

#16DAYS16STORIES

Preventing and ending gender based violence and abuse
visit 16days.idas.org.uk

25th November

16 activities for the 16 days of action to end violence against women and girls.

We've provided a list of 16 different activities ranging from simple and easy to getting a little more engaged because we want you to get involved in a way that suits you. It could be doing one thing every day or saving your energy for one big event. Imagine the difference we could all make if we each do something! Many of the suggestions below link to resources to get you started.

- 1** Follow us and like and share our posts on social media
- 2** Take and share photos of you on social media demonstrating your support with our placards
- 3** Organise a palm pledge, and invite people to pledge their palm to ending gender based violence.
- 4** Complete our free, online domestic abuse awareness training.
- 5** [Become an IDAS Champion or volunteer.](#)
- 6** Save our helpline number to your phone or keep it in your wallet.
- 7** Talk to your children about healthy relationships.
- 8** Hold a fundraiser, such as a bake sale, dress up day or sponsored walk.
- 9** [Complete our free, online sexual violence awareness training.](#)
- 10** Ask your workplace if they have a domestic abuse policy.
- 11** [Bookmark the IDAS secure online referral form.](#)
- 12** [Sign up to our newsletter.](#)
- 13** [Donate to our urgent fundraising appeal.](#)
- 14** [Familiarise yourself with a safety plan.](#)
- 15** [Check out our online resources to make the 16 days of activism.](#)
- 16** [Read how to support a friend or family member.](#)



Go to our
Google Drive



Hover over the text to
discover links to further
information and resources.

Follow us on social media and share our posts.

