

16 ACTIONS for 16 DAYS

**16 Days of Activism Against
Gender-Based Violence
Nov 25-Dec 10**

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#1 Learn The Facts

67% of Canadians know a woman who has experienced physical or sexual abuse and 6,000+ women and children in Canada sleep in shelters on any given night because it isn't safe at home.

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#2 Educate Yourself

Learn about the causes and
consequences of gender-based violence.

A good place to start is
[www.canadianwomen.org/the-
facts/gender-based-violence/](http://www.canadianwomen.org/the-facts/gender-based-violence/)
and www.unwomen.org

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#3 Define Activism

Look up the definition of activism, then journal your findings. Consider how God may be calling you to activism with respect to gender-based violence.

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#4 Be Encouraged

Read the stories of the daughters of Zelophehad (Numbers 22) and Elizabeth (Luke 1) to be reminded of the value of using your voice to speak up.

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#5 Be Informed

Learn about what emergency services exist in your community, such as your local women's shelter or sexual assault centre. Search online or consult the front pages of your telephone directory.

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#6 Listen

Be open to learning to the experiences of others and be a safe space where those affected can share their story.

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#7 Provide a Lifeline

Post signs with hotline
information in your thrift store,
community services office,
church or business.

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#8 Build Relationships

Invest in creating safe spaces for
women and girls through
women's ministries groups,
Grow teen groups, *Brave* etc.

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#9 Engage

Research agencies in your area
where services are directed
towards women or
transgendered people. Find out
how you can get involved.

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#10 Donate

Donate your money to a local women's organization, like a women's shelter or support centre.

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#11 Create Safe Spaces

Establish safe ways for those
experiencing abuse to seek
support, without alerting their
abusers.

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#12 Seek Justice

Connect with The Salvation Army International Social Justice Commission by following them on Facebook or Instagram, or check out their website. They are active advocates for gender-based equity.

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#13 Collect

Gather personal items, such as toiletries, to distribute to family shelters or women's shelters.

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#14 Use Prayer Squares

Pray through the UN Sustainable Development Goals using the Prayer Squares available at www.salvationist.ca/women-s-ministries/cry-for-justice/

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#15 Speak Up

Use your social media presence to speak up against gender-based violence.

Consider creating a word board about our responsibility to speak up, or share a photo that demonstrates how to combat gender-based violence.

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#16 Share

Share a relevant social media post to alert others about the importance of learning about gender-based violence and how they can make a difference.

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