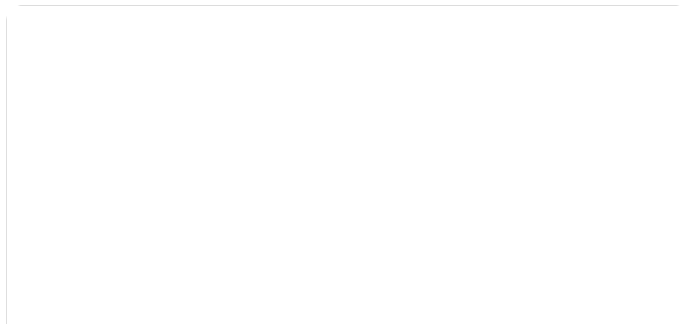




Living Well
North Tyneside
Supporting Health and Wellbeing

Breaking the Silence: 16 Days of Action Against Domestic Violence



From the 25th of November to the 10th of December, the world unites for the '16 Days of Action Against Domestic Violence.' This crucial period is more than a mark on the calendar; it is a rallying call, a collective effort to galvanise action and bring an end to the pervasive violence inflicted upon women and girls globally. This initiative serves as a beacon, igniting conversations, raising awareness, and mobilising resources to combat domestic violence in all its forms.

The Significance of 16 Days of Action:

The '16 Days of Action Against Domestic Violence' is not merely a campaign; it is a movement. Organised worldwide, this initiative strives to break the silence surrounding domestic violence, offering a platform for survivors to share their stories, and encouraging communities to stand together against this pervasive issue. The 16 days are symbolic, representing a collective call for change and a commitment to building a world where women and girls are free from the shackles of violence.

Objectives of 16 Days of Action:

Raise Global Awareness: At the core of this initiative is a mission to raise global awareness about the prevalence and devastating impact of domestic violence. Through a concerted effort in media, education, and community engagement, the 16 Days of Action seeks to shine a light on the darkness of domestic violence, dispelling myths and misconceptions.

Empower Survivors to Speak Out: The initiative empowers survivors to break the silence. By providing platforms for survivors to share their stories, the 16 Days of Action fosters an environment of support and understanding, showing survivors that they are not alone and that their voices matter.

Mobilise Communities for Change: The call for action extends beyond individuals to entire communities. The 16 Days of Action encourages communities to unite against domestic violence, promoting a culture of zero tolerance. This mobilisation aims to create a network of support and resources for those affected.

Advocate for Policy and Legal Changes: Beyond awareness, the initiative aims to drive tangible change. Advocacy for policy and legal reforms is a key component, pushing for robust systems that protect survivors, prosecute offenders, and prevent domestic violence at its roots.

How to Participate in 16 Days of Action:

Educate Yourself and Others: Take the time to educate yourself about the various forms of domestic violence and how it manifests. Share this knowledge with friends, family, and colleagues to dispel myths and promote understanding.

Amplify Voices on Social Media: Utilise social media platforms to amplify the voices of survivors and the messages of the 16 Days of Action. Share educational resources, survivor stories, and campaign materials to broaden the reach of the initiative.

Support Local Initiatives: Get involved in local events, workshops, and initiatives organised during the 16 days. Support local organisations working to end domestic violence through volunteering or donations.

Advocate for Change: Use your voice to advocate for policy changes at local and national levels. Support or join campaigns that call for improved legal frameworks, stronger protection measures, and increased funding for anti-domestic violence initiatives.

The “16 Days of Action Against Domestic Violence” is a collective call to break the chains of silence, stigma, and suffering. By actively participating in this initiative, we contribute to a global movement that envisions a world free from the scourge of domestic violence. As we embark on these 16 days, let us stand together, amplify the voices of survivors, and work towards a future where no woman or girl lives in fear.

Related Links

- [16 Days of Action](#)
- [Domestic violence facts and support](#)



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