



RESPECTFUL RELATIONSHIPS

16 Days of Activism Against Gender-Based Violence

The 16 Days of Activism Against Gender-Based Violence (November - December) is a global campaign to raise awareness about violence against women and its impact on a woman's physical, psychological, social wellbeing and economic security.

During the 16 days, people from around the world used the campaign to raise awareness about the prevalence and devastating impact of violence against women, to celebrate victories gained, challenge the structures that enable and support violence against women to occur at such an alarming rate, and demand that violence against women be recognised as an abuse of human rights. In order to achieve gender equality, we must recognise that gender inequality affects us all, regardless of our age, ability, gender or culture. By raising awareness of why gender equality is important, we can help shift the conversation to action.

The campaign runs every year from November 25th, the International Day for the Elimination of Violence against Women, to December 10th, Human Rights Day.

16 Ways to Call it Out

16 Days of Activism Against Gender-Based Violence



More information at www.whe.org.au/16Days



TOGETHER FOR EQUALITY OF RESPECT



Women's Health East in partnership with Together for Equality and Respect partners have developed the [#16Days16Ways](#) social media campaign to assist organisations across the Eastern Metropolitan Region of Melbourne to participate in the 2020 16 Days of Activism Against Gender-Based Violence Campaign. The campaign aligns with the Victoria state-led theme: "[Respect all Women: Call it Out](#)".

There are resources to provide guidance in cases of resistance and backlash, as well as important telephone numbers, email addresses and both culturally sensitive and CALD information.

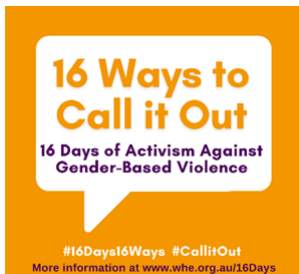
Also included are 16 social media tiles, an email signature and a website banner.



16 ways to #callitout

What to do when you hear or see sexist, disrespectful or sexually harassing behaviour

1. Don't laugh at sexist jokes.
2. Give a disapproving look to show a behaviour or statement is not okay. Shake your head or roll your eyes.
3. Leave a pointed and uncomfortable silence.
4. Make a light-hearted comment: "What century are you living in?"
5. Check in with the person affected: "I heard what he just said – are you okay?"
6. Privately let them know the behaviour is not okay: "The joke you made in yesterday's meeting was not funny, and actually not okay."
7. Calmly disagree and state that the comment is wrong or unacceptable: "I know you probably didn't mean it, but I found what you said to be offensive."



8. Speak up and educate by explaining why you disagree: "Actually evidence shows the vast majority of women do not make up false claims of sexual assault" (you could use the Key Facts in this toolkit).

9. Challenge the logic: "That's not my experience." or "What makes you think that?"

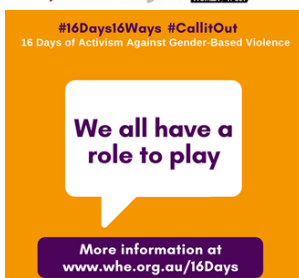


10. Stand up for the person affected: "Michelle was saying something, and you cut her off again."

11. Make eye contact with the person affected - let them know you're an ally.

12. Show your emotion: "It actually makes me sad/ uncomfortable when you say that."

13. Support others when they call it out: "I agree, that's not funny."



14. Appeal to their better self: "Come on, you're better than that."

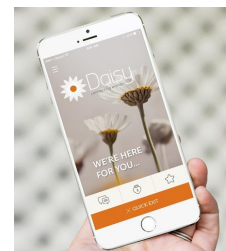
15. Report the behaviour to management, or via incident reporting systems if available.

16. Disrupt or distract the situation to redirect focus from the incident to something else.



Daisy is an app that provides information about support services in your local area

Daisy was developed by 1800RESPECT and is free to use and download. It includes safety features to help protect the privacy of people using it.



Ways to get involved at school

Schools have a unique role in addressing family violence, as they are well placed to foster respect and gender equality early in young people's lives.

Suggestions for how schools can lead this culture are listed below.

- Join the [Change the Story: Three Years On PED Talk](#), 1–2pm on Thursday 3 December.
- Turn a morning staff meeting into a 16 Days of Activism morning tea. Refer to conversation starters in the [Respect Women: Call It Out 16 Day toolkit](#) (page 22).
- Encourage library staff and teachers to share books that challenge traditional gender stereotypes and present girls and boys as equals. [The Respect Women: Call It Out 16 Day toolkit](#) (pages 14 to 15) has examples of these types of books for primary and secondary students.
- Donate to [Safe Steps](#).
- Add something to your social media channels (examples pre-written for you in the ACCESS toolkit available [here](#))
- Add something in your newsletter/on your school management sites for parents and students to see (examples pre-written for you in the ACCESS toolkit available [here](#))

For more ideas, refer to '16 ways to get involved' on page 12 of the [Respect Women: Call It Out 16 Day toolkit](#).



Resources:

Change the story: <https://www.ourwatch.org.au/change-the-story/>

Change the picture: <https://www.ourwatch.org.au/resource/changing-the-picture>

Partners in prevention (PiP): <https://www.partnersinprevention.org.au/>

Regional Family Violence Partnership: <https://rfvp.org.au/>

Safe Steps

24 hour state-wide confidential family violence response support and information for women, young people and children experiencing family violence 1800 015 188 www.safesteps.org.au

EDVOS

Specialist family violence service in Melbourne's eastern metropolitan region (03) 9259 4200 www.edvos.org.au

Boorndawan Willam Aboriginal Healing Service

Lead specialist Aboriginal Specific family violence service that provides a service in the Eastern Metropolitan Region. They provide services to Aboriginal Families, including men, women, children and the extended family. (03) 9212 0200 www.bwahs.com.au bwahs@bwahs.com.au

CASA House (Centre Against Sexual Assault)

24 hour telephone counselling, support and crisis care support following sexual assault (03) 9635 3610 www.casahouse.com.au

Men's Referral Service

Professional support and information service for Australian men who use family violence. 24hour phone and online services 1300 766 491 www.ntv.org.au

Promoting Gender Equality in the Early Years

10.00am-12.30PM

Tuesday 8 December

This online CoP will feature presentations about Together For Equity and Respect (TFER) projects that have been developed over March and April 2020 during the COVID-19 health crisis. They are all great examples of collaborative, flexible practice built on strong TFER partnerships in the region.

Register: <http://www.bit.ly/32shrQN>

The **City of Glen Eira** are providing community members with an opportunity to develop skills as an **active bystander**. This 2.5 hour session provided by No to Violence, a specialist peak body in the prevention of family violence helps participants become an active and safe bystander. No previous experience or prior knowledge is required.

When: 9th December 2020
10am—12.30pm

Bookings essential

The **City of Boroondara** will be holding an online event for men **Dads Making a Difference** will offer a discussion on positive parenting, healthy masculinities and having conversations about preventing family violence.

WHEN: 9th December
7pm—8.15pm

Inner East Respectful Relationships Contact:

Aimy McAninly- 0439 521 049

aimy.mcaninly@education.vic.gov.au