

TOOLBOX FOR DADS

RAISING BOYS

who

RESPECT



As a dad, you can have a massive impact – on your kids' lives and for all of New Zealand.

Why? If your kids see you being respectful, they'll learn to be respectful themselves. They'll have a much happier life, and you'll be happier too.

Safer, happier families mean stronger communities, better schools, and a wealthier, more peaceful country.

**Teaching your kids respect – for you, their mother, their siblings and their friends – starts with you.**

The good news is that you don't need any fancy qualifications – you can teach them to be better, more respectful people, just by the way you act. Your kids idolise you – whatever you do, **your kids are going to copy.**

## RESPECT

- R** – Take **R**esponsibility for your actions
- E** – Treat your partner as an **E**qual
- S** – **S**ay how you feel
- P** – Listen to other **P**oints of view
- E** – **E**mpathise with your family
- C** – **C**hallenge set beliefs
- T** – **T**ell your kids you love them

## THIS TOOLBOX IS FOR DADS

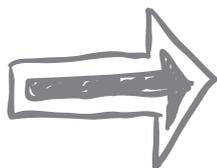
This tool box will help you understand how to take responsibility for your actions and model respect to your kids. You can find ways to talk about consensual sex, teach them how to communicate well, and show them that everyone is equal.

# ROLE MODELLING



From your kids' first words, to how they walk, talk and act – they've learnt it all from you. Your behaviour has a massive impact on how they behave.

**Respect your partner as an equal.** Talk to your partner respectfully, even when you're under pressure. This is the best way to show your son how to treat women, and your daughter how she deserves to be treated.



**WATCH THIS VIDEO ON HOW TO BE RESPECTFUL HERE:**

Or download the White Ribbon Toolbox: Tips on how to build respectful relationships (available at [whiteribbon.org.nz](http://whiteribbon.org.nz)).

**Your kids deserve respect too.** Children, especially teenagers, are on to you – if there's a double standard, they won't feel respected.

**Be consistent and credible.** It's human to mess up – nobody's perfect. Taking responsibility for your actions and acknowledging when you need to do better – that's being a good human, which is a great thing to demonstrate to your kids.

**What are they learning from mates?** If your kids are picking up some bad habits they didn't get from you, use this to talk about what showing others respect looks like.

**Build up their self-esteem.** Make sure your kids know that they are all worthy of respect. This will reduce their risk of being victims of other's violence.

**Focus on how they act, not how they look.** Praise your kids for what they do and giving things a go, rather than for their physical beauty or how they are dressed.

**Get involved in the community.** Your children will learn that respect needs to be actively promoted, and that others can miss out on respectful experiences.

## SHARE

- S** – See her as an individual
- H** – Hold respectful values
- A** – Ask for help to change
- R** – Respect her wishes and judgement
- E** – Empathise with your partner and kids



# ACTIVE INVOLVEMENT



The best thing you can give your kids is time. Emotionally, they'll be way stronger when you give them security, support and closeness and you're nurturing, warm and sensitive. They need your love.

**Get actively involved in raising them.** They'll be more confident and have stronger friendships. They'll be less aggressive, more supportive, have positive relationships with friends and siblings, greater empathy and stronger morals and values.

**Show parents sharing roles.** If your kids see you and your partner as equals, that's what they'll look for in their own relationships. Sons will respect their partners as equals and daughters will choose partners who treat them as equals.

**Be there from the start.** Stay engaged throughout their lives, follow their lead and make changes when they need different things from you as they grow.

**If you separate, do this as respectfully as possible.** This will minimise the impact on your kids. Stay involved with your kids as much as you can during these times.

**Being actively involved is better for you too.** You'll have better mental health with greater meaning, reduced stress and more positive emotions.

**Take care of yourself.** Ask for help early when you need it, and keep healthy so you can enjoy your kids, and their kids, for as long as possible.



## LISTEN

- L** – Learn from experience
- I** – Make 'I' statements about your feelings
- S** – Speak respectfully
- T** – Take care of yourself
- E** – Engage with your kids
- N** – Never stop learning



# HOW TO TEACH RESPECT: UNDER 5

Your kids need different things from you, depending on their age. If you treat them with respect right from the start, it will make it easier later on. As they grow, you'll have to change what you do to suit where they're at. Here are some suggestions for what your kids might need at each stage.

**Love u 4ever.** Always be clear that you love them, no matter what.

**Say it.** Encourage your kids to tell you how they feel.

**Show me.** Teach them to express their anger, fear or hurt feelings, without taking it out on others.

**Find a way.** Work together to find solutions that everyone is happy with.

**Get them to feel respected.** Ask them how it feels when they're treated respectfully, or not.

**Be you.** Encourage them to be themselves. Treat your sons and daughters the same – avoid the blue for boys, pink for girls trap. Help your kids speak up for what they want and express their feelings. Check your own messages to them about how boys and girls should act.

