

16 Days of Activism Campaign

Guidance for Barwon Area Integrated Family Violence
Committee (BAIFVC) Members.

What is 16 Days of Activism Against Gender-Based Violence Campaign?

The United Nations 16 Days of Activism against Gender-Based Violence is an annual campaign dedicated to addressing gender inequalities and eradicating violence against women and girls around the world.

Each year the campaign begins on International Day for the Elimination of Violence against Women (November 25) and ends on International Human Rights Day (10 December).

In 2022 Safe + Equal and Respect Victoria are partnering to lead prevention.

The campaign is entered around the theme 'Respect Women: Call it out (Respect is)', encouraging people to call out sexism, sexual harassment and disrespectful behaviour.



(Safe + Equal)

Why orange?

Orange is the colour designated by the UN Secretary-General's UNiTE to End Violence against Women campaign. As a bright and optimistic colour, orange symbolises a brighter future and a world free from violence against women and girls. You can read more about the background of the Orange the world: END VIOLENCE AGAINST WOMEN NOW! Campaign here: [UNiTE](#)

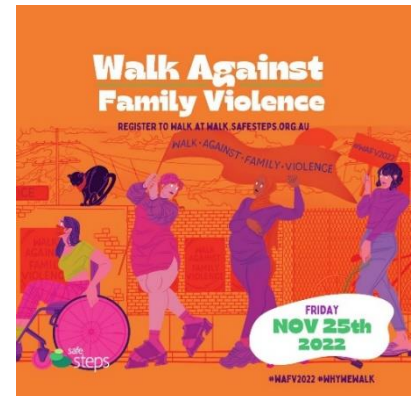
What can BAIFVC members do?

1. Join Walk Against Family Violence

Join the **Walk against Family Violence (WAFV)** on Friday 25 November to take a stand on preventing violence against women - register via the [safe steps website](#).

Show your support for victim-survivors and help send a message across Victoria that family violence and violence against women is never okay by attending a walk and stepping out in orange.

Zonta Club are holding a WAFV on Friday 25 November, meeting at Cunningham Pier Geelong, 5pm – 7pm, all participants are encouraged to wear orange.



2. Attend the Lived Experience Art Exhibition

To celebrate this year's 16 Days of Activism the BAIFVC is hosting a Lived Experience Art Exhibition featuring fourteen women's creative expressions of 'Respect is'.

The exhibition is an opportunity to learn from victim-survivors and to show those in our community who have been impacted by violence, that they are not alone and that together we all have a role to play in ending violence against women.

We hope the exhibition ignites conversations within the Barwon community to join specialist services in preventing violence against women.

The exhibition will be held in two locations across the 16 days – Deakin Waterfront campus and the Geelong Library and Heritage Centre.

Friday 25 November 2022 - Friday 2 December 2022

Where: Deakin Waterfront Campus, 1 Gheringhap St, Geelong

Tuesday 6 December 2022 – Friday 3 February 2023

Where: Geelong Library and Heritage Centre (the dome)

We encourage all member organisations to visit the exhibition and to share the event with your professional networks, on social media and with friends and family.

We thank Safe + Equal and Respect Victoria for the funding for this initiative, and the support from Deakin University, The City of Greater Geelong, Geelong Regional Libraries and the BAIFVC member organisations.

3. Participate in training

The 'Family Violence and Sexual Assault – Understanding and Responding' training is an entry-level training module designed for community members and professionals in the Barwon region and funded by the BAIFVC over 2022 and 2023. The three hour evidence informed training intends to build participants' awareness and understanding of the causes and issues surrounding family violence and sexual assault and to develop skills and confidence in effectively identifying and appropriately responding to disclosures.

Upcoming training dates:

Family Violence and Sexual Assault – Understanding and Responding
Tuesday 6 December – 9.30am-12.30pm (face to face) – [REGISTER HERE](#)

You can find more information about Family Violence and Sexual Assault – Understanding and Responding and other training including MARAM Collaborative Practice at:
www.safvcentre.org.au/our-services/training/

For further information or enquiries please contact The Sexual Assault and Family Violence Centre training team at training@safvcentre.org.au or 5222 4318.

4. Find out what's on near you

As part of [Respect2040](#), Women's Health and Wellbeing Barwon South West have put together a community calendar of 16 Days of Activism events in the region. You can check out what is on and get involved [here](#).

5. Be active on social media

Social media can be used to highlight an issue, influence attitudes and drive behavioral change. We encourage individuals and organisations to share social media tiles to promote respect, increase awareness and encourage audiences to be active bystanders.

Below you can find social media messaging and tiles for use during the 16 days. More 16 Days of Activism social media tiles are available on the [Safe + Equal](#) and [Respect Victoria](#) websites.

