Living as a FIRST MAN STANDING
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Welcome to Restored’s new resource for men: Living as a First Man Standing.

When we launched First Man Standing in June 2011 we challenged men to:

1. **Respect** all women everywhere and demonstrate love and support for women and children in their family.

2. **Challenge** other men by speaking out to their friends and colleagues about ending violence and negative attitudes towards women.

3. **Join** the cause and make a personal pledge never to commit, condone or remain silent about violence against women.

If you haven’t joined up, then you can do so at [www.restoredrelationships.org/firstmanstanding](http://www.restoredrelationships.org/firstmanstanding)

We wanted to follow up the launch with practical resources that would help men to live this out. This resource gives lots of ideas about how we all, as men, can be a First Man Standing; building and demonstrating good relationships.

It consists of separate sections for some of the many roles that we fulfil as men. Each one has several suggestions for action that we can take to build good relationships and model love and respect for the women, children and men in our lives.

I hope you find this resource valuable. Do give us some feedback at [info@restoredrelationships.org](mailto:info@restoredrelationships.org) and if you have some other ideas about how we can promote First Man Standing, then let us know.

With best wishes

**Peter Grant**

Co-Director, Restored
What do these relationships look like?

**FRIEND**
- Recognise the power you have to be a positive role model and challenger to your friends (both male and female)
- Challenge sexist and inappropriate language and jokes
- If you have a partner, always speak respectfully about her with your friends
- Raise awareness about the issues of violence against women with your friends
- Be willing to challenge any friends who are abusing or controlling their partners
- Be aware of the types of activities your friends want to do
  - What TV programmes you are watching
  - Avoid or refuse to go to lap dancing clubs, strip clubs etc
  - Refuse to engage in the objectification of women on stag nights (use the stag night checklists)

**FAMILY MEMBER (SON, BROTHER, UNCLE ETC.)**
- Recognise the power you have to be a positive role model and challenger to your family (both male and female)
- Be a supportive of your mum and other female relatives and encourage your male relatives to do the same
- Unconditionally support any relatives you have who are experiencing abuse
- Challenge and hold to account any relatives who behave abusively or in a derogatory manner

**WORKER**
- Recognise the power you have to be a positive role model and challenger to your work colleagues (both male and female)
- Encourage your work place to practice equal opportunities
  - Challenge and advocate for women who are being treated badly by the workplace
- Ask your employer to take up a domestic abuse workplace policy
- Challenge sexist and inappropriate language and jokes
- Recognise that any of your work colleagues could be experiencing domestic abuse, or choosing to abuse their partner
- If there is pornography displayed in your work place, ask for it to be taken down

**HUSBAND/PARTNER**
- Accepting of who she is and what she wants to do
- Have equal responsibility for the finances
- Equality of jobs in the home (this is individual depending on own circumstances)
  - Don’t use language like ‘I help her with the housework’
- Supportive and encouraging of your wife/partner in achieving everything she can
  - Don’t use language like ‘I let her go out’
- Welcome her friends and family
- Take responsibility and admit to being wrong
- Sexually respectful and loving
- Actively listen to her
CHRISTIAN

• Pray about your own attitudes and beliefs about women
  ○ Ask God to challenge and change you where it is needed
• Reflect on God’s heart for women, and the abuse of women
• Consider Jesus’ example of being a man. He always treated women as equals and condemned abuse and violence
• Spend time reading the passages in the Bible that deal with violence against women

BOYFRIEND

• Accepting of who she is and what she wants to do
• Supportive and encouraging of your girlfriend in achieving everything she can
  ○ Don’t use language like ‘I let her go out’
• Accept her right to end the relationship
• Take responsibility and admit to being wrong
• Sexually respectful
• Actively listen to her

NEIGHBOUR

• If you see or hear abusive/violent behaviour be willing to challenge it and if necessary to call the police
  ○ Ignoring him is the same as encouraging him
  ○ Never ignore the behaviour, he may hurt her!

CHURCH MEMBER

• Raise awareness about violence against women in your church
• Give you church the Church Pack and ask them to implement it
• Challenge the leaders responsible for pastoral care to ensure they are effectively supporting those who are experiencing abuse
• Challenge the leadership to be regularly mentioning and raising awareness about violence against women in sermons, small groups, notice sheets etc.
• Recognise you are a role model to others and endeavour to always behave in a way that honours women
• Organise childcare for women’s events, so women without partners, or other support can still go. This enables you to provide positive male role models to children without a supportive father and is a practical way of showing women in the church how valuable they are
• If you are a father, volunteer to help in Sunday School showing that children are not just the mother’s responsibility
• Encourage and challenge your church to donate money to a local/national/international service supporting women who have experienced violence
• Recognise that any woman within your church could be experiencing domestic abuse, and any man choosing to abuse their partner. Be willing to support the women and ready to hold the man accountable for his behaviour
**FATHER**

- Be an equal parent
- Support your wife/partner’s/girlfriend’s decisions and actions with the children
  - Don’t undermine her
- Know your children
- Be a good role model to them
- Treat boys and girls equally appreciating their differences
- Encourage the children to treat boys and girls equally
  - Challenge and correct “sexist” or unequal language and actions
- Support your wife/partner/girlfriend and be an example to the children about how they should treat her
- Challenge and correct the children if they are disrespectful to their mum/stepmum/partner
- Recognise you are an example/role model to your children’s friends/their parents/school staff and children

**CONSUMER**

- Shopping
  - Avoid buying clothes that have offensive/sexist language on
  - Consider whether the products you are buying are advertised in a way that degrades women
- Media
  - Consider whether the magazines/TV programmes/films/music/games you buy are respectful to women; do they encourage the objectification and degrading of women? Consider what you are saying by purchasing/owning items that do this
  - Consider what internet content you view. Using or viewing pornographic material degrades and objectifies women, regardless of whether or not they are choosing to participate in it. Other content may not be pornographic, but it may use images which are highly sexualised.
  - Challenge those who send you emails which are sexist or derogatory towards women.

**STRANGER**

- Recognise that you may be the first non abusive man a woman or child has ever met and realise the potential you have to show them a new way
  - A kind word or encouraging smile is so powerful
- If you see abusive behaviour be willing to challenge it and if necessary to call the police
  - Never ignore the behaviour, he may hurt her!

**GIVER**

- Be willing to pray for the issue of violence against women
- Give your time, either to provide practical support to services supporting women, or to fundraise for organisations
- Give money to organisations supporting women who have experienced abuse