**16 Days of Activism against Gender Violence**

**Take action: 10 ways you can help end violence against women, even during a pandemic**

In 2020, COVID-19 touched our lives in nearly every way, everywhere, as countries went into lockdown and restricted movement to contain the spread of the virus. As doors closed and isolation began, reports of all forms of violence against women and girls, particularly domestic violence, began to rise.

The pandemic of violence against women is not new. Eveb before COVID-19 hit us, **globally, 243 million women and girls** were abused by their intimate partners in the past year.The COVID-19 pandemic intensified the violence, even as support services faltered and accessing help became harder.

As we mark the annual 16 Days of Activism against Gender-based Violence campaign ( 25 November- 10 December), UN Women is joining hands with survivors, activists, decision-makers, the UN system, and people from every walk of life, to shine a light on the need for funding, essential services, prevention and data that shapes better-informed reponses.

**Ending violence against women is everyone’s business..**

Here are just ten ways you can make a difference, safely and impactfully:

1. Listen to and believe survivors
2. Teach the next generation and learn from them: point out the stereotypes that children constantly encounter. Encourage a culture of acceptance. Talk about consent.
3. Call for responses and services fit for purpose: shelters, hotlines, counseling, and all support

This year the United Nations, together with its partners, are demanding four critical actions, summarized by the 2020 campaign theme: FUND, RESPOND, PREVENT, COLLECT

1. Understand consent: rather than listening for a “no”, make sure there is an active “yes” from all involved
2. Learn the signs of abuse and how you can help
3. Start a conversation: show your solidarity with survivors and where you stand in the fight for women’s rights by **oranging your social media profile for the 16 Days of Activism.**
4. Stand against rape culture: naming it is the first step to dismantle it
5. Fund women’s organizations: donate tp local organizations that empower women, amplify their voices, support survivors, and promote acceptance of all gender identities and sexualities
6. Hold each other accountable: take a stand by calling it out when you see violence: catcalling, inappropriate sexual comments and sexist jokes are never okay
7. Know the data and demand more of it : as gender-based violence has spiked during COVID-19, the gaps in gender sensitive data collection have become more difficult than ever. Call on your governments to invest in the collection of data on gender-based violence.

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