

TOOLBOX FOR YOUNG MEN

START WITH RESPECT



HOW TO BE A GOOD GUY 101

You wanna to be a good guy, right?

Whether you're hooking up at a party, getting into something a bit more serious, or all over Tinder – being a good guy is about treating your partners with respect.

If you're not sure where to start, we've got some simple tips for how to do that.



SHARING IS THE THING

Sex is about sharing, and so is a good relationship –

S – **S**ee her as a person. Enjoy what makes her special.

H – **H**old respectful values of equality and fairness, and live by them.

A – **A**sk for her help. Take on board her feedback – it'll make things better.

R – **R**espect her wishes and judgement. Listen and respond.

E – **E**mpathise – see things from her point of view, and if there's stuff you can do to improve her situation, then do it.

1: START WITH RESPECT

Showing respect is attractive to others.

This means treating others how you want to be treated.

Sometimes you might find it a bit difficult to talk to women - especially women you're into - but they're people, just like you, and they're probably nervous too.

Whether you're wanting a hook up or a girlfriend, think about how you want your partner to respond, and treat her the same way.

Respect her, listen to what she has to say, do what you say you'll do, and, obviously, show some real interest in her as a person.

Showing respect also means you care about making this a great time for both of you.

Be sensitive to what's happening for her and pick up on her signals. If she's looking at you, talking more and is relaxed, then she's enjoying being with you. If not, then it's not happening, so move on.

Remember, every woman is someone's daughter, sister or friend, so treat her how you want other men to treat the women you care about.



2: CONSENT IS SEXY

Before you talk to a woman, you've got to get your head around one thing: they don't owe you sex.

Whatever you're doing, and whoever you're doing it with, enthusiastic consent should always be your starting point. You can't ever 'earn' the right to have sex with someone. If anything's going ahead, you have to both be totally into it, the whole way along.

This includes things like sexting.

You and your partner both get to weigh in on what happens, and you can both change your minds whenever you want to – for any reason, or no reason at all.

You can't ever 'earn' the right to have sex with someone. If anything's going ahead, you have to both be equally into it, the whole way along.

Ask, don't assume

Don't just assume your partner is OK with whatever you're doing. You actually need to ask and pay attention to how she's acting. You can only keep going if she says she wants to. And even more important, you need to accept what she wants – even if it feels unfair.

Keep checking

Keep checking in. After all, relationships and sex can involve lots of different activities – saying yes to one doesn't mean she's saying yes to everything. Before you take it a step further or change things up, ask if she's OK with it. Again, don't put pressure on if she says no.

And you also get to say what you're OK doing.

Can she say yes?

If you're a good guy, these points will be obvious. If a woman is out of it from alcohol or drugs, she can't give you the big thumbs up. Not resisting, isn't the same as giving consent. You've got to leave it – even if she's your girlfriend and even if she seems to be into it. Girls under 16 can't give their consent either – they're minors. If your partner isn't able to agree, because they've taken drugs or alcohol, or because they're too young, having sex is illegal.

ENTHUSIASTIC CONSENT IS

- N** – **N**o strings attached
- you aren't assuming anything. They're free to say 'yes' and they're just as free to say 'no'
- U** – **U**nderstood - they know what will be involved
- D** – **D**eliberate – they aren't affected by alcohol or drugs, or under pressure
- E** – **E**mphatic – it's a definite 'yes', not a 'maybe', 'not sure' or 'um' or silence



No pressure

Consent only counts if it's given freely – that means no threats or tricks, guilt trips or the silent treatment. It's not just a crappy thing to do, it's also illegal.



[WATCH A QUICK VIDEO ABOUT SEX AND CONSENT HERE](#)

HERE'S YOUR ENTHUSIASTIC CONSENT CHECKLIST:



- **What do I really want, here, with this person?** Be honest with yourself and the other person. Check what your values tell you is right.
- **What do they want here?** Get more info by asking them.
- Remember to **regularly check it is enthusiastic consent.** Ask if it's: -

N – **N**o strings attached – make sure you aren't assuming anything. They're free to say 'yes' and they're just as free to say 'no'

U – **U**nderstood – do they know what will be involved?

D – **D**eliberate – check that they aren't affected by alcohol or drugs, or under pressure

E – **E**mphatic – it's a definite 'yes', not a 'maybe', 'not sure', 'um' or silence

If your consent, and the consent of the other person is **N**o strings attached, **U**nderstood, **D**eliberate and **E**mphatic, then you can go ahead – until it's time to get consent for the next activity.



TAKE CARE DOWN THERE

Sex is fun, and serious too.

You need to share the responsibility for contraception and protection – don't just assume she's on the pill and hope it'll all be good.