Don't forget to use the hashtags #16DaysGeelong, #RespectIs and #Callitout and share posts promoting our Lived Experience Art Exhibition.

6. Change up your email signature

Respect Victoria have created email signatures that you can use to create conversation and interest around what 'respect is'.

RESPECT IS...
treating everyone as an equal

#respectis #callitout #16days



RESPECT IS...
treating everyone as an equal

#respectis #callitout #16days



7. Create a 'Respect is' statement

Think about what respect means to you, and how it shows up in your home, relationships, workplace and community. What do you need to feel respected, or to respect others? Write or record a 'respect is' statement and share it on your social media. Don't forget to use the hashtags #respectis #16DaysGeelong, #Callitout

TO ME, RESPECT IS...

8. Hold an event at your organization

It is not too late to organise an event for your organisation and start conversations about preventing gender based violence.

Organise a morning tea, a day to wear orange or hold a lunchtime book club for people to share their favorite feminist books.

9. Share resources to inspire and learn

This 16 Days take the time to share some of your favorite resources. This could be sharing guides with colleagues working in primary prevention or more informal resources for family and friends such as books, podcasts, documentaries or activists to follow on social media.

We recommend:


- i. Tarang Chawla 'No place like home podcast' - *An award-winning Future Women podcast putting survivors of family violence at the centre of the story* [listen here](#).
- ii. SBS Documentary 'See what you made me do' [watch here](#).
- iii. Men in focus practice guide: Addressing masculinities and working with men in the prevention of men's violence against women [download here](#).

10. Take care during the 16 Days of Activism

16 Days of Activism can be an intense period so make sure you care for yourself and encourage others around you to do the same.

- **Reach out to someone.** This could be a family member, trusted friend or colleague, your manager, a counsellor or another support person. You could also speak to your GP about seeing a counsellor or, if available to you, access your employee assistance program (EAP). For after-hours support, Safe Steps, Victoria's family violence support service, is available 24 hours a day for professionals to discuss the personal impact of working with people who have experienced violence. You can also call 1800RESPECT, which is the national domestic, family and sexual violence counselling, information and support service
- **Find a way to escape physically and/or mentally** e.g. reading, watching your favourite show, painting, taking a day off, going for a walk, going on a holiday or going for a swim in the ocean.
- **Rest** – have some time with no goals e.g. taking naps, watching clouds, lying on the beach

16 Days of Activism – Social Media Campaign

Key Dates	Image	Statement & Caption
<p>Friday 25 November</p> <p><i>First day of the 16 Days of Activism Campaign & Walk Against Family Violence</i></p>		<p>There is no excuse for violence.</p> <p>Join us in the Walk Against Family Violence (WAFV), to stand up against family violence, and violence against women.</p> <p>The WAFV is an annual event held to mark the first day of the 16 Days of Activism against Gender-Based Violence campaign. You can take part in a local WAFV held by Zonta Geelong starting at Cunningham Pier, Geelong at 5.00pm - 7.00pm.</p> <p>Before you walk visit Deakin University Waterfront Campus to see the Barwon Area Integrated Family Violence Committee's 'Lived Experience Art Exhibition', a collection of creative work by victim-survivors illustrating what 'Respect is' means to them.</p> <p>#16DaysofActivism #RespectIs #safesteps #WAFV2022 #WhyWeWalk</p>

<p>Saturday 26 November</p>		<p>Everyone has a role to play in ending gender-based violence.</p> <p>A gender equitable society is a safe, creative and prosperous society. Gender equality prevents violence against women and girls and creates a respectful culture in the community.</p> <ul style="list-style-type: none"> - Listen to women's lived experience - Call out disrespectful behaviour - Support women in gaining leadership roles - Support women's organisations and service providers for women - Work with men and boys to be advocates for gender equality <p><i>The power to end violence against women is in our hands – join us.</i></p> <p>#16DaysOfActivism #RespectIs @WHWBSW</p>
<p>Sunday 27 November</p>		<p>Educate yourself</p> <p>This 16 Days of Activism participate in training – the more educated you are the more you can share with those around you and support the prevention of gender base violence.</p> <p>The BAIFVC funds the delivery of the <i>Family Violence and Sexual Assault – Understanding and Responding Training</i>. You can register here: https://www.eventbrite.com.au/e/family-violence-and-sexual-assault-understanding-responding-tickets-422267542587</p> <p>#16DaysOfActivism #RespectIs</p>

Monday 28 November



There is no excuse for violence

Others forms of abuse can be just as harmful as physical or sexual abuse. Non-physical abuse includes financial abuse, social abuse, emotional and/or psychological abuse, spiritual abuse, technological abuse and stalking.

