

9 ways for men: to become allies in the fight for women's human rights

Gender inequality and women's rights are not just women's issue, it is a human rights issue. Women combat for their rights every day everywhere. But to achieve an equal world for all, men should question power dynamics in their actions and words and take responsibility for change.

Achieving gender equality is about challenging the patriarchal beliefs, practices, institutions, and structures that drive inequality between men and women.

1 Communicate with women and girls among your friends, family members, and loved ones.

Listen to the women who are combatting for their rights in different ways. Ask them about how you can offer support and look for ways to act in solidarity.



2 Start with yourself.

Question your behaviors and discourse, realize the gender-based stereotypes you may be applying and learn more about the ways of achieving equality.



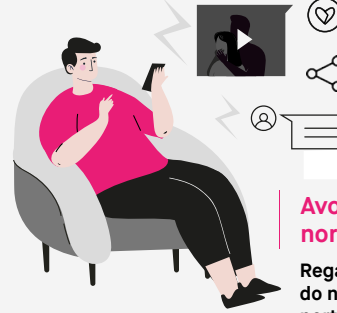
3 Learn about the women's rights movement.

Women's fight for human rights goes back hundreds of years in numerous countries around the world, including Turkey. Knowing about women's rights movement is one of the vital elements of the fight against inequality.



4 Avoid sharing content that normalizes violence.

Regardless of your good intentions, do not share disturbing content that portrays psychological, physical, or other forms of violence against women.



5 Support women's organizations.

Support and volunteer for the women's associations, organizations, and platforms in your city.



6 Do not forget that women are the focus of the fight for rights.

Always keep in mind that the needs and suggestions of women are in the limelight of discourses and interventions when it comes to their rights.



7 Use an egalitarian language.

Do not use a language that belittles and marginalizes women or that contains discriminatory language and hate speech. Gender stereotypes deep-seated in language are major obstacles to equality. [Check out UN Women Turkey's collaboration with Turkish Dictionary for tips on gender neutral language.](#)



8 Do not be a bystander in the face of violence against women.

Do not stay silent on any form of violence at home, at workplace, or in public spaces. Violence against women is a crime. Do not be a part of it, by witnessing and yet ignoring violence. Learn about the organizations and institutions that you can contact to report and issue complaints when you witness acts of violence. [Please click here for the Emergency Numbers and Mobile Applications' List prepared by the UN Women.](#)



9 Think about the long run.

Women's fight for human rights is not a sprint but a marathon. Reflect on how your involvement contributes to change and maintain your support through your actions and discourse. Share accurate information to reach more people. Inspire children and young people around you through your egalitarian actions.



HeForShe is the global solidarity movement initiated by UN Women inviting men, boys and people of all genders to stand in solidarity and to be advocate for gender equality.