



**CFUW
16 DAYS
16 ACTIONS**

Taking Actions to End Violence Against Women
CFUW Toolkit for The 16 Days of Activism Campaign

November 25 to December 10



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From **November 25**, International Day for the Elimination of Violence against Women, to **December 10**, International Human Rights Day, let's generate actions to help put an end to violence against women and girls. CFUW clubs and members can be change-makers in their communities and across the country.

Unequal power relations, biased social norms and practices, and discriminatory legal dispositions have a profound impact on the prevalence of violence against women and girls in our society. Preventing and addressing violence against women requires a broad spectrum of actions that starts with our own inner circle of friends and family and goes all the way to our governing institutions, with both national and international focus.

CFUW has gathered a list of 16 Actions, from personal activism to joint, collective actions, that members and clubs can take during the *16 Days of Activism against Gender-Based Violence*. We hope this list will inspire you to act to address violence against women and girls during the 16 days and beyond.

1. Organize or attend a “16 Days” Event in your community

Special Dates During the 16 Days

- 25 November: International Day to End Violence against Women
- 29 November: International Women Human Rights Defenders Day
- 1 December: World Aids Day
- 6 December: National Day of Remembrance and Action on Violence against Women
- 10 December: International Human Rights Day

Consult [Women in International Security Canada](#) (WIIS-Canada) to find out about [16 Days of Activism Against Gender-Based Violence](#) events closest to you. If you're holding your own event, register it [here](#).

Local organizations to partner with or invite to your event:

- Women's Shelter
- Sexual Assault and rape crisis centres
- Organizations that work with men and boys to prevent violence
- Coalitions or groups dedicated to ending VAW
- Organizations that work with trafficked and prostituted women
- Indigenous organizations that have VAW prevention program
- Your local YMCA
- Women's Rights University Group

2. Orange Your City

Every year, the United Nations Secretary General initiates the UNiTE campaign to End Violence against Women, which calls on governments, UN entities, civil society organizations and individuals across the world to “orange their neighborhoods” to raise public awareness about the issue of violence against women and girls. You can participate by wearing orange, encouraging your neighbours and friends, and by writing to your Mayor and City Councillors to light up City Hall in **Orange**. [Click here for a template](#). For information how to change the letterhead to reflect your Club, please [click here](#).

3. Mark the International Day for the Elimination of Violence against Women on November 25

Send a press release to your local Media outlet to mark November 25th and highlight your club and CFUW's involvement on the issue. [Click here for the template](#). Consult [CFUW UPR Submission](#) for more details on VAW and CFUW [Working with Local Media](#) documentation.

4. Commemorate December 6th

Organize a remembrance vigil, sending out invitations to local groups and inform your local media outlet in a media advisory and press release.

Send an op-ed or press release to the editors of your local media outlet to reflect on Montreal massacre. Highlight the ongoing problem of sexual assault on campus and the need for a Canada-wide, comprehensive sexual assault policy and prevention strategy. Consult CFUW's [2016 Brief to Status of Women](#).

5. Educate yourself

Unfortunately, CFUW doesn't have the capacity to "do it all", which is why we rely on the research and resources of organizations with specialized focus. For example, the Centre for Research and Education on Violence Against Women & Children offers webinars through their Learning Network & Knowledge Hub and makes them available on their [website](#). Topics include [Sexual Harassment and Precarious Workplaces](#), [Missing and Murdered Indigenous Women](#), [Feminist EAAA Sexual Assault Resistance program for Young women in University](#) and many more.

6. Learn about issues of concern to Indigenous Women and Girls.

The high rates of violence against Indigenous women and girls are associated with the impacts of colonization and the continued racism and discrimination facing Indigenous women in Canada. Read [Canada: Violence against Indigenous women and girls](#), the joint statement to the UN Committee on the Elimination of Racial Discrimination on behalf of:

- Amnesty International Canada
- Assembly of First Nations
- Assembly of the First Nations of Quebec and Labrador
- British Columbia Assembly of First Nations
- Canadian Friends Service Committee (Quakers)
- First Nations Summit
- KAIROS
- Oxfam Canada
- Union of BC Indian Chiefs

Read [Our Women and Girls are Sacred](#), the Interim Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls.

7. Protect People, not guns. Sign the petition in support of Bill C-71

Did you know that the Coalition for Gun Control was founded in the wake of the Montreal Massacre in 1989 to support strategies to reduce gun death, injury and crime? You can learn more about them [here](#).