If you or someone you know has experienced any kind of abuse or violence 1800 RESPECT

If you're worried about your own behaviour Call MensLine Australia on 1300 737 732

#16DaysofActivism #RespectIs

Tuesday 29 November



Create the conversation

Gender-based violence, sexism, harassment, and disrespect towards women can be difficult topics to bring up in conversation, especially in relationships, communities and settings where attitudes and beliefs about traditional gender roles may be strongly held.

It is, however, important that we do start talking about these issues, or we will never be able to solve them.

The power to end violence against women is in our hands – join us

#16DaysofActivism #RespectIs

@WHWBSW

Wednesday 30 November

International Day of Consent



If it's not an enthusiastic YES it's not consent.

Hesitancy, uncertainty or confusion means 'no'. Any version of no is 'no'. If consent is unclear, or a partner is communicating that they just are not that into it, the answer is 'no'!

Consent cannot be given by anyone under age, intoxicated, asleep or unconscious.

Only an enthusiastic yes means yes!

#16DaysofActivism #RespectIs

Thursday 1 December



You can be an Active Bystander

An active bystander is someone who takes action after witnessing or hearing about an incident of disrespectful behaviours.

There is more than one way to be an active bystander and the 5 D's are some of the many ways you can intervene depending on the situation and level of safety.

- **Direct** – Call out disrespectful behaviour directly either with your voice, online or using your body language depending on the situation.
- **Distract** – Shift the subject of conversation
- **Delay** – Check in with the person who is experiencing disrespect and see how you can offer your support
- **Delegate** – Ask a third party to support you in taking action if you have witnessed any form of disrespectful behaviour
- **Document** – Collect any information such as screenshots to support the person experiencing disrespect in the case they choose to report the incident

#16DaysofActivism #RespectIs

Friday 2 December



(Barwon Health – Health Literate Message Toolkit)

Challenge rigid gender roles and stereotypes

Promoting and enforcing rigid and hierarchical gender stereotypes reproduces the social conditions of gender inequality that underpin violence against women. In particular, stereotypes of masculinity play a direct role in driving men's violence against women.

As a community we can build new social norms that foster personal identities not constrained by rigid gender stereotypes

#16DaysOfActivism #RespectIs

Saturday 3 December

International Day of People with Disability



Amplify the voices of women with disabilities

Women with disabilities experience high rates of violence. 65% of women with disabilities report at least one experience of violence since the age of 15.

Violence against women with disabilities is preventable and by working with women with disabilities, we can address the social context that gives rise to violence against women and girls with disabilities.

#16DaysOfActivism #RespectIs #IDPwD

Monday 5 December



Elevate Aboriginal women's voices and experiences

71% of Aboriginal women experience physical violence in their lifetime and three times as many Aboriginal women reported sexual violence than non-aboriginal women.

As we look to address gender inequality, we must also address racial inequality. We can begin to do this by amplifying the voices of Aboriginal women. This can look like listening to their lived experience, reading a book by an Aboriginal woman author or by supporting Aboriginal women in business. Violence against Aboriginal women is a national problem that requires a national solution.

Let's all work together to prevent violence against aboriginal women.

#16DaysOfActivism #RespectIs

Tuesday 6 December

Lived experience art exhibition opens



Lived Experience Art Exhibition Opens

We are excited to share that this morning we launched the Barwon Area Integrated Family Violence Committee Lived Experience Art Exhibition at the Geelong Library and Heritage Centre (The Dome).

This exhibition is a beautiful creative interpretation of what respect means to women who have been impacted by family violence or sexual assault in the Barwon region.

The exhibition is on display at the library from today until Friday 3rd February.

<https://events.grlc.vic.gov.au/event/7256254>

#16DaysOfActivism #RespectIs #LivedExperienceArtExhibition

Thursday 8 December



[Barwon Community Legal Service – STREETFACE](#)
[See Me, Respect Me](#)

Respect is valuing older women's experiences.

Elder abuse is a growing problem in our community with almost one in 6 older Australians reported experiencing abuse in the last 12 months.

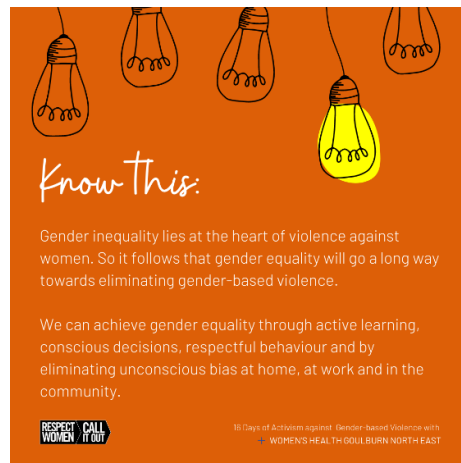
To end elder abuse we need to see older people as whole people, we all have a role in changing social attitudes by calling out ageism when we see it.

