

**16 Days of Activism  
against Gender-Based Violence  
2024**

# 16 Days of Activism against Gender-Based Violence

The global event occurs annually, beginning on the International Day for the Elimination of Violence against Women (25 November) and running until Human Rights Day (10 December).

Everyone has a role to play in preventing domestic, family and sexual violence.

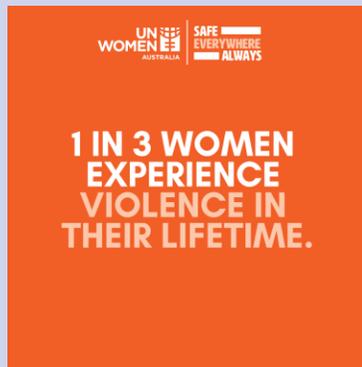
1800RESPECT has collated key resources and social media content, to raise awareness of the support available.

# 2024 Themes

Internationally, [UN Women](#) has chosen the theme '**Every 10 minutes, a woman is killed. #NoExcuse. UNiTE to End Violence against Women.**'

Violence against women and girls remains one of the most prevalent and pervasive human rights violations in the world and one in three women have been subjected to physical and sexual intimate partner violence, non-partner sexual violence, or both, at least once in their life.

We need to hold perpetrators accountable, and bring action through well-resourced national strategies and increased funding to women's rights movements.



Locally, [UN Women Australia](#) is spreading the message of '**Safe. Everywhere. Always.**'

A woman should be safe no matter where she is, what she's doing or what she's wearing. Violence against women doesn't just happen in the home behind closed doors, it happens everywhere, and it takes on many forms.

# Key 1800RESPECT Resources

For people who are experiencing, or at risk of experiencing, domestic, family or sexual violence:

- [Safety Planning](#): Safety planning is thinking about things you can do to be safer when living with violence or abuse.
- [Escape Bag Checklist](#): Using this checklist, you can create a list of things that you may want to take with you if you are planning on leaving a relationship.
- [Violence and the law](#): Links to information, resources and support in each State and Territory.
- [Safety apps for mobile phones](#): A list of apps that may help increase your safety when using devices like mobile phones, iPads and tablets.

# Key 1800RESPECT Resources

**For people supporting someone who is experiencing, or at risk of experiencing, domestic, family or sexual violence:**

- [Domestic and family violence](#): Learn more about how you can support someone experiencing domestic and family violence.
- [Sexual violence](#): Learn more about how to support someone experiencing sexual violence.
- [Talking with teens about violence](#): Learn more about how to start a conversation with teenagers experiencing or impacted by domestic, family or sexual violence.
- [Support services](#): Find out more about the different kinds of services available for someone impacted by domestic, family or sexual violence.

# Key 1800RESPECT Resources

For professionals supporting someone who is experiencing, or at risk of experiencing, domestic, family or sexual violence:

- [Training and professional development](#): Learn more about various training and professional development opportunities available.
- [Work-induced stress and trauma checklist](#): This checklist will help you understand how you are feeling about work.
- [Risk frameworks](#): Learn more about Risk Assessment Frameworks.
- [Events and webinars](#): Learn more about upcoming domestic, family and sexual violence related conferences, events and webinars.
- [Workers and Professionals Connect Newsletter](#): Keep in touch with the latest updates from 1800RESPECT and sector news through our quarterly newsletter.

# Sharing on socials

The following social media tiles and content is available to be used by any organisation or individual looking to recognise the 16 Days of Activism.