**You=me.** Even though men and women are different and sometimes do different things, both have equal value. Demonstrate this around your home and in the way you treat your sons and daughters.

**Public vs private.** Help them understand the difference between how we act at home versus in public – for example, we don't do nudie runs in public, but maybe that's ok at home.



## BEHAVE

- B** – **B**e there
- E** – **E**very day
- H** – **H**old them close
- A** – **A**sk how they feel
- V** – **V**alue the time
- E** – **E**qual for boys and girls

**Say no.** They can say no to unwanted touching and have a right to be respected. Don't force your kids to hug or kiss anyone, and help them accept other people saying no.

**Don't be embarrassed about sex.** Let them ask about sexuality and relationships, and respond honestly and in a way that's appropriate to their development

**I get how that feels.** Encourage your kids to think about other people's feelings by saying things like "That must feel good." or "I wouldn't like that if it happened to me."

**On the box.** Even movie or TV plots can help have many short discussions about respectful behaviour.

**Nice one.** Keep encouraging any behaviour that shows respect for others.



# HOW TO TEACH RESPECT AT: 5-10YRS



**Still luv u.** Keep showing and telling them you love them, even though you might not like how they're acting.

**No boxes.** Keep on encouraging your son to be himself, and not just what a boy is 'meant' to be. Help him manage messages to be in the 'man box', especially the ones about boys being more important than girls. Keep checking out your own expectations of him.

**How do you feel?** Help your kids identify their emotions and manage them in healthy ways – expressing big feelings is not easy. For sons, it's things like fear and sadness, and for daughters, it might be harder to express anger.

**What do you reckon?** Encourage them to be assertive, but also to negotiate and compromise so that everyone wins.

**Working it out.** Help them understand why things happen, how to work out a good resolution, and how to weigh up consequences.

**Behave respectfully.** Ask them what respect actually means and how they know if they're being respectful or not. Talk about what respect means when texting, on Snapchat or Facebook.

**You=me.** Show that men and women are equally valuable.

**Everyone has the right.** Show by your actions and reactions that both men and women have rights, and are their own people.

**Your choice.** Show that they can say no to any kind of touching. Be clear it is their choice about who they hug or kiss.

**You decide.** Give them options that have safe consequences, and respect their decisions.

**Honesty policy.** Answer truthfully to their questions about sexuality and relationships and give accurate information. If you don't know the answer, help them look it up.





**Room to talk.** Ensure there is space for them to ask questions and have many short conversations. Talk about thoughts and feelings, rights and wrongs in relationships, not just about how all the bits work.

**Family values.** It's good to be clear about your own values and what you expect from them, but give them space to work things out for themselves too. Ask, "What do you think should happen?" or "If you could make it better what would you do?"

**Reality check.** It's just the world we live in – your child will see pornography, by mistake or because they're curious. Try not to overreact. Instead take the opportunity to talk about how porn is unrealistic, and that it can be hurtful.

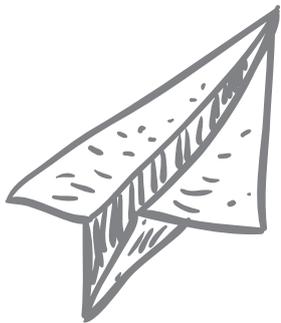
**Talk about sex.** Encourage your child to ask questions and find out the answers together.

**Be you.** Give them ways to help manage peer pressure.

**Develop your son's empathy.** Ask things like "How would you feel if that happened to you?" or "How do you think that feels when you treat them like that?"

**Develop your daughter's confidence.** Help her talk about what she wants by saying, "Tell me what you want to happen." or "How could you explain what you want to others?"

**Nice one.** Keep reinforcing any behaviour that shows respect for others.



# HOW TO TEACH RESPECT AT: 10–15YRS

**Keep luvving them.** Even though you might find some of their behaviour challenging, keep reinforcing your love and that you're there for them.

**I get it.** Let your teenagers know that you understand being a teenager can be intense, that emotions are all over the place, and that it's hard. Give them words and ways to express themselves.

**True 2 You.** Keep supporting your son to be who he wants, rather than trying to fit into the 'man box'. Encourage him to take a good look at messages about how men and women 'should' act. Keep checking your own messages to him.

**Talk to me.** Show your kids how to share their point of view without putting others down, how to listen and how to work things out fairly.

