

Toolkit for involvement in the
16 Days of Activism
Against Gender-Based Violence

16 **DAYS**
OF
ACTIVISM
IN THE HUNTER
25 November - 10 December 2023

WHAT ARE THE 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE?

The 16 Days of Activism Against Gender Based Violence run from **25 November** (International Day For The Elimination of Violence Against Women) to **10 December** (International Human Rights Day).

The 16 Days of Activism is a worldwide campaign where individuals and organisations call for the prevention and elimination of one of the world's most persistent violations of human rights – violence against women and girls.

HISTORY

Sisters Patria, Minerva and Maria Teresa Mirabal were political activists who actively opposed the Trujillo dictatorship in the Dominican Republic. The sisters were killed on 25 November 1960.

The Mirabal sisters became symbols of the feminist resistance, and in commemoration of their deaths 25 November was declared International Day for the Elimination of Violence Against Women in Latin America in 1980. This international day was formally recognised by the United Nations in 1999.

In June 1991, the [Centre for Women's Global Leadership](#) called for a global campaign of [16 Days of Activism Against Gender-Based Violence](#).

The 16 days begin with the International Day for the Elimination of Violence Against Women and end with International Human Rights Day on 10 December – highlighting that violence against women is a fundamental violation of human rights.



WHAT IS GENDER BASED VIOLENCE?

Gender based violence (GBV) and violence against women are terms that are often used interchangeably as the majority of victims of GBV are women and girls.

The United Nations Declaration on the Elimination of Violence against Women 1993 defines violence against women as: *'any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.'*

GENDER BASED VIOLENCE INCLUDES, BUT IS NOT LIMITED TO:

- Femicide
- Domestic and Family Violence, intimate partner violence/abuse
- Sexual Assault
- Sexual Harassment
- Cyber-harassment/Tech-facilitated abuse
- Child Marriage
- Forced Marriage
- Female Genital Mutilation
- Human Trafficking
- Violence against women in politics
- Denying women access to reproductive healthcare and reproductive choices
- Stalking
- Denying girls access to education
- Racism, sexism, homophobia, transphobia
- Violence against women and girls with disability
- Slavery
- Forced Labour
- Debt Bondage
- Climate change is recognised as a serious aggravator of gender-based violence.

PREVALENCE OF SEXUAL, DOMESTIC AND FAMILY VIOLENCE IN THE HUNTER

Data from the most recent NSW Bureau of Crime Statistics and Research (BOSCAR) quarterly report rates of Domestic Violence related assaults and Sexual assaults shows that in the Hunter Region DV related assaults increased in Maitland, Muswellbrook, Newcastle and Port Stephens.

No region in the Hunter saw a decrease in DV related assaults or Sexual assaults. Where the rates were 'Stable' this indicates there was no significant upward or downward trend. This is not positive news, as the 'Stable' rates are still too high, and often higher than the State average.

Breach of Apprehended Violence Orders: In the last 2 years, the rate of Breach of Apprehended Violence Orders increased in **Maitland up 57.1%**, and **Lake Macquarie up 13.2%**.

	Cessnock	Lake Macquarie	Maitland	Muswellbrook	Newcastle	Port Stephens
DV RELATED ASSAULT						
2 yr trend & annual % change (Apr 2021-Mar 2023)	Stable	Stable	Up 43.8%	Stable	Stable	Up 13.8%
5 yr trend & average annual % change (Apr 2018-Mar 2023)	Stable	Stable	Up 9.0%	Up 7.4%	Up 5.3%	Stable
SEXUAL ASSAULT						
2 yr trend & annual % change (Apr 2021-Mar 2023)	Stable	Stable	Stable	Stable	Up 23.2%	Stable
5 yr trend & average annual % change (Apr 2018-Mar 2023)	Up 8.5%	Stable	Stable	Stable	Up 12.5%	Stable

Hunter LGA's compared with NSW Rate per 100,000 population Apr 2022 - Mar 2023

	NSW	Cessnock	Lake Mac	Maitland	Muswellbrook	Newcastle	Port Stephens	Singleton	Upper Hunter
DV RELATED ASSAULT	420.3	480.6	365.9	735.5	880.8	471.9	524.7	335.8	399.9
SEXUAL ASSAULT	96.5	151.4	101	148	194.4	150.6	128.8	157.8	112.2

https://www.bocsar.nsw.gov.au/Pages/bocsar_crime_stats/bocsar_crime_stats.aspx

LINKS TO INFO, RESEARCH, DATA

This is by no means an exhaustive list, but these are some links for where you can start to find out more about gender based violence...

