



# 16 Days of **ACTIVISM** against **GENDER BASED VIOLENCE**

25 NOVEMBER – 10 DECEMBER

## What is the 16 Days of Activism?

It is an annual international initiative by the United Nations, which runs from November 25 (International Day for the Elimination of Violence against Women) to December 10 (Human Rights Day).

The initiative is designed to encourage individuals and organisations around the world to raise awareness and take action to put a stop to violence against women and girls.

The 16 Days of Activism has a focus on gender based violence.

Gender based violence is defined as “harmful acts directed at an individual or a group of people based on their gender”.

It is rooted in gender inequality, the abuse of power and harmful norms and stereotypes.

Gender based violence affects women and girls.

That is why the Let's Chat Gippsland campaign focuses on the things everyone can do to end violence against women and girls.

### What is **Let's Chat Gippsland?**

'Let's Chat Gippsland' is the localised regional campaign for promoting the 16 Days of Activism against Gender Based Violence (referred to as the 16 Days of Activism) in Gippsland for 2022.

The campaign provides a regional framework that guides a localised approach.

The campaign was selected by Prevention of Violence against Women (PVAW) networks via a survey sent to groups in May this year.

In previous years, many PVAW networks have individually promoted the 16 Days of Activism.

Evaluation from previous year's campaigns showed that a more coordinated approach would be beneficial for the community.

Gippsland Women's Health (GWH) is coordinating this work across the region, as GWH are the lead organisation for PVAW in Gippsland.

### About the Campaign

The concept is based on the Change the Story Framework, which highlights the key actions we need to take to prevent violence against women.

In Gippsland and across Australia, concerning attitudes and beliefs in relation to gender equality and PVAW still exist.

Data from the most recent National Community Attitudes towards Violence against Women Survey (NCAS) found that one in five Australians would not be bothered if a male friend told a sexist joke about women.

It also showed that a concerning proportion of Australian's believe that gender inequality is exaggerated or no longer a problem.

One strategy for achieving attitude change is awareness raising and education.

Through conversations, there is great potential to influence attitudes, beliefs and behaviours.

With this in mind, Let's Chat Gippsland has been designed to invite the community to be involved in conversations where they are able to learn more, challenge their existing beliefs and ask questions to better their understanding.

The campaign will support people to have conversations that will help them to consider their attitudes and beliefs, and discover evidence-based actions they can take to help prevent violence against women and girls.

For more information and to listen to podcasts and videos, visit [16daysgippsland.com.au](http://16daysgippsland.com.au)

16 DAYS OF ACTIVISM

## LET'S CHAT

Gippsland

**"Let's Chat Gippsland"** is a community campaign across Gippsland as part of the 16 Days of Activism against Gender Based Violence, and is focused on the primary prevention of violence against women.

The campaign highlights the significant difference conversations can make - whether at home, work, sport, schools and within the wider community - in shifting mindsets, attitudes, and creating real change for gender equality.

**Let's Chat Gippsland** invites the community to **be involved in conversations** where they are able to learn more, challenging their existing beliefs and ask questions to better their understanding.

**Evidence-based actions to help prevent violence against women and girls are:**

- ✓ **Challenge** the condoning (**excusing** or tolerating) of **violence** against women.
- ✓ **Promote women's** independence and **decision making**
- ✓ **Challenge** gender **stereotypes** and roles
- ✓ **Strengthen** positive, equal and **respectful relationships**
- ✓ **Normalise gender equality** in public and private life

For further information visit: [16daysgippsland.com.au](http://16daysgippsland.com.au)

## UNITED AGAINST GENDER-BASED VIOLENCE



(03) 5173 8400

[www.healthassembly.org.au](http://www.healthassembly.org.au)

An Initiative of the Latrobe Health Innovation Zone

## 16 DAYS OF ACTIVISM

25 November to 10 December

A call for the prevention and elimination of violence against women and girls.



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## Events...

November 25 - December 10

### GCASA 16 Days in 16 Ways Challenge

The 16 Days in 16 Ways Challenge is a calendar of activities that takes place during the 16 Days of Activism against Gender-Based Violence.

The 16 Days of Activism Against Gender-Based Violence is an annual international campaign that starts on November 25, the International Day for the Elimination of Violence Against Women, and runs until December 10: Human Rights Day.

The challenge begins on November 25, and will be accompanied by an instructional video each day on the GCASA's Facebook page.

Each challenge requires thinking outside the box regarding attitudes

towards gender in all walks of life.

It is an interactive platform, allowing participants to post their findings on GCASA's Facebook or Instagram.

November 25

### Walk for Gender Equality

1:45pm until 3pm  
Latrobe Regional Hospital  
10 Village Ave, Traralgon (in between Monash Education Building and Agnes Ward)

Meet at the Monash School of Rural Health and Agnes Unit Assembly Area and bring your phone.

The walk will only take around 30 minutes, and walkers will be accompanied by the Deakin Boomers NBL basketball team.

Attendees will learn about gender

equity along the route and at the end, will have the opportunity to quiz their knowledge on how to prevent gender-based violence and win a prize.

Bookings essential via Eventbrite

### BIG Respect - photo pop-up project with artist PollyannaR

PollyannaR is sticking up her white backdrop around Gippsland and is inviting anyone who wants to be part of The United Nations international campaign 16 Days of Activism Against Gender-Based Violence, to have their portraits taken as a public show of support.

All you have to do is have your picture taken with her sign with a message of what respect means to you.

You will receive a print-out on the spot to put on your fridge, and a digital one will be uploaded to the PollyannaR Facebook page to share online.

At the end of the 16 days, the final artwork will be a big picture of everyone's photos, to be unveiled on

December 6.

To find out more visit [www.pollyannar.com/big-respect-gippsland](http://www.pollyannar.com/big-respect-gippsland)

November 25 - December 10

### Quantum Let's Chat Café promotion

Tuesday, November 29 - Coco's Café in Yarragon

Saturday, December 4 - Garden Station in Rosedale

Monday, December 5 - Peckish Café & Takeaway in Morwell

Saturday, December 10 - Frankies in Traralgon

16 Days of Activism

Respect Women: 'Call It Out'



The 16 Days of Activism (16DOA) against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day

During the 16 Days of Activism we aim to address the drivers of Gender Based Violence, including:

- Condoning of gender-based violence (making excuses)
- Control of decision-making and limits to a person's independence
- Rigid gender roles and stereotypes
- Peer relationships that emphasise aggression and disrespect towards others based on their biological sex or gender identity



To see what's happening for the 16 Days Of Activism in Latrobe City or how to get involved, scan the QR code or visit our website.

[www.latrobe.vic.gov.au/16\\_Days\\_of\\_Activism](http://www.latrobe.vic.gov.au/16_Days_of_Activism)

SAFE STEPS 1800 015 188  
1800RESPECT 1800 737 732  
MENS REFERRAL SERVICE 1300 766 491  
For more information, visit [respectvictoria.vic.gov.au](http://respectvictoria.vic.gov.au)



#respectis #callitout #16days

Respect Victoria