**Shake it off.** Help them solve problems and negotiate new social situations for themselves.

**Let's talk respect.** Talk to them about how they can manage new social situations and what's acceptable in new relationships, especially when they start going out with people. Ask them how their friends show respect, and how they want to be treated by a boyfriend or girlfriend.

**Respect online and texting.** Talk about the pros and cons of different behaviours online or in texts.

**You're awesome.** Focus on their strengths – talk about how to use them to engage with people they're interested in. Talking and flirting is OK as long as it's about getting to know the other person, rather than having sex or even talking about sex.



**What to do.** Talk about what's acceptable dating behaviour, and help them develop their skills and confidence to manage dodgy situations.

**You=me.** Explain that women and men are equally valuable, and demonstrate this in your expectations of sons and daughters.



**Uniquely you.** Help them to explore what makes people different, and to appreciate others' strengths. Encourage them to explore who they want to be. Talk about managing peer pressure.

**Let's talk.** Have frequent, honest and realistic discussions about sexuality and relationships. These can be about TV or movie plots, so it isn't too personal.

**All ears.** Don't judge them. Ask some questions, but avoid 'grilling' them – try to have many short conversations. Challenge them to see things from the point of view of others.

**Risky business.** Help develop their safe choices together. Give them encouragement when this works out, and support them to live with consequences, as well as learning from experience.

## PORNO WHAT?

They're going to see porn sometime so get in early.

### Look at porn – with critical eyes

Talk to them about porn so they look at it critically.

Highlight how pornography often shows non-consensual or violent sex.

Get your kids asking – Who has the power in the relationships shown in porn? Does everyone give their consent? And do I want to be treated like that?

Get them looking at how much violence or abuse there is. And how it's mainly directed against women.

Explain that porn is a turn on, but it links sex with violence, which is not how respectful sex is.

### Keep it real

And talk to them about what how a respectful sexual relationship is fun and connects people. And it always involves both people being enthusiastic and agreeing to everything.

Contrast this with what porn shows.

Emphasis that porn is unreal, while real relationships are between equal, consenting individuals.





**Got your back.** This includes peer groups that act disrespectfully. Make sure they get that you're worried about them, and that they deserve better; challenge them to live by their own values.

**Your call.** Always present sexual relationships as their choice and that they can't be forced to do anything, even by peer pressure. Suggest ways they can manage situations where they feel pressured.

**Build values.** Be clear about how you expect them to behave, while also helping them to develop their own values and to show these in their actions.

**Is that a good idea?** Build your teenager's ability to be more critical of all media, including porn, by asking "What's actually happening? What's the power relationship here?" and "How would you feel if this happened to you or someone you care about?"

**Talk alcohol and drugs.** Discuss in detail how alcohol and drugs affect decisions about things like sex, and help them develop safety strategies.

**Good mates.** Get them to look out for their friends, especially in risky situations.

**Nice one.** Keep reinforcing any behaviour that shows respect, and shows that they understand how it is for others.



# HOW TO TEACH RESPECT: 15-18YRS

## BEHAVE

- B** – **B**e there still
- E** – **E**ncourage their effort
- H** – **H**elp them understand
- A** – **A**dvice them when they ask
- V** – **V**alue their judgement
- E** – **E**mpathise with their challenges

**Acting up.** Always remind your teenage kids that you love and support them, even when they make decisions you don't agree with.

**Nice one.** Recognise when they show good decision-making, self-awareness, empathy for others and when they respectfully work through relationship problems. Encourage them when they show respect for others.



**Your call.** Reinforce good decision-making and how to learn from the past. Give them support when don't things turn out well.

**Who are you?** Keep talking to your sons about how to manage peer pressure to be in the 'man box'. Reinforce his individuality, flexibility and tolerance of others' differences. Check that he treats women as equals and behaves with respect, not just conforming to what his peers expect.

**Cyber Respect.** Remind them they're always worthy of respect and that they know how to treat others online. If necessary, suggest that they think about how their behaviour fits with their values or personal goals.

**Keep talking.** Keep having frequent, honest and realistic discussions about real-life dating, sexuality and relationship issues.

**Listen.** Ask their opinion and listen to and respect their views. If need be, remind them of the skills they can use.

**Got your back.** If they have friends who act disrespectfully, be direct about what you see and support them to decide for themselves. Reinforce that you are worried and that they're worthy of respect.

**YES**

TO KNOWING  
WHERE  
THEY'RE AT



**Either it's yes, or it's a no-go.** Keep reinforcing that sex has to have enthusiastic consent – everyone has to agree to everything that is happening.

**Continue to discuss alcohol and drugs.** Talk about the impact drugs and alcohol have on sexual violence, and their safety strategies.

**Be good mates.** Help them make sure their friends are safe. Encourage them to step in if they see risky situations developing, even if they don't know the people involved.

