



Practical, everyday habits for men

- **Talk to your partner about money**
- **When a woman tells you something is sexist, believe her.**
- **Pay attention to where you can use your maleness to interrupt sexism.**
- **Pay attention to and disrupt typical gender role division of labor (ie. women do the cooking while men sit and talk)**
- **Don't make jokes that simplify or generalize women.**
- Don't ogle women, or engage in "locker room talk."
- Self-identify as a feminist (and normalize it instead of accepting praise).
- **Pay attention to the gender of experts and key figures presenting information to you in the media.**
- **Make sure some of your heroes and role models are women.**
- Ask yourself: "Is she 'nagging' because I'm *lagging*?"
- Inject feminism into your daily conversations with other men.
- Get in the habit of treating your maleness as an unearned privilege that you have to actively work to cede rather than femaleness being an unearned disadvantage that women have to work to overcome.

Source: <http://www.xojane.com/issues/feminism-men-practical-steps>

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