



University of  
**CUMBRIA**

# STAND BY HER TRAINING

BEING AN EFFECTIVE  
ALLY TO WOMEN





Attending the Stand By Her training felt vital in today's climate. The session reframed responsibility: rather than placing the burden on women to manage or avoid harmful behaviour, it emphasised the role men can play as allies in challenging the attitudes and norms that allow misogyny and sexism to persist. It highlighted how men can challenge stereotypes and counteract cultural factors that normalise harmful attitudes that might show up in everyday language and behaviour.

I found the trainer's informal approach and the practical micro-intervention tools particularly useful, and left feeling more committed to helping reshape social norms and supporting safer environments for women at a time when these issues demand sustained attention and collective responsibility.

**Jamie McPhie**



Providing our university community and partners from Carlisle United FC with the opportunity again to engage with Stand By Her training has been an important part of our continued White Ribbon action and awareness raising, focused on ending male violence against women and girls.

The training aligns with our wider responsibilities, provides impactful insights, and empowers attendees to be active bystanders, focusing on male allyship being part of the solution to addressing misogyny in our society.

**Lee McDermott**



The session included some shocking statistics, especially in today's world, which reinforced the necessity for training like this. The fact that this not only included what to look out for but also practical ways to engage, challenge and support meant I left feeling more aware and better prepared to intervene should I find myself witnessing something in the future.

The trainer of the course was not only a compelling presenter, but her lived experience also allowed for an open and frank dialogue that made the whole session feel genuinely worthwhile.

**Thom James**