## PORN, REALLY?

They're seeing porn – it's everywhere.

### Keep looking at porn – with critical eyes

Talk to them about how real respectful sex is fun and between equal, enthusiastic and consenting individuals.

Highlight how pornography often shows non-consensual or violent sex and how it degrades women.

Keep prompting them to be critical and ask – Who has the power in the relationships shown in porn? Does everyone give their consent? And do I want to be treated like that?

Get them looking at how much violence or abuse there is. And how it's mainly directed against women.

Explain that porn is a turn on, but it links sex with violence against women. And that if anyone looks at lots of porn their brain gets wired to it, which prevents them having a real and respectful relationship.

### Keep it real

Talk to them about how a real respectful sex is fun and between equal, enthusiastic and consenting individuals.

Contrast this with how unreal porn is – it has unlikely situations and features actors being paid to look like they enjoy things that must be painful.

Talk positively about being having real relationships and being turned on by real bodies and real situations, and showing real respect.

Encourage your kids to read White Ribbon's Start With Respect toolbox and use the NUDE enthusiastic consent checklist.



# LEARNING FROM YOU



You're their dad – that makes you one of the biggest influences on your kids learning respectful behaviour. They see how you act and listen to what you say. You can make the difference.

**Children and teenagers want to learn. If you don't talk about respect, they'll pick up ideas from others their age and from internet, TV, and even porn.**

**Learning from others is not ideal.** If they only learn from others, they might learn more about disrespect. You need to provide balance and teach them about respectful behaviour.

**They crave more information.** Children and teenagers typically want more sex education than they are given. This includes how to have respectful relationships, so they'll appreciate learning from you.

**Respect is passed on.** Modelling respectful behaviour for the next generation will reduce violence towards women. It will give your sons and daughters happier, healthier and more peaceful lives. They will be more likely to raise your grandchildren to be respectful, giving a better future for everyone.

**You are the difference.**





# THIS RESOURCE WAS DEVELOPED FROM INFORMATION IN:

State of American Fathers, 2016, From [www.men-care.org/soaf](http://www.men-care.org/soaf)  
Open and Honest: A Parent's guide to talking with your child about sex and sexuality, New Zealand Family Planning, from <http://www.familyplanning.org.nz/search?term=open%20and%20honest>

A parent's handbook: How To Talk To Your Children About Developing Healthy Relationships from [www.loveisnotabuse.com](http://www.loveisnotabuse.com)

An overview of adolescent sexual development, National Sexual Violence Resource Center, from <http://www.nsvrc.org/saam/youth-healthy-adolescent-sexual-development-resources>

33 Tips for Communicating with Your Teen, Washington Coalition of Sexual Assault Programs, from <http://www.wcsap.org/33-tips-communicating-your-teen-0>

A parent's guide to teen dating violence 10 questions to start the conversation, from [www.loveisnotabuse.com](http://www.loveisnotabuse.com)

The toolbox content was developed with help from male educators at Wellington's Sexual Abuse Prevention Network (<http://sexualabuseprevention.org.nz/>) and inspiration from Australia's The Line (<http://www.theline.org.au/>). Thanks to Words for Breakfast (<http://wordsforbreakfast.co.nz>) and Ocean Design (<http://oceandesign.co.nz>) for working their magic.



# BREAK OUT OF THE MAN BOX!



**The Man Box is how lots of guys think they have to act in front of other men. You know, always acting like they're in control and in charge. And not showing any feelings – except anger. It's about looking tough.**

We call it the **Man Box** because it restricts you into a narrow way of being. It hurts others, and it hurts you.

Living in the Man Box is stressful – breaking out will be a relief, and will help you feel better in yourself. It will also mean you have happier relationships with your partner and kids, who'll feel safe around you.

**You're still a real man, but a far better, happier, more peaceful one.**

## The Man Box

### In front of other men, I will:

Always appear onto it and in charge, especially over women

Not show emotions, except for anger, and being aggro towards others

Not admit to mistakes or backing down

Appear staunch, not needing others

Keep proving I'm 'manly' by mocking behaviour outside the Man Box

## Break out!

### I'll choose my own identity and behaviour, because I want to:

Listen to others, share decisions, and value women as my equals

Be real, show all my feelings, not just anger, and always treat others with respect

Admit my mistakes and learn from them, and from others

Ask for help when I need it and value other people and their strengths

Avoid the idea that males are superior, and not put down others because they're not male



There's more helpful information about breaking out of the Man Box in White Ribbon's Break out of the Man Box! toolbox, available from

[WWW.WHITERIBBON.ORG.NZ](http://WWW.WHITERIBBON.ORG.NZ)

