



AWARENESS

## 16 DAYS OF ACTIVISM

**South Africa suffers high levels of violence against women and children. The National 16 Days of Activism for no violence against women and children is an annual drive that aims to increase awareness on the negative impact violence and abuse has on women, children and society.**

Every year, the campaign is held from 25 November (International Day of the Elimination of Violence against Women) to 10 December (International Human Rights Day) to galvanise action towards ending gender-based violence.

While the campaign runs for 16 days, its objectives are reinforced throughout the year with a national plan in place to help combat this plight.

### **The campaign aims to:**

- Challenge perpetrators of violence to change their behaviour.
- Provide survivors of gender-based violence and child abuse with information on services and organisations that can help lessen the impact of violence in their lives.
- Engage actively with men and boys in the discourse about combating violence in our homes and communities.

Violence and abuse takes many forms. The South African Government defines it as any behaviour that causes fear, bodily harm or causes a person to do things against their will.

This includes physical, emotional and financial abuse, sexual harassment and rape.

### **How you can get involved:**

- Participate in the 16 Days of Activism events and activities around you.
- Speak out and encourage victims to report violence and abuse.
- Volunteer at NGOs and community groups that support abused women and children.
- If you are a victim of physical or sexual abuse, seek help. Call the Stop Gender Violence helpline (0800 150 150).
- Engage in online and offline conversations that share experiences and offer solutions to victims or perpetrators.

Wear your white ribbon during the 16 days to symbolise your commitment to breaking the cycle of violence against women and children.