



**16 WAYS TO BE AN ACTIVIST**

*during*

**16 DAYS OF ACTIVISM**

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Please include the hashtag:

**#16DaysOfActivism**

Visit our website for more info:

[www.uksaysnomore.org](http://www.uksaysnomore.org)



<p><b>WATCH</b></p> <p><b>16 Days 16 Films</b> Powerful short films by female filmmakers addressing all forms of violence against women</p>	<p><b>LEARN</b></p> <p><b>about global violence against women</b> UN Women hosts the Global Database on Violence Against Women</p>	<p><b>WRITE</b></p> <p><b>a letter to your MP</b> Ask them how they plan to tackle violence against women and girls in your local area <a href="https://members.parliament.uk/FindYourMP">members.parliament.uk/FindYourMP</a></p>	<p><b>DOWNLOAD</b></p> <p><b>Bright Sky app</b> Advice for friends, family, colleagues and anyone experiencing domestic abuse</p>
<p><b>ASK</b></p> <p><b>your employer what action they are taking</b> to support employees experiencing abuse or harassment. Get inspiration at <a href="https://hestia.org/everyones-business">hestia.org/everyones-business</a></p>	<p><b>PASS ON</b></p> <p><b>the message to the next generation</b> Download the NO MORE conversation guide for parents to facilitate discussions on healthy relationships</p>	<p><b>TAKE ON A CHALLENGE</b></p> <p><b>run, walk, cycle, swim</b> or whatever you choose! Take on a challenge event to raise money for organisations tackling violence against women and girls</p>	<p><b>DONATE</b></p> <p><b>to a charity tackling violence against women and girls</b> Hestia provides support for women and children fleeing domestic abuse through refuges and community-based support</p>
<p><b>UNITE</b></p> <p><b>with others around the world</b> and use #NoExcuse to promote a message of zero tolerance of violence against women and girls</p>	<p><b>FOLLOW</b></p> <p><b>UK Says No More and Hestia</b> on social media and re-share content during 16 Days of Activism and beyond</p>	<p><b>READ</b></p> <p><b>a blog or article</b> about violence against women and girls where you live. Share what you learn with your network</p>	<p><b>FIND</b></p> <p><b>your nearest Safe Spaces</b> Use our Safe Spaces locator tool at <a href="https://uksaysnomore.org/safespaces/">uksaysnomore.org/safespaces/</a></p>
<p><b>VOLUNTEER</b></p> <p><b>your time and skills</b> Lots of charities supporting women who have experienced violence or abuse need your help and experience</p>	<p><b>LISTEN</b></p> <p><b>to a podcast on violence against women</b> The KNOW MORE Global Dialogue Series features episodes on financial abuse, dating and control</p>	<p><b>SHARE</b></p> <p><b>write a post or record a video about why 16 Days matters</b> Share it on your social media channels or your organisation's intranet</p>	<p><b>JOIN</b></p> <p><b>the NO MORE global movement by becoming an ally</b> Find out more at <a href="https://nomore.org/the-no-more-community/">nomore.org/the-no-more-community/</a></p>