

# ARE YOU FED UP OF THAT GUY?

You know the one – he’s always making dodgy comments, cracking ‘jokes’ that only he thinks are funny, leering at the girls and making every other guy look bad?

Here are some ways you can stand up, speak out, and be the lad everyone needs now.

- Listen to girls, and make space for them to talk
- Be on standby for when they need you
- If in doubt, put yourself in her shoes. How do things look from her point of view?
- Don’t let your mates off the hook – call them out if what they are doing isn’t cool.

A simple “Give it a rest” or if you feel awkward, distract him.

- You don’t have to be confrontational – after all, you’re his pal and you don’t want him making an idiot of himself
- Find positive male role models and value healthy friendships
- Embrace your own style, always be genuine and if you’re out listening to music, don’t stand there like a lump – *dance!*