Every age counts – take a pledge and stand for a world without ageism

<https://www.everyagecounts.org.au/?fbclid=IwAR0KrDDQqnS9XawPRPwnr8qBhO4P6y29khC3g8E-IYlq16cgCeJePWd7iCo>

#16DaysofActivism #RespectIs
@barwoncls

Friday 9 December



Prevention is possible

We can prevent violence against women by challenging disrespectful and sexist behaviors in our community.

Not all disrespect towards women results in violence, but all violence against women starts with disrespectful behaviour and gender inequality. Let's stop it at the start

#16DaysofActivism #RespectIs

@RespectVic @OurWatch

Saturday 10 December

Final day of Campaign

International day of Human Rights



Take the Respect Commitment

Today is the final day of the 16 days of Activism Campaign – you can continue preventing gender based violence beyond the campaign by taking a Respect commitment.

At work you can support women in leadership roles.

At home you can foster new social norms that support personal identities.

In the community you can call out disrespectful behaviour.

What will you commit to?

#16DaysOfActivism #RespectIs

Monday 12 December



OR



Thank you to everyone who has visited our exhibition and participated in the 16 days of activism for 2022. We extend a special thank you to all our artists who made the exhibition possible.

The exhibition remains open at Geelong Library until Friday 3 February, we encourage you to visit and share this with your friends and family.

Thank you to Safe + Equal and Respect Victoria for funding this project.

#16DaysOfActivism #RespectIs #LivedExperienceArtExhibition @safeandequal @respectvic

Resources:

- > Our Watch's [Preventing intimate partner violence against older women](#)
- > Respect Victoria [Respect Women: Call It Out campaigns](#)
- > Our Watch [Doing Nothing Does Harm campaign](#) Our Watch [No excuse for abuse campaign](#)
- > [Pride in Prevention Evidence Guide](#), [Pride in Prevention Messaging Guide](#) and [Rainbow Health Australia Partnership Guide](#)
- > [Women with Disabilities Victoria website](#).
- > Our Watch's [Men in focus practice guide](#)
- > [Prevention of Violence Data Platform](#)

Support services

If you are in immediate danger please call 000

Safe Steps

1800 015 188

A confidential and supportive family violence response line for Victoria.

Phone services available 24/7.

[Safe Steps website](https://safesteps.org.au): safesteps.org.au

The Sexual Assault and Family Violence Centre

5222 4318

Our service is open and available to support people impacted by sexual assault and women, children and young people experiencing family violence.

[The SAFV Centre website](#)

Orange Door

The Orange Door in Barwon: 1800 312 820

Family violence support and safety hubs.

[Orange Door website](https://orangedoor.vic.gov.au): orangedoor.vic.gov.au

Wathaurong

5277 0044

The primary purpose of the Wathaurong Aboriginal Co-operative is to provide holistic and culturally secure service responses to meet the specific needs of the Aboriginal community.

[Wathaurong website](https://wathaurong.org.au): wathaurong.org.au

1800 RESPECT

1800 737 732

The national sexual assault, domestic and family violence counselling service.

Phone and online services available 24/7.

[1800 RESPECT website](https://1800respect.org.au): 1800respect.org.au

Kids Helpline

1800 55 1800

Kids Helpline is a counselling service for Australian children and young people aged between five and 25 years. Phone and online services available 24/7.

[Kids Helpline website](https://kidshelpline.com.au): kidshelpline.com.au

Rainbow Door

1800 729 367

Rainbow Door is a free specialist LGBTIQ+ helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.

[Rainbow Door website](https://rainbowdoor.org.au): rainbowdoor.org.au

Mens Line

1300 78 99 78

Professional support and information service for Australian men.

Phone and online services available 24/7.

[Mens Line website](https://mensline.org.au): mensline.org.au

Seniors Rights Victoria

1300 368 821

Seniors Rights Victoria (SRV) provides information and advice to help prevent elder abuse and safeguard the rights of older people.

[Senior Rights Victoria website](https://seniorsrights.org.au): seniorsrights.org.au

Acknowledgement of Country

We acknowledge the traditional custodians of the land this document was created on, the Wadawurrung people and pay our respects to elders, past and present. Country has always been a place of teaching, learning and sharing which we draw inspiration from in the work we do every day. This land is, was and always will be Aboriginal Land.

For more information relating to this guide, contact The Sexual Assault and Family Violence Centre by emailing primary.prevention@safvcentre.org.au