When you're just getting together, use a condom. It's the easiest, most effective way to protect against STDs and pregnancy. And it shows you're a trustworthy guy.

If you're getting more committed, talk about what's best for you both. This can be a bit awkward at first, but bringing it up early on helps you get closer.

Find out more at

[HTTP://WWW.FAMILYPLANNING.ORG.NZ/ADVICE](http://www.familyplanning.org.nz/advice)

For more helpful advice see other white ribbon toolboxes

[HTTPS://WHITERIBBON.ORG.NZ/TOOLBOX/](https://whiteribbon.org.nz/toolbox/)

PORN – WHAT'S THAT ABOUT?

Take a good hard look at porn

Get critical – Who has the power? Does everyone give their consent?

Most porn shows non-consensual sex, so that isn't respectful sex.

Look at who uses violence against who, and see how much violence or abuse there is. See how this is mainly directed against women.

Porn is a turn on, but it links sex with violence against women, so really check how porn affects your attitudes and relationships, and even your behaviour.

Look at how porn affects you and ensure you're in charge of yourself. If you look at lots of porn your brain will get wired to it. You want to be turned on by real bodies, real situations and relationships and real respect.

Keep it real

Porn is unreal, while real relationships are between equal, consenting individuals. Check you're treating women with respect, and that there's always consent.

By develop your own skills to have good, real sex it'll be more satisfying, in every way possible.



4: DO THE RIGHT THING



Being trustworthy is cool.

That means being consistent and reliable – show up when you say you will, reply to texts, don't go behind people's backs or let them down.

It also means respecting your partner's privacy – only share things she's OK with you sharing.

5: DON'T BELIEVE EVERYTHING YOU SEE

TV shows, movies, even ads can be weirdly old fashioned about how men and women act, and when you grow up hearing and seeing those messages all over the place, it's easy to believe them. Clips you watch on the internet (you know the ones) can be even worse. If all your ideas about women and sex come from porn, you might be in for a shock when you meet a real live woman.

Life doesn't have a script but you get to act how you choose.

Don't assume that men always have to take the lead when it comes to sex.

Don't think that you're the dominant partner because you're male. Women also feel sexy so don't have double standards - she's not a slut for doing the exact same things you do.

Macho dudes who buy into those traditional roles aren't just sexist – they're harmful to everyone. Breaking out of the 'man' box' and showing you're not like that isn't just the right thing to do – it can make you safer to be around, and more attractive too.

6: CALL OUT YOUR MATES

Doing the right thing for the women in your life means calling out shitty, sexist behaviour when you see it. It's not easy to be the buzzkill who shoots down a joke – you can do it gently, so your mates don't feel too stink. It goes a long way to making the world feel safer for women.





FOR MORE IDEAS ON HOW TO STEP UP AND REACT TO YOUR MATES SEE

[HTTPS://WHITERIBBON.ORG.NZ/TOOLBOX](https://whiteribbon.org.nz/toolbox)

7: STOP THE STREET HARRASSMENT

If you're a dude, you probably haven't had people whisper sleazy comments at you when you're jogging, sit way too close on the bus, or yell at you from passing cars. These things happen to women and girls all the time, and they can range from annoying to terrifying.

Just don't do it.

Go ahead, talk to women: just make it respectful and genuine. If you're just trying to 'score her', she'll be able to tell. Think about the time and place (a dark street at 3am? Nope) and back off straight away if she's not interested.

Think about how you'd want other men to treat your sister or mother.



8: TALK AND LISTEN

Be up-front about what you want from the relationship.

Are you keeping it casual, seeing what happens, or do you want to get married next year?

So you've hung out, flirted a bit and now you're a thing. Sweet. But that doesn't mean you can do whatever you want. You're both still in charge of your own lives.

You might end up wanting different things or it doesn't work out. Again, think about how you want to be treated and act that way towards your partner. You can be respectful when you know you're not into her any more.

And if she wants something different you have to accept her decision. It's OK to feel hurt and it's best to talk about your feelings with others you trust, so that you can move on.

Even if you're jealous or taking it hard, respect her and yourself. It's so wrong to punish or pressure her, threaten or intimidate her, or stalk her (even online). That is creepy and illegal.

Find out more about respectful relationships at

[WHITERIBBON.ORG.NZ/TOOLBOX/](http://whiteribbon.org.nz/toolbox/)



9: BE A GUY YOU'D WANT TO HANG OUT WITH

It's about being the person you want to be. And living with yourself forever. We all make mistakes, but if you try to be a good guy, you'll feel better about yourself in the long run. You don't want to be replaying old conversations in your head or avoiding people you know you've treated badly.

Follow this advice and be a good guy. We need more people like you.

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

whiteribbon.org.nz

