

**N0.1**

Does your algorithm reflect who you want to be?  
Unfollow the accounts that make women seem less than.

**N0.2**

Don't fall for the theatrics. Social media can pull you in with sleek audio and editing, making harmful messaging appear inspirational. Is it an account that speaks about what women need rather than asking them what they want? Maybe it's not worth the follow.

**N0.3**

Be wary of grandiose statements about other genders. Like, all women want a provider and all women want to stay at home. Every woman and person is different, *all* statements are limiting and unhelpful. The only *all* statement that matters, is that *all* women deserve respect.

**N0.4**

Platform female voices without overshadowing. If you're in a group and a female's comments get ignored, ask again for her perspective so it doesn't get missed.

**N0.5**

What are the topics of your group chats, and would you be embarrassed if they went public?  
Be responsible for changing the tone of your conversations.

**N0.6**

If a friend is constantly called and monitored by their partner,  
make it clear that you're there for them if it feels too much.

**N0.7**

Getting smothered with affection and gifts can be a way to cover up disrespect. If you're worried about a friend, ask them how they feel, gifts aside, do they feel respected? Listen and tell them you're there.

**N0.8**

Keep it relatable and supportive when having challenging conversations...  
*I used to think that too but then I learnt how harmful that language can be.*

**N0.9**

Direct your focus on celebrating men when they show up,  
getting around your mates can motivate others to do the same.

**N0.10**

Degrading jokes about women aren't funny, don't fuel it with laughter, ask them to explain the joke.

**N0.11**

If you want to call out harmful behaviour to a friend, do it respectfully and explain the impact in a relatable way, shame doesn't motivate people to change.

**N0.12**

Rejection is tough, but if someone sets a boundary, respect it.