

We all have the right to live in safety, free from all forms of violence.

Bringing an end to men's violence against women takes a whole of community approach and this is why we are supporting White Ribbon Day.

The statistics are shocking and show that millions of Australian and New Zealand women are treated with disrespect and subjected to violence throughout their life.

Those impacted are not just statistics – they are our colleagues, family members and friends.

To end men's violence against women, we need to change attitudes and behaviour.

Accepting the status quo is the biggest barrier to change. By taking a stand, we can choose a future where everyone in our community is able to live free from violence.

I encourage you to join people across our region and take the oath to **'stand up, speak up and act to prevent men's violence against women'**.

Take the oath

You can sign the charter at:

- Australia and New Caledonia: whiteribbon.org.au/stop-violence-against-women/take-the-oath/
- New Zealand: whiteribbon.org.nz/act/the-pledge/

You can also download this guide to **the everyday actions men can take**.

At Parkwood Sharks we value respectful relationships and gender equality, to ensure that everyone is treated equally and able to be free from any form of harassment, bullying or violence.

How to get help

If you need someone to talk to about your situation, support is available via

- <https://www.1800respect.org.au/> or call 1800 737 732 NRS: 1800 555 677
Interpreter: 13 14 50
- <https://www.whiteribbon.org.au/find-help/support-services>

Thank you for your support.

Diversity at Parkwood Sharks

We are supporting the White Ribbon campaign as part of our commitment – through our State of Mind Committee – to promoting respectful relationships and gender equality within our club and the wider community. Learn more about Parkwood Sharks Policies and Support [here](#).