

16 THINGS YOU CAN DO TO HELP END VIOLENCE AGAINST WOMEN AND GIRLS



1

TELL PEOPLE THAT VIOLENCE AGAINST
WOMEN AND GIRLS IS NEVER OK.

Every woman has the right to a life free of violence

The 16 Days of Activism Against Gender Violence Campaign is an international campaign that began in 1991. From November 25th, the International Day of Elimination of Violence against Women, to December 10th, International Human Rights Day, the campaign calls on individuals and groups around the world to act to end all forms of violence against women and girls.



2

IF YOU SUSPECT THAT A WOMAN CLOSE TO YOU IS BEING ABUSED, LISTEN TO AND SUPPORT HER. TELL HER THERE ARE PEOPLE WHO WANT TO HELP.

3

BELIEVE WOMEN WHEN THEY TELL YOU THEY'VE BEEN RAPED OR ABUSED. DON'T ASK ABOUT THEIR BEHAVIOR AND WHAT THEY WERE WEARING. LISTEN TO WHAT THEY SAY WITHOUT JUDGING THEM. WOMEN NEVER ASK FOR NOR DESERVE TO BE RAPED OR ABUSED!



4

LEARN ABOUT VIOLENCE AGAINST WOMEN AND WHAT CAUSES IT. YOUR EDUCATION IS A TOOL TO END IT!



5

TEACH BOYS AND YOUNG MEN ABOUT HOW TO BE MEN IN WAYS THAT DON'T INVOLVE DEGRADING OR ABUSING GIRLS AND WOMEN. LEAD BY EXAMPLE!



6

ENCOURAGE AND SUPPORT THOSE PEOPLE IN YOUR COMMUNITY WORKING TO END ALL FORMS OF VIOLENCE AGAINST WOMEN AND GIRLS.



7

TALK TO FAMILY AND COMMUNITY MEMBERS ABOUT HOW VIOLENCE AND FEAR OF VIOLENCE AFFECT THE DAILY LIVES OF WOMEN AND GIRLS. TALK ABOUT HOW YOU CAN SUPPORT EACH OTHER TO HELP END VIOLENCE.



8

MAKE YOUR HOME VIOLENCE-FREE. CHILDREN WHO HAVE WITNESSED OR SUFFERED FROM GENDER-BASED VIOLENCE, ARE MORE LIKELY TO BECOME VICTIMS AND ABUSERS LATER IN LIFE.



9

RAISE YOUR SONS AND DAUGHTERS TO BE EQUAL AND TEACH THEM THAT THERE IS NOTHING THAT BOYS CAN DO THAT GIRLS CANNOT.





10

VOLUNTEER TO WORK WITH VIOLENCE AGAINST WOMEN AND GIRLS PREVENTION PROGRAMMES IN YOUR COMMUNITY!



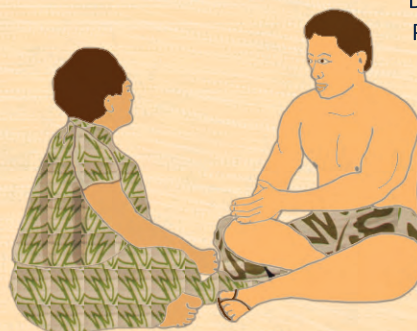
11

SHARE THE DECISION-MAKING WITH WOMEN IN YOUR LIFE. DISCUSS THINGS WITH YOUR PARTNER AND RESPECT HER OPINIONS.



12

IF YOU ARE ANGRY, COUNT TO 10 BEFORE REACTING TO SOMETHING YOU HEAR OR SEE.



13

IF A BROTHER, FRIEND, CLASSMATE OR TEAMMATE IS DISRESPECTFUL TO OR IS ABUSING A WOMAN OR A GIRL, DO NOT LOOK THE OTHER WAY – INSTEAD, FIND A WAY TO TALK ABOUT IT WITH THEM. REMEMBER THAT SILENCE IS AFFIRMING – WHEN WE CHOOSE NOT TO SPEAK OUT ABOUT VIOLENCE AGAINST WOMEN, WE ARE SUPPORTING IT.



14

WORDS ARE VERY POWERFUL, ESPECIALLY WHEN SPOKEN BY PEOPLE WITH POWER OVER OTHERS. REFER TO WOMEN AS EQUALS AND DON'T USE DISRESPECTFUL WORDS!



15

JOIN THE 16 DAYS OF ACTIVISM AGAINST GENDER VIOLENCE CAMPAIGN FOR WOMEN, GIRLS, MEN AND BOYS WHO WANT TO SPEAK OUT AGAINST VIOLENCE AGAINST WOMEN AND GIRLS.

SAY NO UNiTE

TO END VIOLENCE
AGAINST WOMEN

Say NO - UNiTE to End Violence against Women is a global platform for advocacy and action records what individuals, organizations and governments worldwide are doing to end violence against women. Whether you organize workshops, reach out to students, advocate for better policies, or implement new laws, post your actions on saynotoviolence.org or facebook.com/SayNo.UNiTE

United Nations Secretary-General Ban Ki-moon's UNiTE to End Violence against Women campaign aims to prevent and eliminate all forms of violence against women and girls in all parts of the world by 2015.

Through UNiTE, the entire UN system is joining forces with governments, civil society, women's organizations, young people, the media and the private sector to raise public awareness, increase political will and resources, and strengthen partnerships to end violence against women and girls.

For more information, go to
endviolence.un.org



TELL US WHAT YOU HAVE DONE TO STOP
VIOLENCE AGAINST WOMEN AND GIRLS. WE
WANT TO LEARN FROM YOUR EXAMPLE!



16

