

# 16 Days of Activism

November 25th is the International Day for the Elimination of Violence Against Women. This is the start of the 16 days of activism that runs until December 10th. The Government of Canada's theme for 2024 is Come Together, Act Now. It emphasizes how crucial it is to involve everyone in Canada in changing social norms, attitudes and behaviours that contribute to gender-based violence. It is also a call to action urging all of us to recognize the signs of gender-based violence and to reach out for support, for ourselves or loved ones.

Every 10 minutes, partners and family members killed a woman intentionally in 2023. The crisis of gender-based violence is urgent. Nearly 1 in 3 women experience violence in their lifetime. 1 in 4 adolescent girls is abused by their partners. For at least 51,100 women in 2023, the cycle of violence ended with one final and brutal act – their murder by partners and family members.

## What You Can Do to Help

- Acknowledge the problem
- Know the risks
- Stop victim shaming/blaming
- Be alert to non-physical violence
- Avoid gender stereotypes
- Challenge social norms
- Remove negative stigma
- Educate youth

## For more information visit:

<https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite/theme>

<https://www.canada.ca/en/women-gender-equality/commemorations-celebrations/16-days/16-ways-help-end-gender-based-violence.html>

<https://www.oaith.ca/oaith-work/we-count-femicide-because/monthly-femicide-snapshots.html>

## Local Women's Supports

London Abused Women's Center – 1-866-863-0511

Oxford Domestic Abused Resource Team – 1-800-265-1938

St. Thomas and Elgin County (Valora Place) – 1-800-265-4305

In an emergency call 9-1-1