FIRST NATIONS WOMEN'S ORGS:

- [Wirringa Baiya](#)
- [Wiyi Yani U Thangani](#)

MURDERED AND MISSING INDIGENOUS WOMEN:

- [Australia - 4 Corners Report](#)
- [Canada](#)

RESEARCH/DATA:

- [ANROWS](#) - Australia's National Research Organisation for Women's Safety
- [Australian Institute of Family Studies](#)
- [Our Watch](#)
- [UN Women - Progress on the Sustainable Development Goals: The gender snapshot 2023](#)
- [World Health Organisation](#)
- [National Community Attitude Towards Violence Against Women Survey \(Australia\)](#)
- [Australian Bureau of Statistics' \(ABS\) 2021-22 Personal Safety Survey \(PSS\)](#)
- [UN Facts and figures: Ending violence against women](#)
- [BOSCAR](#)

HUMAN RIGHTS, HUMANITARIAN ORGANISATIONS:

- [AWID](#)
- [Centre For Human Rights Iran](#)
- [Human Rights Watch \(HRW\)](#)
- [HRW in Afghanistan](#)
- [Plan International](#)
- [Plan International Australia](#)
- [UN Women](#)
- [UNICEF](#)

GENDERED IMPACTS OF CLIMATE CHANGE:

- [UN Women resources](#)
- [Climate change exacerbates violence against women and girls](#)
- [Explainer: How gender inequality and climate change are interconnected](#)

SEXUAL AND REPRODUCTIVE RIGHTS:

- [PMNCH](#)
- [HRW Sexual and Reproductive Health](#)

SEXUAL HARASSMENT AT WORK:

- [Migrant and refugee women in Australia: A study of sexual harassment in the workplace](#)
- [Respect@Work](#)

LGBTQ+:

- [TRANSHUB](#)
- [Information For Trans Allies](#)
- [Say It Outloud](#)
- [HRW LGBTQ Rights](#)

WOMEN and HIV:

- [UNAIDS](#)
- [Infographic girls and women living with HIV](#)

CHILD/FORCED MARRIAGE:

- [UNICEF - Child Marriage](#)
- [UN - Forced Marriage](#)

FGM:

- [UNICEF - FGM](#)
- [WHO](#)

WOMEN WITH DISABILITY:

- [People With Disability Australia \(PWDA\)](#)
- [PWDA Building Access Project - DFV and Disability](#)
- [Women With Disability Australia](#)

SLAVERY:

[WALK FREE](#) international human rights group focused on the eradication of modern slavery, in all its forms, in our lifetime.



WHAT YOU CAN DO

The 16 Days of Activism shine a spotlight on the issue of violence against women and girls, and provides the opportunity to create public awareness, and advocate and agitate for changes needed to prevent gender based violence from happening in the first place at local, regional, national, and international levels.

Everyone can play a role in ending violence against women and girls. Here are some ideas for what you could do:

SOCIAL MEDIA:

- Promote data, and options for actions through your social media. Create your own, or download the [16 Days of Activism in the Hunter](#) social media tiles on facebook and Instagram.
- Post at least one a day for the 16 days.
- Share the 16 Days of Activism in the Hunter calendar of events
- Showcase the work you and/or local services are doing to end Violence Against Women and Girls
- Promote the work of [feminist activists](#) around the world

FILM SCREENING:

- Organise a film screening with friends, work colleagues, or at a cinema and follow it up with discussion and actions you can take.
- Some example of films:
 - [16 Days 16 Films](#)
 - [Feminist Film Club from Association for Women's Rights in Development \(AWID\)](#)
 - [End of the Line: The Women of Standing Rock](#)
 - [Women of Steel](#)
 - [Undercover](#)
 - [Brazen Hussies](#)
 - He Named Me Malala
 - North Country
 - Hidden Figures
 - She Said
 - Women Speaking

ORGANISE A FORUM:

- Make sure your panel is inclusive and [intersectional](#). Include and promote the voices of marginalised populations.
- Follow up with discussion, outcomes and actions, get contacts of participants and organise a follow up meeting, or network, facebook group etc to keep building on the event, rather than people just turning up and not having options for how to get involved in changing things.

ORGANISE AN ART / PHOTO COMPETITION / EXHIBITION:

- Provides a great opportunity to discuss what GBV is with exhibition/competition participants.
- You could have a theme or not,
- Think about what can happen after the exhibition, what's next, actions etc and how you can incorporate these into your planning.

CREATE A COMMUNITY MURAL:

- Invite an artist to work with your organisation, community group, local community, clients etc to create a mural, involve your community in the creation of the mural.
- Contact your local Council to help identify a public site.
- Have a launch event with a speaker, invite the media. Make sure you have some follow up action, get contacts, what's next etc.

WHAT YOU CAN DO

DONATE:

- Have a fundraiser and make a donation to an Organisation that supports survivors of gender based violence. Have information available about what else people can do.

EDUCATE YOURSELF:

- Educate yourself on gender based violence, how prevalent it is, how to spot the signs, how you can support someone, how to safely intervene. Feminism. Women's rights. History and current realities...

