



# I Respect

## Information for Referring Agencies

I Respect is a program to educate and encourage high school boys (or groups of boys in sports clubs for example) to examine their attitudes and beliefs about manhood. **It is about teaching men and boys about healthy and respectful manhood to better support each other emotionally and hold each other to account, while ensuring girls and women are safe and considered equal.**

The authors of the program recognize that the underlying causes of violence and discrimination against women and girls are rooted in the ways women have been traditionally viewed and treated in our society.

The goal of the I Respect program is to provide coaches, educators and mentors with tools to help raise awareness about healthy, respectful manhood and prevent violence and discrimination against all women and girls.

The program looks not only at the difficulties caused for women and girls by the rigid gender construct, but for the boys and men as well.

### The program covers:

- promoting healthy, respectful manhood
- decreasing language and actions that degrade women, girls and other marginalized groups
- challenging harmful cultural and social norms
- decreasing instances of bullying and homophobia