

16 Days of Activism against Gender-Based Violence 2025

16 Days of Activism against Gender-Based Violence

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

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 in preventing domestic, family and sexual violence.

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



2025 Themes

Internationally, [UN Women](#) has chosen the theme '**UNiTE to End Digital Violence against All Women and Girls**'.

Violence against women and girls affects one in three women. It is a global human rights emergency that must stop. The UN's UNiTE 2025 campaign focuses on one of the fastest-growing forms of abuse: digital violence against women and girls. This year's campaign is also a reminder that digital safety is central to gender equality.



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

Women should be safe no matter where they are, what they're doing or what they're wearing. Violence against women doesn't just happen in the home behind closed doors, it happens everywhere, and it takes on many forms.

Source: WHO, 2021

Key Resources

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

- [Safety Planning](#): Safety planning is identifying and planning things you can do to increase safety when living with violence or abuse.
- [Escape Bag Checklist](#): Using this checklist, you can create, or a support service can help you create a list of important items that you may want to take with you if you are planning on leaving a violent or abusive relationship.
- [Violence and the law](#): Find links to information, resources and support in each State and Territory.
- [Safety apps for mobile phones](#): Here are a list of apps that may help increase your safety when using devices like mobile phones, iPads and tablets.
- [eSafety Commissioner](#): Find information on preventing online risks, reducing the impacts of harms, reporting online abuse and building safer digital spaces.

Key Resources – Supporting Someone

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

Key Resources – Professionals

- [Training and professional development](#): Learn more about specialised training and professional development opportunities available.
- [Work-induced stress and trauma checklist](#): This checklist will help you understand the impacts of your work on you.
- [Risk frameworks](#): Learn more about Risk Assessment Frameworks.
- [Events and webinars](#): Find out about upcoming domestic, family and sexual violence related conferences, events and webinars.
- [Workers and Professionals Connect Newsletter](#): Keep up 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



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 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 'UNiTE to End Digital Violence against All Women and Girls'.

A woman should be safe no matter where she is, what she's doing or what she's wearing including online and on digital devices. 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 for online chat and video call services.

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

Social Media Tiles



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 for online chat and video call services.

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

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

Social Media Tiles



Suggested Text:

Technology helps us stay connected and opens up new opportunities. It also brings risks, especially for women and girls who may be vulnerable to online abuse. This can include online stalking, image-based abuse or grooming.

1800RESPECT has a dedicated page with information and online safety tips:
www.1800respect.org.au/help-and-support/technology-and-safety

A 1800RESPECT counsellor can also assist you by referring you to specialist support for your unique situation.

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 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 staying safe online and while using technology.

Find out more at www.1800respect.org.au/help-and-support/technology-and-safety

A 1800RESPECT 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 for online chat and video call services.

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

Social Media Tiles



Suggested Text:

Safety apps can help protect you when using digital devices like mobile phones, iPads and tablets. They can include safety information, the ability to send emergency alerts, share your location with trusted contacts, and contact emergency services.

1800RESPECT has a list of safety apps that may be helpful for you. Find out more at 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 for online chat and video call services.

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

Social Media Tiles



Suggested Text:

When using technology, there may be more risks to your safety if someone who has been abusive or violent towards you has had access to the device you are using.

Find out more on device safety at www.1800respect.org.au/help-and-support/technology-and-safety/devices

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 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 from this kit or reporting on domestic, family and sexual violence, please consider linking to support services and including 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 for online chat and video call services - available 24/7.

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

If you are concerned about your behaviour or use of violence, you can contact the Men's Referral Service on 1300 766 491 or visit www.ntv.org.au for 24/7 judgement-free support.