SHOW UP, IN PERSON:

- You don't have to organise an event or action, you can show up and support other 16 Days events/actions. Bring your friends and family too.

PROJECTIONS ON BUILDINGS:

- A great way to share art, images, messaging at night time. Get permission, maybe you can make it part of a bigger event, add onto night markets or gigs already happening in your area.

FLASHMOB:

- There are some great examples online – whether it's singing, or dancing, or being statues.
- Have a flier ready to hand out about what you are doing and why, and share the 16 Days calendar to people watching/passing by so they know why you are there and how they can get involved.

ORGANISE A PUBLIC SINGING/PERFORMANCE ART EVENT/ACTION:

- The Chilean [Las Tesis feminist collective](#) may inspire you

ORGANISE AN AUTHOR TALK:

- Speak with your local library or cafe about partnering or using their space, and invite a local or known feminist author for a conversation about their work, have some discussion, nibbles, etc...

TRIVIA:

- Organise a Trivia Night fundraiser and donate the profits to a Women's Rights organisation such as:
 - [APHEDA](#) - an organisation that supports women's movements and women leaders, advocates, and campaigners to achieve justice in their workplaces and communities.
 - [IWDA](#) - an Australian-based organisation, resourcing diverse women's rights organisations primarily in Asia and the Pacific and contributing to global feminist movements to advance our vision of gender equality for all.
 - [Sisters Inside](#) - advocates for the collective human rights of women and girls in prison, and their families, and provides services to address their individual needs.

DISPLAY POSTERS:

- Make your own posters, or download and print out the 16 Days in the Hunter posters, and display them in your workplace, shop front windows, noticeboards.
- If you are making your own look at celebrating inclusive actions, images and attitudes, you could include quotes from change makers, First Nations people, LGBTQ+ people, CALD feminists etc.
- Download and print out the [No To Violence](#) "Better Than This" posters, grab some blue tac, and walk around your local shopping centre, local sports clubs, bowling clubs, and ask them to put them up with a 16 Days of Activism poster, and talk to them about what the 16 Days of Activism are, and what's going on in your community. Ask them if they have ideas, opportunities for how they can get more involved, and what you can do together.



WHAT YOU CAN DO

STALLS:

- Gather your friends, colleagues, peers and organise a stall at your local farmers market, shopping centre, or mall. Have something interactive to engage people, suggested actions people can take, resources you can distribute, colouring in/something crafty/arty for children. If you have a campaign, have your campaign resources, letter writing campaign etc.

GUEST SPEAKER:

- Invite a guest speaker to talk about gender equality, women with disability, LGBTQ+ rights, First Nations women's rights, to your team meeting/staff meeting, followed by discussion and actions about changes you can make together, how you can make your workplace and work practice safer and inclusive.

TRAINING AND EDUCATION:

- Increase your understanding of Gender Based Violence, how to respond, how to support someone, and how to prevent GBV.
- Build your capacity in campaigning, change making, activism, or organising.
- There are workshops/training available for you, your workplace, your community group, your school, some suggestions are:
 - [JENNY'S PLACE](#)
 - [EDUCATION CENTRE AGAINST VIOLENCE \(ECAV\)](#)
 - [DV-ALERT](#)
 - [FULL STOP AUSTRALIA](#)
 - [OUR WATCH](#)
 - [PEOPLE WITH DISABILITY AUSTRALIA](#)
 - [ACON PRIDE TRAINING](#)
 - [SAFE AND EQUAL](#)
 - [AUSTRALIAN HUMAN RIGHTS COMMISSION](#)
 - [UN WOMEN TRAINING](#)

SUPPORT, PROMOTE, AND GET INVOLVED IN FEMINIST CAMPAIGNS HERE AND OVERSEAS.

OTHER 16 DAYS IDEAS/EXAMPLES:

- [WIRE](#) - Posters to download
- [AMNESTY INTERNATIONAL](#)
- [LODDEN MALLEE WOMEN'S HEALTH](#)
- [16 DAYS OF ACTIVISM 2022 EVENTS FROM AROUND THE WORLD](#)
- [PLAN INTERNATIONAL ACTIVIST HUB](#)

Things to think about:

- It's the 16 Days of ACTIVISM. Think about the doing, the change making, the moving forward, eg. if you are organising an awareness raising activity what can you add to your activity to encourage and provide people the opportunity to take action. Have contact/sign up lists, copies of the Calendar of 16 Days of Activism in the Hunter, links to social media groups for further organising, suggestions of groups/organisations they can get involved in, have petitions to sign, letters they can write, invite them to help you organise your next actions/event etc.
- Don't make your activity too hard or time consuming for you to organise, you're busy, simple events/activities can be very effective. You can also work in partnership with other services, local community groups, your local Council, your [DV Committee](#) etc and share resources and tasks.
- How are you centering, involving, supporting, and making safe spaces for people with lived experience in your activity/event?
- How are your events, activities, actions inclusive, accessible, and [intersectional](#)?

