

#16daysofactivism

Newbie Calendar



LIFT

Leading & Inspiring
Female Talent

Click on any underlined text to access the free resource associated with the prompt!

START HERE

1 Follow/ subscribe to our socials. #NOEXCUSE to not engage with ending violence against women & girls when the 16 days campaign is over.

2 Post a selfie wearing orange (the colour symbolising the 16 days campaign). Use the hashtags #LIFT16days #16daysofactivism

3 Take action day- Sign a petition or donate if you can to a relevant cause. Access our collated list of recommended causes here.

4 Download & share our women's help menu with your colleagues & friends.

5 #bekindtoyourself day. Share a piece of advice you give to other women but don't follow yourself - now follow it, what's stopping you?

6 Our new YouTube video premieres today - "how police investigations are failing coercive control victims". Check it out & share it, if you can.

12 **FREEBIE** Download our free career focused self-development tool - 'Lifting Women at Work'. Who could you share it with?

11 Share our spiking symptoms awareness poster, especially important as we approach festive drinking season.

10 Read a survivor blog. Amplifying lived experience voices is key to ending gender based violence.

9 #sistersunite day Arrange to meet up with a friend & get talking. Check out our list of suggested topics.

8 Get crafty! Download our activist stickers from our free resources page, and create your own #16daysofactivism artwork.

7 Share an older post from our Instagram account that you found useful or relevant, with your own network.

13 A new blog premieres today on our website - "How domestic violence can escalate at Christmas time". Read it & share it to raise awareness.

14 Share a statistic today. Statistics are a powerful way to engage people with societal issues and raise awareness. We've collated a statistics resource which is available to access on our website.

15 Join our #walkagainstv violence today, to raise awareness, and raise money to fund a women & children's refuge this Christmas. You can walk anywhere, any distance, any time, with anyone! Check out our fundraising page.

16 Make a wish. Share your Christmas wish to end violence against women & girls. What do you want to see change? Use our pledge cards available on our website, along with the hashtag #LIFTXMASWISH



Sat 9th
Dec 2023

Proudly fundraising for



For women and children.
Against domestic violence.



Run a Refuge Over Christmas £500

Your gift could help to keep one of our 41 refuges running for a day – so women and children have the safety and specialist support they need to plan for a brighter year ahead.

YOU DID IT! YOU ARE POWERFUL & AMAZING.

Click the icons to find & follow our socials



#16daysofactivism

Pioneer Calendar



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1 Follow/ subscribe to our socials. #NOEXCUSE to not engage with ending violence against women & girls when the 16 days campaign is over.

2 Introduce 16 days of activism to your network. Write a post about why you're doing this, and call for support from your friends and colleagues. Include a selfie wearing orange!

3 Take action day- Sign a petition or donate if you can to a relevant cause. Access our collated list of recommended causes here.

4 Download & share our women's help menu with your colleagues & friends.

5 Buy a Xmas parcel for a woman or child experiencing domestic abuse. Encourage colleagues or friends to contribute to a whip round.

6 Share a statistic today. Statistics are a powerful way to engage people with societal issues and raise awareness. We've collated a statistics resource which is available to access on our website.

12 Download our template letter to edit & send to you local police & crime commissioner, urging them to invest in justice for victims of gender based violence.

11 Check out our new YouTube video - "how police investigations are failing coercive control victims". Share it with your network with your thoughts.

10 Advocacy by storytelling. Share a survivor story, or perhaps even share your own if you feel you can & want to.

9 #sistersunite day Arrange to meet up with a friend & get talking. Check out our list of suggested topics.

8 Print our spiking symptoms poster & drop it in at local venues. Ask them if they'd be willing to share it to help protect their customers.

7 Find an online webinar to attend next week. Share with your network & ask them to attend too.

13 A new blog premieres today on our website - "How domestic violence can escalate at Christmas time". Read it & share it to raise awareness.

14 Research marginalised voices or highly stigmatised topics in the context of violence against women & girls. Share your learnings in a short, blog style post with your network.

15 Join our #walkagainstv violence today, to raise awareness, and raise money to fund a women & children's refuge this Christmas. You can walk anywhere, any distance, any time, with anyone! Check out our fundraising page.

16 Make a wish. Share your Christmas wish to end violence against women & girls. What do you want to see change? Use our pledge cards available on our website, along with the hashtag #LIFTXMASWISH



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