



# Living Well North Tyneside

Supporting Health and Wellbeing

**The 16 Days of Action Against Domestic Violence** is an annual international campaign that runs from **25th November** (International Day for the Elimination of Violence Against Women) to **10th December** (Human Rights Day). This powerful campaign calls for united global action to end violence against women and girls, highlighting the pervasive impact of domestic violence and the urgent need for change.

## What Are the 16 Days of Action?

Launched in 1991 by the Centre for Women's Global Leadership, the 16 Days of Action is observed in over 180 countries, bringing together individuals, organisations, and governments to raise awareness, support survivors, and drive change. It emphasises the fundamental principle that violence against women is not only a violation of human rights but also a major public health and social issue that hinders progress toward equality.

## The Urgent Need for Action

Domestic violence affects millions of women worldwide. In the UK alone, 1 in 4 women experience domestic abuse during their lifetime, with many cases going unreported. This campaign sheds light on the systemic nature of gender-based violence and the structural inequalities that perpetuate it, aiming to inspire action at all levels:

- **Raising Awareness:** Educating communities on the prevalence and impact of domestic violence and the need for cultural and systemic change.
- **Supporting Survivors:** Highlighting the importance of providing safe spaces, counselling, and legal support for those affected.
- **Driving Policy Change:** Advocating for stronger legislation and enforcement to protect women and hold perpetrators accountable.

## 2024's Theme: Ending Violence Against Women and Girls

The theme for this year's campaign continues to centre on ending violence against women and girls, a deeply entrenched issue that spans across all cultures and communities. Specific areas of focus include:

- **Domestic Abuse:** Raising awareness of coercive control, financial abuse, and physical violence within intimate relationships.
- **Gender-Based Violence in Public Spaces:** Addressing harassment, stalking, and threats faced by women in their daily lives.
- **Digital Violence:** Tackling online abuse, cyberstalking, and exploitation through digital platforms.

## How You Can Get Involved

Ending domestic violence requires collective action. Here are some ways you can support the 16 Days of Action:

1. **Educate Yourself and Others**  
Learn about the signs of abuse and how to offer support to someone in need. Share information on social media using hashtags like #16Days and #EndViolenceAgainstWomen.
2. **Support Local Charities and Organisations**  
Donate to or volunteer with organisations such as Women's Aid, Refuge, or local domestic violence shelters. Many of these groups provide life-saving support to survivors.
3. **Engage in Advocacy**  
Contact your local MP or councillor to advocate for increased funding for domestic violence services and stronger protections for survivors.
4. **Host or Attend Awareness Events**  
Many communities hold marches, vigils, or workshops during the campaign. Participating in these activities helps to amplify the message and show solidarity with survivors.

## 5. Encourage Workplace Action

6. Employers can play a role by adopting policies to support employees experiencing domestic abuse, such as offering flexible working, signposting resources, and creating a safe environment for disclosures.

## 7. Challenge Misogyny and Inequality

Speak out against sexist behaviour, jokes, or comments that normalise violence or disrespect towards women. Cultural change starts with individuals taking a stand.

### Building a Future Free from Violence

The 16 Days of Action Against Domestic Violence is not just a time to reflect on the devastating consequences of domestic violence—it's a rallying cry for lasting change. By working together, we can challenge harmful societal norms, support survivors, and create a safer, more equitable world where violence has no place.

This year, let's use these 16 days to educate, advocate, and take meaningful action. Every step, no matter how small, brings us closer to ending domestic violence and ensuring the safety, dignity, and rights of women and girls everywhere.

Together, we can end violence and build a world where every woman feels safe and valued.

### Related Documents

- [Melissa Bus.pdf](#)
- [Domestic Abuse.jpg](#)

### Related Links

- [16 Days of Activism against Gender-Based Violence](#)
- [Domestic abuse](#)

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