If you choose to share these on your social channels, please tag 1800RESPECT:

Facebook: [1800RESPECT](https://www.facebook.com/1800RESPECT)

Twitter/X: [@1800RESPECT](https://twitter.com/@1800RESPECT)

LinkedIn: [1800RESPECT Australia](https://www.linkedin.com/company/1800RESPECT-Australia)

Instagram: [@1800respect\\_australia](https://www.instagram.com/@1800respect_australia)

Threads: [@1800respect\\_australia](https://www.threads.net/@1800respect_australia)

# Social Media Tiles

**1800RESPECT**  
NATIONAL DOMESTIC FAMILY AND  
SEXUAL VIOLENCE COUNSELLING SERVICE

#16DaysOfActivism

**1800RESPECT is available to support you.**

 **Call: 1800 737 732**

 **Text: 0458 737 732**

 **Online Chat & Video Call:**  
**[www.1800respect.org.au](http://www.1800respect.org.au)**

**1800RESPECT**  
NATIONAL DOMESTIC FAMILY AND  
SEXUAL VIOLENCE COUNSELLING SERVICE

**1800 737 732**

## Suggested Text:

The 16 Days of Activism against Gender-Based Violence campaign starts on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

We can all play a role in preventing violence against women and girls.

If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, call 1800RESPECT on 1800 737 732, text 0458 737 732, or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services.

#OrangeTheWorld #16Days #16DaysOfActivism #EndViolence #SafeEverywhereAlways

# Social Media Tiles



## Suggested Text:

This year's 16 Days of Activism against Gender-Based Violence campaign theme is Safe. Everywhere. Always.

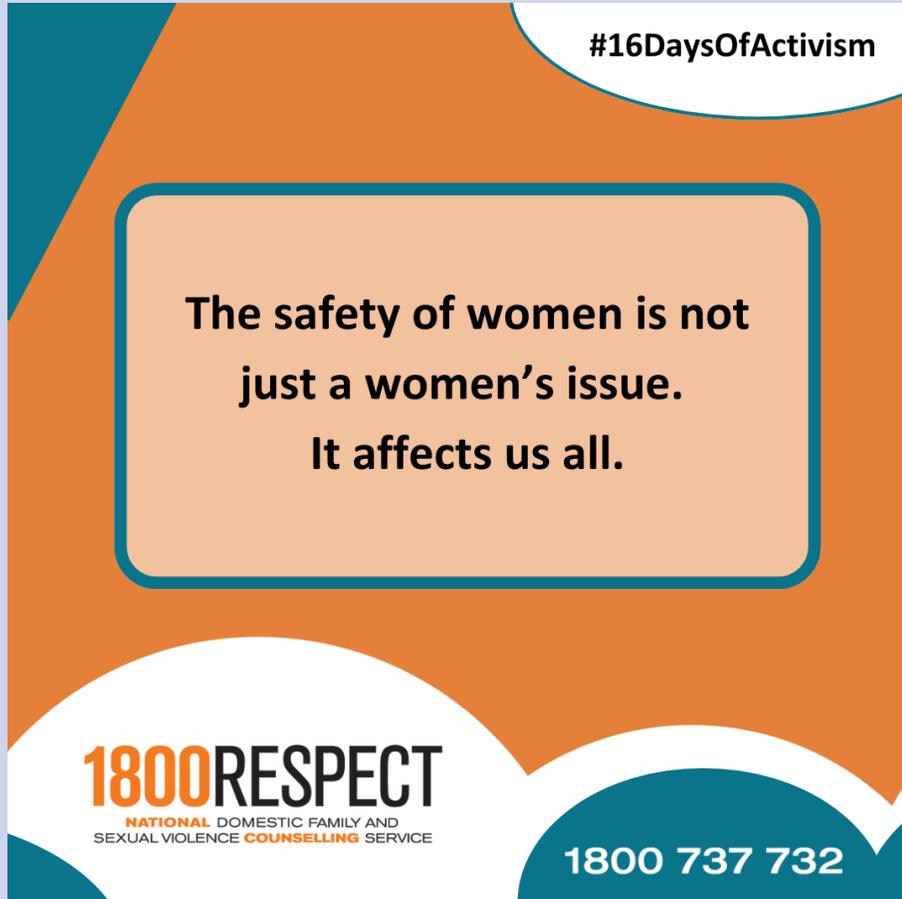
A woman should be safe no matter where she is, what she's doing or what she's wearing. Violence against women doesn't just happen in the home behind closed doors, it happens everywhere, and it takes on many forms.

If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, call 1800RESPECT on 1800 737 732, text 0458 737 732, or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services.

