




MISOGYNY & PREJUDICE - HOW CAN I RESPOND?

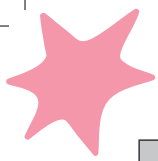
People often tell us they want to respond to prejudice when they see it - but they don't feel quite confident enough or 'know what to say'. So we've created these resources to help offer some ideas and guidance. We've worked with people with lived experience of responding to prejudice. Together we have identified the comments they hear most often, and the potential responses they would suggest using to reply. Experience tells us that arguing doesn't work, but by talking and listening, we can help to change perspectives and attitudes.







Remember, you don't have to engage in conversation if you don't feel physically and emotionally safe to do so, and all hate crime should be reported to Nottinghamshire Police by calling 101 (999 in an emergency) or online through True Vision at www.report-it.org.uk

! Warning: Please be aware the content of these comments and responses may be offensive or distressing and is intended for educational purposes !

Prejudiced comment	Potential responses
<p>I was only trying to be helpful. (When helping a woman who doesn't want help).</p> 	<ul style="list-style-type: none"> • Sometimes it helps to ask first if the other person needs help before assuming. • Would you have helped a man in the same way? Why not? Do you think it might be taken as an offence to have been offered help when you don't need it? • It can be frustrating for a woman if she feels that she's not considered capable.
<p>You can't even look at a woman these days without someone calling "rape" or "assault" or being told to shut up.</p> 	<ul style="list-style-type: none"> • Just because things have gone unchallenged, doesn't mean they weren't harmful. • Sexual assault comes in many different forms and is perceived differently by different people - it is complex for men, but women also have different feelings around this, so it's complex for women too. • Even if some women find a behaviour acceptable, it could be causing them or other women upset that they are not showing. • Women don't always want to be seen as sexual beings and it can be quite harmful / disempowering. • Do you ever get misunderstood in your approaches to women? Why do you think that is?
<p>You wouldn't understand as a woman, leave it to us men. OR You women like this sort of stuff. OR It's natural for women to like looking after men and looking after the house.</p>	<ul style="list-style-type: none"> • Women might feel that they have to act a certain way that might not be what they enjoy. • We have lots of examples of men who excel in 'feminine roles' and vice versa. • Women are often expected to cook, clean, care for children AND work - this is expecting a lot from a person! • The workplace is very different now, women can fill most roles and women have more freedom to choose. This is a good thing and means we get the best talent pool for different jobs.
<p>When is International Men's Day?</p>	<ul style="list-style-type: none"> • It's every year on November, 19th and addresses key issues such as male suicide, role models, and reproductive and health issues. If you are interested to get involved, there are many charities and government initiatives.
<p>Why are men not allowed to participate in #METOO conversations?</p> 	<ul style="list-style-type: none"> • If some women have gone through a difficult experience with other men, women might not want to talk about it with them. • Women have different life experiences to men, so men might not always be able to understand. • If you want to talk about something that has happened to you, it's important to find support for that. Would you like me to suggest somewhere you can have this conversation? • Men are most commonly the perpetrators so it helps to separate the conversation. It's important for women to have a safe space to talk without men. Often they find it easier in women-only spaces. Men can also have these conversations but sometimes it needs a separate space.



Prejudiced comment	Potential responses
<p>- She's being bossy. - He's showing real leadership. (Treating men and women differently)</p>	<ul style="list-style-type: none"> • Why do you describe her as '...' when she does this, but when he does it you praise him? What do you think the difference is? • Do you realise it can be harmful to treat people differently for doing the same things? It might make some people think they're not or can never be as good.
<p>Women's sports only exist for men's pleasure.</p>	<ul style="list-style-type: none"> • Why would you say that? Women's sports exist for women to exercise and showcase their talents on an equal playing field, since some of the physical differences between men and women make it unfair to compete in certain sports together.
<p>Why are you bringing this up now, rather than at the time?</p> 	<ul style="list-style-type: none"> • Every person deals with trauma or situations differently. The responses can be immediate, or long term. Sometimes a victim feels intimidated, or frozen, or needs to process what happened to be able to react. Taking time to respond does not mean that what happened is not valid. • Have you ever been in a situation where you were upset by something but couldn't talk about it at the time? What were your reasons?
<p>She was asking for it. She should have...</p> <ul style="list-style-type: none"> - dressed more modestly. - drank less. - walked home with a friend. 	<ul style="list-style-type: none"> • Is it fair for a woman to have to adjust the way she lives because someone might not be able to control themselves otherwise? Are we saying that men don't have self-control? • Women get attacked in all kinds of clothes and all kinds of situations. What should they do then? • Is it fair to blame the victim? If someone commits a crime against you, should we be asking what you did to deserve it and let the criminal get away with it? • There's never an excuse to assault someone, we are responsible for our own actions.
<p>You can't give anyone a compliment these days without them crying sexual assault.</p> 	<ul style="list-style-type: none"> • There is a big difference between a genuine compliment and normalising sexual violence. • There are appropriate times and places to give compliments, it can be very uncomfortable to be given certain compliments in inappropriate environments. • If your compliments are being misinterpreted, maybe you're not wording them correctly? For example it's one thing to tell a colleague you like her dress, but if you say it by telling her that her dress compliments her assets, then that will make her feel uncomfortable and sexualised.
<p>Women never pick the nice guys, they only like idiots and tough guys.</p>	<ul style="list-style-type: none"> • Women like different guys for different reasons. Being mean to a woman won't make her like you. • Be yourself, if you have to act tough to get a woman to like you, then is she liking you for you, or for the person you're pretending to be - is that any better?
<p>If it's that bad, why doesn't she leave him?</p> 	<ul style="list-style-type: none"> • It's not always as easy as that, there are complex power dynamics in relationships that make it hard or impossible to leave. • Women can't always leave a relationship out of fear that they may have nowhere to go, maybe their finances are being controlled or maybe they're afraid they'll be attacked if they try. • Sometimes when we're in these relationships we don't see how bad it is - maybe they've been convinced that this is normal and how all relationships work, or maybe they think or hope that things will get better if they keep working on it.