16 DAYS OF ACTIVISM IN THE HUNTER RESOURCES



ADD YOUR EVENT/ACTION TO THE 16 DAYS OF ACTIVISM CALENDAR:

Let us know what you are planning for the 16 Days of Activism so we can share it throughout the Hunter.

Email details of your 16 Days of Activism event/action to:

newcastledvcommittee@gmail.com

- Name of event/action
- Date, Time, Venue
- Link to social media promotion
- Contact details



SHARE THE 16 DAYS OF ACTIVISM IN THE HUNTER CALENDAR OF EVENTS, AND SOCIAL MEDIA TILES:

Download and share the [16 Days of Activism in the Hunter](#) Calendar and Facebook and Instagram tiles

LIKE AND SHARE ON SOCIAL MEDIA:

Like the local [16 Days of Activism facebook page](#) to keep up to date with what's on and share updates through your social media.

IN ALL YOUR SOCIAL MEDIA POSTS ADD THE HASHTAGS:

#16DaysOfActivism
#EndViolenceAgainstWomen

CONTACTS

TO INCLUDE AT THE END OF ANY MEDIA RELEASES, WRITTEN ARTICLES,
AND SOCIAL MEDIA POSTS



- IF YOU ARE IN IMMEDIATE DANGER CALL THE POLICE ON 000
- 1800RESPECT Ph: 1800 737 732
- Domestic Violence Line Ph: 1800 656 463
- Link2home (for accommodation) Ph: 1800 152 152
- NSW Sexual Violence Helpline Ph: 1800 424 017
- MensLine Australia Ph: 1300 78 99 78

CONTACTS

Domestic, Family & Sexual Violence Services in the Hunter you can refer to.

You could also contact them about: partnering with them, inviting them to speak/be on a panel, asking how you can support and/or fundraise for them, pick up copies of their fliers so you can promote their services during the 16 Days Of Activism.

DFV SERVICES

Maitland:

[Carrie's Place](#) Ph: 4934 2585

Newcastle and Lake Macquarie:

[Jenny's Place](#) Ph: 4927 8529

[NOVA for Women and Children](#) Ph: 1800 769 654

[Warlga Ngurra Women's and Children's Refuge](#)
Ph: 4950 1566

[Got Your Back Sista](#) Ph: 4989 2777

Port Stephens:

[Port Stephens Family and Neighbourhood Service](#)
Ph: 4980 0800

Upper Hunter:

[Upper Hunter Homeless Support](#) Ph: 6542 5051

COURT ADVOCACY SERVICES

Maitland, Cessnock, Kurri Kurri, Singleton,
Muswellbrook, Raymond Terrace, Scone and
Dungog Local Courts:

[Hunter Valley Women's Domestic Violence Court
Advocacy Services](#) Ph: 4936 2906

Newcastle and Lake Macquarie:

[Newcastle Women's Domestic Violence Court
Advocacy Service](#) Ph: 4940 8766

SEXUAL ASSAULT

Muswellbrook Sexual Assault Service (Upper
Hunter) Ph: 6542 2725 After hours: Ph: 4921 3888

Newcastle Sexual Assault Service (Lower Hunter)
Ph: 4924 6333 After hours: Ph: 4921 3888

Maitland Sexual Assault Service
Ph: 4931 2000 After hours: Ph: 4921 3888

STAYING HOME LEAVING VIOLENCE

Newcastle:

[Family Support Newcastle](#) Ph: 4926 3577

Lake Macquarie:

[Eastlakes Family Support](#) Ph: 4943 9255

Maitland, Cessnock, Dungog, Muswellbrook, Upper Hunter, Singleton:

[Carrie's Place](#) Ph: 4934 2585 - option 2

Port Stephens:

[Port Stephens Family and Neighbourhood Service](#)
Ph: 4980 0800

LEGAL SUPPORT

[Aboriginal Legal Service Legal Assistance for
Women](#) Email: lavw@alsnswact.org.au

[Legal Aid NSW Domestic Violence Unit](#)
Ph: 1800 979 529

[Domestic Violence Legal Advice Line](#)
Ph: 8745 6999 or 1800 810 784

[Hunter Community Legal Centre](#)
Ph: 4040 9120 or 1800 650 073

DV COMMITTEES/NETWORKS

Cessnock - coord@cfss.ngo.org.au

Lake Macquarie - lakemacquariedvc@gmail.com

Maitland - jenna.nadiotis@humehousing.com.au

Newcastle - newcastledvcommittee@gmail.com

Port Stephens - sue.pollock@psfans.org.au

Upper Hunter - ecaelli@singleton.nsw.gov.au