

16 Days of Activism Against Gender Based Violence

November 25- December 10, 2021



November 25- International Day for the Elimination of Violence Against Women/ Change your Profile Picture or Cover Page on social media to show your support for ending violence against women, <http://twibbon.com/support/end-violence-against-women-8>

November 26- Know the Hotline to The National Domestic Violence Hotline which provides support & referrals 24/7 to anyone affected by domestic violence. Memorize their # (1-800-799-SAFE), plug it into your phone, & keep it handy — you never know when someone you know might need it.

November 27- Watch the series “MAID” on Netflix, the Advocacy Committee will be hosting a discussion at one of our meetings.

November 28- Shop and use #BlackFriday, #SmallBusinessSaturday, and #CyberMonday for goods! Shelters try to provide items that survivors couldn't take with them when they fled. Donate gift cards to the Family Justice Center that families can use to buy groceries, PJs, holiday gifts, or anything else that will bring them security and comfort.

November 29- Get together with your friends and host a viewing of “City of Joy,” a documentary on Netflix about women who've been sexually brutalized in war-torn Congo who begin to heal at City of Joy, a center that helps them regain a sense of self and empowerment. After watching, begin a discussion about the documentary and violence against women. https://youtu.be/MNyoMG_iyoY

November 30- It's #GivingTuesday and it's time to make your money matter! Donate to your state/territory coalition against domestic violence, or a local program today and you'll be supporting work to address and prevent domestic violence and better meet the needs of victims and their families across the country.

December 1- Watch video [I See You - YouTube](#)

December 2- Take Action on Gender Violence (In collaboration with Zonta Club of Washington DC)

Support H.R. 571: To improve United States consideration of, and strategic support for, programs to prevent and respond to gender-based violence, to build the capacity of humanitarian assistance to address the immediate and long-term challenges resulting from such violence, and for other purposes. Support H.R. 649 and S. 119: To authorize the Office on Violence Against Women to improve the handling of crimes of domestic violence, by incorporating a trauma-informed approach into the initial

response to an investigation of such crimes. [#https://www.votervoicenet.com/Zonta/Campaigns/80137/Respond](https://www.votervoicenet.com/Zonta/Campaigns/80137/Respond) #ZontaSaysNO, #16Days, #ForcedMarriage, #ChildMarriage, #SayNo, #SayNoToViolence, #EndChildMarriage, #ZontaWDC, #Advocacy

December 3- Donate a Night Out- Stay in Tonight! Instead of going out, donate the cost of your typical restaurant or bar tab to an organization working to end violence against women and girls. Host a night in with your friends, family, favorite board games, & a smorgasbord of snacks.

December 4- Adopt a family this Holiday season! Call your local domestic violence program to find out how to help children and their parents living in a shelter have a brighter holiday.

December 5- Your social media feeds are a great way to learn about ending domestic violence in Prince George's County. Like **Prince George's County, Family Justice Center or any other local domestic violence organization** on Facebook, [Twitter](#), [Instagram](#), [Google+](#), and [Pinterest](#) to get involved and stay informed!

December 6- Watch video, [Excuses - No More & NNEDV - YouTube](#)

December 7- Watch, Motivational Video - [WHEN LIFE BREAKS YOU - Powerful Motivational Speech - YouTube](#)

December 8- Host a Wine and Cheese Chat & Chew - Raise a glass & raise awareness! Host a wine & cheese fundraiser with your friends (or are beer & brats more your thing? Tea and scones?). It's easy: over your drink of choice, share info about domestic violence, along with actions that you all can take to make a difference. Ask your friends to make a donation and give the funds to an organization (Zonta Clun Mid-Maryland) working to end domestic violence.

December 9- Guest Speaker at Zonta Mid-Maryland Club Meeting

December 10- International Human Rights Day-. Though 1 in 4 women will experience domestic violence in their lifetime, many are silent. Talk about abuse with friends, family & coworkers this week. Break the silence, show your support & build a community that is ready to end domestic violence. Tell a friend about Zonta Club Mid-Maryland. Hold a discussion on "Why is ending domestic violence important to you?"