**MEDIA RELEASE**

**Tuesday 22 November 2022**

**16 Actions Everyone Can Take Against Gender-Based Violence**

One woman a week is killed by an intimate partner in Australia. And one-quarter of Australian women have experienced at least one incident of violence by an intimate partner. It is time to take action against gender-based violence.

Toora Women are asking the Canberra community to take action to support the UN’s 16 Days of Activism Against Gender-Based Violence. We have designed an [Action Calendar](https://www.toora.org.au/wp-content/uploads/2022/11/16-Days-calendar.docx) to support the 16 Days campaign that begins this Friday 25 November (the International Day for the Elimination of Violence Against Women) and runs until Saturday 10 December (Human Rights Day).

Toora Women is educating the community about the prevalence of gender-based violence to reduce and eliminate the factors impacting our clients. [Our 16 Days toolkit](https://www.toora.org.au/wp-content/uploads/2022/11/16-days-toolkit.pdf) has been put together as a guide for others to take action and help us. Some ways to take action include [‘Calling it out,’](#Callitout) [‘Giving Tuesday’](#tuesday) and [‘Educating a young person.’](#Educate) Our vision at Toora is a world where women, girls and non-binary people live safely and securely without fear; where we are equal, respected and valued for our contributions to society.

“Taking action against gender-based violence is the responsibility of everyone in Australia” stated Kellie Friend, CEO of Toora Women. “On average, Australian police deal with 5000 domestic violence matters every week. We believe that attitudes need to change in this country towards gender-based violence. Our toolkit and action calendar provide simple ways for the ACT community to raise awareness and take action.”  
  
The commitment to end gender-based violence is at the centre of the new [10-year national plan](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dss.gov.au%2Fending-violence&data=05%7C01%7CBrigette%40toora.org.au%7Cdb99f303fc794050b0b608dacac1cbc1%7C57562969236a4602b731220168f2592a%7C0%7C0%7C638045230947379390%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fsuzGYFDlbKCQgAzXvB7kRfs6YoLcrCmw7ZRrZk6pfs%3D&reserved=0) which also highlights the need to engage men and boys to help prevent violence.

**Toora Women’s Upcoming Events for 16 Days of Activism**   
  
Join Toora Women at Palace Electric Cinema Thursday 24 November from 7 pm to watch the film Brazen Hussies and mark 16 Days of Activism against Gender-Based Violence. Following the screening, Di Lucas, women’s safety advocate and one of Toora’s founders will be in conversation with two of these bold women: Elizabeth Reid, who in 1973 became Australia’s first Women’s Advisor to the Prime Minister and Biff Ward, author, activist and feminist. Both Elizabeth and Biff feature in the movie. Buy tickets: <http://bit.ly/3Evlfmy>

The perpetuation of strangulation is a serious problem globally. Tune into a webinar session to learn how we can improve our understanding and responses to strangulation on Wednesday 30 November at 12 pm. Danielle Allen, Churchill Fellow will lead this information-sharing opportunity. More information: <https://www.toora.org.au/events/>

**MEDIA CONTACT**

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**About Toora**Toora Women is the leading organisation in the ACT providing safe, respectful support for all women who are impacted by domestic and family violence, homelessness, the criminal justice system and/or alcohol and drug dependency.

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| 16 days of Activism | | | Nov- Dec 2022 | | **Take Action against gender-based violence**  The UN’s 16 Days of Activism against Gender-Based Violence is a global campaign that takes places annually between 25 November and 10 December. Show your support through one or more of these actions. | | | | | | |
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| MON | TUE | WED | | THU | | | FRI | SAT | | | SUN |
|  |  |  | | Nov 24 | | | Nov 25 | Nov 26 | | | Nov 27 |
|  |  |  | | **Attend Brazen Hussies film & Q&A**  Book here:  <https://bit.ly/3zjXgox> | | | **Get active on social media**  Follow Toora Women and share your action selfie with us: <https://www.toora.org.au/events/> | **Host a Book Club afternoon tea or evening**  Check out: <https://bit.ly/3SFgFao> for great ideas | | | **Know the 1800 RESPECT phone number**  Put it in your phone; you never know when someone you know might need it |
| Nov 28 | Nov 29 | Nov 30 | | Dec 1 | | | Dec 2 | Dec 3 | | | Dec 4 |
| **Educate your colleagues about the 16 Days campaign**  Find out more at: <https://16dayscampaign.org/> | **It’s Giving Tuesday!**  Donate to Toora to help us end domestic and family violence in the ACT: <https://www.toora.org.au/donate/donate-now/> | **Strangulation is a global problem** Learn ways to improve responses to strangulation at our Lunchtime Learning session. Book here: <https://www.toora.org.au/events/> | | **Use your social media accounts for good**  Post about women’s rights and gender-based violence | | | **Donate a night out**  Instead of going out, donate the cost of a meal at a restaurant to Toora or another organisation working to end gender-based violence | **Host a movie night**  Movies and TV can help open conversations on difficult topics like DV and gender disrespect | | | **Learn more about violence against older women**  Read this from Our Watch: <https://bit.ly/3f7HHJZ> |
| Dec 5 | Dec 6 | Dec 7 | | Dec 8 | | | Dec 9 | Dec 10 | | |  |
| **Call it out!**  Call out sexism, sexual harassment and disrespect towards women when you see it happening | **Ensure your workplace has a reporting and resolution process**  Watch: <https://bit.ly/3FlhZwg> | **Use your money wisely**  Support local, women-owned businesses | | **Educate a young person**  Teach them about women’s rights and equality | | | **Wear orange and get colleagues to join you**  Orange symbolizes a world free of violence against women and girls | **Today is International Human Rights Day**  Talk to someone about why ending gender-based violence is important to you | | |  |
| **Fast Facts:**  **Almost 1 in 4 women have experienced intimate partner violence** | | **1 in 2 women have experienced sexual harassment by the age of 15** | | | | | **Every 9 days a woman is killed by her current or former partner in Australia** | | | | A picture containing shape  Description automatically generated |