon UK. We hope this template will help shape a blog post by a senior leader to share on your website. Simply fill in the blanks with your own details and edit as required.

Why [insert name / organisation] is Supporting White Ribbon UK

My blog [today/ this week/month] talks about something that is not spoken about enough. You may not know that I am a White Ribbon [Ambassador/Champion]. November 25th is marked internationally as White Ribbon Day, a day where across the world the focus is on preventing violence against women.

In [location], and across the world, women and girls are unable to live the lives they want to lead because of violence and the fear of violence and harassment. Most violence against women and girls is committed by men – and we live in a world where this is normalised and even encouraged in some situations.

I am a White Ribbon [Ambassador/Champion] because I want there to be change and I know that as an individual, [and especially as a man], I can make a difference by speaking out. [you may choose to insert a personal reason why you are involved here]

This is an opportunity for all of us, and our colleagues, to stand up to men's violence against women and girls and show a united front. We are inviting our colleagues and our partner organisations to make a commitment to ending violence against women and girls.

#TheGoal #WhiteRibbonDay #WRD22

Simply visit the White Ribbon UK website here to make the White Ribbon Promise never to use, excuse or remain silent about men's violence against women.

The message of White Ribbon UK is that ALL men can make a difference. Every year in England and Wales around 150 women are murdered by men, many of whom were a current or former partner. Things that may be dismissed as 'small' acts - sharing sexist jokes at work or in group chats, catcalling women in the street, or staring at women in a pub – all contribute towards creating a culture of fear and misogyny. This is unacceptable.

For such culture to change, men need to be part of the solution, [and that starts with me]. [We/They] need to learn how to be allies with women, think about [our/their] own behaviour and look to positively influence that of others.

This is why I support White Ribbon by saying enough is enough and taking steps to end all violence against women.For too long, it has been up to women to feel they have to keep themselves safe – together we can change this.

White Ribbon Day 2022 coincides with the Men's World Cup. In July, we saw a huge outpouring of support for the England Women's team. It seemed as if there was a real shift towards equality in sport.

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Sadly, it is an appalling reality that major sporting events see a rise in domestic abuse incidents. The behaviour exhibited by some football fans in pubs, clubs and public spaces can also be extremely threatening and alarming for women. It doesn't have to be like this.

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Sport can be a place where men can be their best selves – where [they/we] can learn to nurture traits that [we/they] take into all parts of their lives. Throughout the Men's World Cup, White Ribbon UK are encouraging all men to nurture 11 of these traits, one for every member of a football team.

They are:

1. Caring
2. Empathetic
3. Reflective
4. Gentle
5. Courageous
6. Resilient
7. Reliable
8. Hopeful
9. Principled
10. Supportive
11. Ally

It is important that within [organization/company name], we understand the difference we can all make to ensure our culture is of respect and equality. We also need to create this same culture amongst our own friends and communities. If you follow the Men's World Cup, within your team, as well as at home, I urge you look out for examples where these traits are shown.

Open up conversations with those around you and don't forget wear your White Ribbon – it's a great conversation starter!

#TheGoal #WhiteRibbonDay #WRD22

If you want to go further, you can make the White Ribbon Promise to never use, excuse or remain silent about men's violence against women. All men can join the team to end violence against women and girls - that's #TheGoal

Here are some practical actions you may also like to consider:

- Visit Refuge's website here to find out how to support someone who may be experiencing domestic abuse
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- Store the National Domestic Abuse Helpline / your local Domestic Abuse support service numbers in your phone
-
- Visit White Ribbon UK website to find out more about how you can show allyship
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- Follow White Ribbon UK on social media (Twitter - @WhiteRibbon_UK; Instagram - @WhiteRibbonUK; LinkedIn - White Ribbon UK; Facebook - @WhiteRibbonUK)
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- Mark White Ribbon Day 25th November at your gym, your local pub or club, your faith community or any groups you attend.