#OrangeTheWorld #16Days #16DaysOfActivism #EndViolence #SafeEverywhereAlways

# Social Media Tiles

**1800RESPECT**  
NATIONAL DOMESTIC FAMILY AND  
SEXUAL VIOLENCE COUNSELLING SERVICE



## Suggested Text:

Gender-based violence is a global crisis, affecting 1 in 3 women worldwide.

Domestic, family and sexual violence can happen to any woman, regardless of the country they are from, religion, sexuality, age, social background or culture.

If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, call 1800RESPECT on 1800 737 732, text 0458 737 732, or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services.

#OrangeTheWorld #16Days #16DaysOfActivism #EndViolence #SafeEverywhereAlways

Source: [World Health Organization](http://www.who.int)

# Social Media Tiles

#16DaysOfActivism

Safety planning can include:

- packing an escape bag
- keeping important contacts safe in your wallet or mobile phone
- leaving copies of important papers with a trusted person

**1800RESPECT**  
NATIONAL DOMESTIC FAMILY AND  
SEXUAL VIOLENCE COUNSELLING SERVICE

1800 737 732

## Suggested Text:

Safety planning involves thinking about things you can do to be safer when living with violence or abuse. Every plan is different, as every person has different needs.

1800RESPECT has a checklist of some of the things you may need to consider:  
[www.1800respect.org.au/help-and-support/safety-planning](http://www.1800respect.org.au/help-and-support/safety-planning)

A 1800RESPECT counsellor can also assist you in developing a safety plan for your specific circumstances.

If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, call 1800RESPECT on 1800 737 732, text 0458 737 732, or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services.

#OrangeTheWorld #16Days #16DaysOfActivism #EndViolence #SafeEverywhereAlways

# Social Media Tiles



## Suggested Text:

Technology is always changing, and it can be used to facilitate abuse.

There is help and support available if you are experiencing technology-facilitated abuse. 1800RESPECT has collated information about maintaining safety while using technology – including considerations for contacting our service.

Find out more on the 1800RESPECT website: [www.1800respect.org.au/help-and-support/technology-and-safety](http://www.1800respect.org.au/help-and-support/technology-and-safety)

A 1800RESPECT trained counsellor can also provide support and guidance to protect your safety.

If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, call 1800RESPECT on 1800 737 732, text 0458 737 732, or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services.

#OrangeTheWorld #16Days #16DaysOfActivism #EndViolence #SafeEverywhereAlways

# Social Media Tiles



## Suggested Text:

Are you concerned about your immediate safety? Safety apps can help increase your safety when using digital devices like mobile phones, iPads and tablets.

Common features include important safety information, the ability to send emergency alerts, share your location with trusted contacts, or even contact emergency services.

1800RESPECT maintains a list of safety apps which may be able to assist if you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence.

Find out more on the 1800RESPECT website [www.1800respect.org.au/safety-apps-mobile-phones](http://www.1800respect.org.au/safety-apps-mobile-phones)

If you or someone you know is experiencing, or at risk of experiencing, domestic, family or sexual violence, call 1800RESPECT on 1800 737 732, text 0458 737 732, or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services.

#OrangeTheWorld #16Days #16DaysOfActivism #EndViolence #SafeEverywhereAlways

# Tagline



People in need of support can contact 1800RESPECT via one of four channels: call, text, online chat or video call.

If you are sharing content or reporting on domestic, family and sexual violence, please consider including links to support services by promoting the 1800RESPECT tagline:

**1800RESPECT is the national domestic, family and sexual violence counselling, information and support service.**

**If you or someone you know is experiencing, or at risk of experiencing domestic, family and sexual violence, you can call 1800RESPECT on [1800 737 732](tel:1800737732), text [0458 737 732](tel:0458737732) or visit [www.1800respect.org.au](http://www.1800respect.org.au) for online chat and video call services:**

- **Available 24/7: Call, text or online chat**
- **Mon-Fri, 9am-5pm AEST (except national public holidays): Video call (no appointment needed)**

**In an emergency, call [000](tel:000).**