



Equality and respect checklist for men

Take a look at following checklist and have a think about...

- *Where you're at now*
- *Where you want to be, and*
- *What you need to do to get there*

Non-threatening Behaviour

- Talked and acted in ways that made others feel safe
- Allowed others to leave if they wished
- Was aware of body posture, movements and loudness

Respect

- Listened to others without judging them
- Valued others' opinions
- Agreed to disagree
- Allowed others the space to have their say
- Used the Respect Test frequently
- Used person's name, not a label

Trust and Support

- Supported others in their choices
- Respected others to have their own feelings
- Allowed others to choose their friends
- Allowed others to have their opinion

Honesty and Accountability

- Accepted responsibility for myself and my behaviour
- Acknowledged my past abuse
- Admitted being wrong
- Communicated honestly and truthfully

Responsible Parenting

- Kept the boundary between adult issues and children's issues
- Shared fully in parenting responsibilities
- Was a positive, non-abusive model for children

Shared Responsibility

- Mutually agreed on fair distribution of work
- Made family decisions together
- Talked regularly about important issues

Economic Partnership

- Made money decisions together
- Made sure everyone benefits from any arrangements concerning money

Negotiation and Fairness

- Worked out conflicts so that there were no winners or losers
- Accepted change
- Was willing to compromise