The gun lobby already has over 80,000 signatures on a petition opposing [Bill C-71](#). We need at least 100,000 signatures on the petition calling for a ban on handguns and military assault weapons as soon as possible. It's possible but we need your help. **Trigger Change! [Sign the petition today!](#)**

8. Invite speakers or host a panel discussion/public forum

Organize a forum on ending violence against women and invite researchers, practitioners, activists or politicians who are involved in the issue. You can use this

special event to raise funds for local shelters, NWAC, Women's Shelters or other organizations involved in ending violence against women.

9. Take a Course

Subscribe to a massive open online course ([MOOC](#)) on violence against women. The University of Strathclyde Glasgow offers a free online course “***Understanding Violence against Women: Myths and Realities***”. The course is offered to anyone interested in challenging Violence against Women, no prior experience of the subject is needed. [Click here to subscribe.](#)

10. Support Your Local Women’s Shelter

<https://endvaw.ca/archives/news-categories/press-releases/>

Participate in [The Shoebox Project](#) for Shelters. Shoeboxes are filled with items such as gift cards, skin care products, good quality soaps and shampoos, make-up, chocolates, and warm socks and mittens to name a few. Donors are also encouraged to include a message of support in their Shoebox gift. For more information consult: <http://www.shooboxproject.com>

11. Support a Database for Women’s Shelters

[Donate to Women’s Shelters Canada](#) to support their work in maintaining an [accessible database](#) of women’s shelters, as well as coordinating with shelters for best practices.

12. Work with your local Women’s Shelter to develop a “pet friendly” strategy

Leaving an abusive relationship with nowhere to go but a shelter is hard enough. Imagine [how much more difficult it becomes if you are forced to leave behind a beloved pet](#). Research shows that there is a [strong](#) connection between spousal abuse and abuse of animals, and that a high rate of women [will endure abuse longer](#) and return home sooner due to fears of pets being hurt.

13. Take Action on Non-State Actor Torture

While Canada is aware of the occurrence of torture by non-state actors and its impact on women and girls, we have no specific national legal disposition and action plan to protect and support the victims. Send a letter asking that Non-State Torture be named as a specific form of violence in the Government of Canada *Strategy to Prevent and Address Gender-Based Violence* as a first step to make visible this serious issue and begin to generate actions on it. Download the template letter [here](#).

14. Speak Up: Challenge Comments/Jokes Promoting VAW

Sexism, racism, transphobia, homophobia and predator attitudes are reinforced in our daily interactions, and often passed off as jokes.

When a friend or family member tells an offensive or sexual joke at dinner or over

drinks (that makes you uncomfortable), speak up. Shed light on what this joke represents. By being honest and saying that these sexist comments or attitudes are not okay, you'll inspire others to do the same and make a shift in terms of everyday toxic attitudes. Even though your friend says he/she doesn't mean anything by it, it still promotes a culture of violence and discrimination that has serious and real impacts on women. You have the power to positively influence your surroundings and if you are able to speak up, it is time to do so for those who can't.

For inspiration, listen to [Laura Bates Tedx Talk](#) on everyday sexism. Consult [this article](#) for tips on how to assess and respond to your friend sexist comments/jokes. You can also read "Feminist fight club" by Jessica Bennett, which focuses on workplace sexism. For more theory on bystander intervention, consult "[Review of bystander approaches in support of preventing violence against women](#)".

15. Speak Out on Social Media

- Use social media posts to speak out against sexual assault, Islamophobia, transphobia, homophobia, anti-Black, racism, anti-Indigeneity, cyberviolence, victim-blaming. Consult the [flash facts](#) from the 16 days campaign.
- Share statistics on VAW from CFUW's [UPR submission](#) or other resources.
- Change your social media profile picture to the official [16 Days logo](#) and promote events and involvement in the campaign. Swap your picture on the first day of the campaign (*Nov. 25*) and keep it through *December 10*. Create a profile picture with the 16 Days logo [here](#).

16. Sign Amnesty International's Letter to Stop the Violence and Sexual Violence against the Rohingyas in Myanmar

The ongoing violence against the Rohingya population in Myanmar has caused hundreds of thousands to flee their home. Women and girls are most vulnerable to this violence as evidenced by reports of the High Commissioner for Human Rights (OHCHR) on high rates of murder of children and women as well as massive and systematic rape and sexual violence.

On November 9, 2018, [42 NGOs warn that return of refugees to Myanmar now would be dangerous and premature](#). Sign [Amnesty International's petition here](#).

Let us know what actions your club plans to undertake for the 16 Days to End Violence against Women and Girls.

Contact Yasmin at cfuwadvocacy@rogers.com

Register your event with the 16 Days Campaign

Have your event featured in the Women In International Security Canada event calendar. Submit details by Sunday November 19, 2018 at <http://www.wiiscanada.org/16-days-2018/>.