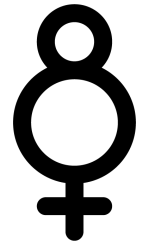




The 9 commandments of the men allied to the Women*'s Strike



**You are a man and you want to support women* on March 8th?
Here is how to become a good ally!**

1. *Be aware of your privilege.*

The starting point for any ally is to recognise their privilege. Access to better jobs, more speaking time, the right to be angry without judgement, feeling safe out in the streets... yes, you have a series of privileges simply because you are a man!

2. *Be informed.*

The job of a good ally is to do the research. Women*'s time is statistically more occupied by others, let's not make it worse by asking them to explain what you could find yourself on numerous websites, blogs, and books. Do watch out that your sources are credible.

3. *Believe what women* say.*

When women* share with you their sexist and/or negative experiences, do not minimise them. They know what they've lived through, you don't. Feeling unconditionally validated after being the victim of discrimination is the first step towards healing.

4. *Take care of the housework.*

Now that you are better informed you know that women*'s time is statistically more occupied with care work (taking care of the children, housework,...). On the day of the strike, take over as much as possible of that invisible work so that the women* around you can fully focus on the strike. If you keep on doing it after March 8th nobody will complain ;-)

5. *Stay away from the microphone.*

Did you know that, on top of having more time to speak, a man is also statistically more likely to be interviewed than women* are? On the day of the strike, there might be journalists coming to ask you what you think of the women*'s strike. The right thing to do is to refuse taking up this time and to politely redirect them towards women*, the main stakeholders and organisers of this strike.

6. *Fight sexism.*

Chances are that the enemies of equality will manifest themselves on March 8th. Don't tolerate any sexist act or remark (even as a joke). A recent ULB study has shown that confronting sexist people is the best way to make them change their attitude.

7. *Do not use feminism to your own ends.*

One of the temptations for any ally is to expect to be thanked or honoured for the support given. If that happens to you, question yourself: is it you who matters in this case, or the struggle for a more egalitarian and just society?

8. *Raise awareness among other men.*

True equality between women* and men also depends on the number of men willing to question their privilege. Social psychology studies show that we have a greater tendency to listen to and imitate people who are similar to us.

9. *Embrace inclusivity !*

The struggle for equality is inclusive. A good ally of women* is also a good ally of all discriminated people: racialised people, LGBTQIA+, poor people, disabled people, immigrants, etc. The more attention you will pay to what others are going through, the better an ally you will become.

*** By woman we mean any person who identifies and-or is identified as such, we are a collective of cis and trans women, trans, inter and non-binary people.**