

# 4 B.E.S.T. STEPS TOWARD ALLYSHIP

## BELIEVE



Believe small changes can have a big impact.

Create safe spaces where your male friends, family members and neighbours can support each other.

## ENCOURAGE



Encourage men and boys to be their best selves by being their whole selves.

Men and boys are taught from an early age that “real men” don’t have fears and they don’t get sad. That’s untrue.

Men and boys have many emotions, such as fear, joy and kindness. Encourage them to express all of their emotions.

## SUPPORT



Support people in your community.

Being an ally means checking in on your neighbours, friends or family members, especially if they are newcomers.

Building a life in a new place is hard and it takes time to get through the transition. Check in with those around you.

## TEACH



Teach other men in your life how to be an ally.

If each man taught other men, and boys how to be an ally to women and girls this small change could have a big impact in preventing violence and harm.