

## **Text of 16 Days Slides**

*Please be aware, the following contains potentially triggering content. Please be kind to yourself as you view the material and be aware of any reactions you may have. If you need support, [click here](#)*

---

With thanks to Siân, also known as SpaceGirlUK, who has compiled and created this content.

1. 16 days of Action Against Gender Based Violence 25th of November 2025 to 10th of December 2025

Day One / 25 November 2025, International Day for the Elimination of Violence against Women. Educate yourself on violence against women: Part 1

The UN have estimated that around 736 million women worldwide have experienced physical and or sexual violence. It would seem that girls particularly are at risk and the statistic that one in four adolescent girls is abused by their partners is quoted. Generation Z and millennials are the most affected by technology assisted gender-based abuse. For example, deep fakes and cyber bullying. You can find out more from <http://www.un.org/en/observances/ending-violence-against-women-day>

2. 16 days of Action Against Gender-Based violence 25th of November 2025 to 10th of December 2025

Day Two / 26th of November 2025. Educate yourself on violence against women: Part 2

Seventy per cent of women in conflict, war and humanitarian crisis experienced gender-based violence. The 16 days of action against domestic Violence campaign was initiated in 1991 by the Centre for Women's Global Leadership. Since then, it has grown into a global movement involving thousands of organisations and individuals from around the world who are committed to addressing. Domestic violence and gender-based abuse. You can find out more information at: [www.awarenessdays.com/awareness-days-calendar/16-days-of-action-against-domestic-violence](http://www.awarenessdays.com/awareness-days-calendar/16-days-of-action-against-domestic-violence)



3. 16 days of Action Against Gender-Based Violence 25th of November 2025 to 10th of December 2025

Day Three / 27 November 2025. Educate yourself on violence against women:  
Part 3

Globally, every 10 minutes a woman is killed. The crisis of gender-based violence is urgent. Nearly one in three women experience violence in their lifetime, and for thousands it ends with their murder by someone they know. Join the 16 days of activism to demand accountability, invest in prevention, and build a future free from violence against women and girls. You can find out more information from [www.unwomen.org/en/what-we-do/ending-violence-against-women/unite](http://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite)

4. 16 days of action against gender-based violence 25th of November 2025 to 10th of December 2025

Day 4 / 28 November 2025. Educate yourself on violence against women: Part 4

Women and girls are most likely to be killed by those closest to them. In 2023, around 51,100 women and girls worldwide were killed by their intimate partners or other family members, including fathers, mothers, uncles and brothers. This means that on average, 140 women or girls are killed every day by someone in their own family current and former intimate partners are by far the most likely perpetrators of femicide, accounting for an average of 60% of all intimate partner and family related killings. You can find out more information at [www.unwomen.org/en/articles/explainer/5-essential-facts-2-know-about-femicide](http://www.unwomen.org/en/articles/explainer/5-essential-facts-2-know-about-femicide).

5. 16 days of action against gender-based violence 25th of November 2025 to 10th of December 2025

Day 5 29 November 2025. Educate yourself on violence against women: Part 5

Across England and Wales, one in four women will experience domestic abuse in her lifetime. Every 30 seconds, the police receive a call for help relating to domestic abuse. One woman every five days is killed by an abusive partner or ex on average. You can find out more information at [www.refuge.org.uk/whatisdomestic-abuse](http://www.refuge.org.uk/whatisdomestic-abuse).

6. 16 days of Action Against Gender-Based violence 25th of November 2025 five to 10th of December 2025

Day 6 / 30 November 2025. What is Domestic Abuse? Part 1

The Domestic Abuse Act 2021 defines it as any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between people aged 16 or over who are personally connected. Personally connected means partner ex partner or family members. You can find out more information at sections one and two of the Domestic Abuse Act 2021 (For the UK).

7. 16 Days of Action Against Gender-based violence, 25th November 2025 to 10th of December 2025

Day 7 / 1 December 2025. What is domestic abuse? Part 2

A common myth about domestic abuse, is that its' only manifestation is physical violence. It can be psychological, physical, sexual, financial, emotional, violent, threatening, controlling, coercive behaviour. You can find out more information at sections one and two of the Domestic Abuse Act 2021 for the UK.

8. 16 Days of Action Against Gender-Based violence 25th of November 2025 to 10th of December 2025.

Day 8 / 2 December 2025. What is domestic abuse? Part 3

Psychological abuse and emotional abuse. Some examples of psychological and emotional abuse are name calling criticism. Insults isolating you from your friends or family, extreme jealousy, possessive behaviour, monitoring where you are and who you are with in an inappropriate manner, screaming and shouting, gaslighting, making threats to scare you or control you.

9. 16 Days of Action Against Gender-Based violence 25th of November 2025 five to 10th of December 2025

Day nine / 3 December 2025. What is domestic abuse? Part 4

Physical and sexual abuse. Examples of physical and sexual abuse are hitting or

slapping, using threats or guilt to coerce sexual activity. Rough handling, scolding, or burning physical punishments, inappropriate restraint, taking away items needed for comfort or practical needs, solitary confinement, rape or sexual assault.

10. 16 Days of Action Against Gender-Based violence 25th of November 2025 to 10th of December 2025

Day Ten / 4 December 2025. What is domestic abuse? Part 5

Financial and economic abuse. Examples of financial and economic abuse are insisting you have a joint bank account denying you your right to work. Unfair arrangements about division of bills or budget needed for the running of the home, taking up loans in your name, scrutinising or questioning your purchases that makes you feel scared using your bank card or credit card without permission and or stealing.

11. 16 Days of Action Against Gender-Based violence 25th of November 2025 to 10th of December 2025

Day Eleven / 5 December 2025. What is Domestic Abuse? Part 6

Tech abuse. Examples of tech abuse monitoring your social media or preventing you from having your own account. Revenge porn is when someone shares intimate images or videos of you without your consent. Having unauthorised access to your online banking. Filming you without your knowledge. Using apps on your phone to see your location without consent.

12. 16 Days of Action Against Gender-Based Violence 25th of November 2025 to 10th of December 2025

Day 12 / 6 December 2025. What is domestic abuse? Part 7

Disability and domestic abuse. Examples of domestic abuse for those living with disabilities (as well as previous ones outlined in earlier slides). Withholding care with intent to cause distress, lack of dignity or discomfort, theft of state benefits awarded to you to support your day-to-day living, demanding sex in return for caregiving, breaking apparatus or items that help you with mobility or other. Aspects of your well-being. Making you feel ashamed of your needs or name calling.

13. 16 Days of Action Against Gender-Based violence 25th of November 2025 to 10th of December 2025

Day 13 / 7 December 2025. What is domestic abuse? Part 8

Honor based abuse and forced marriage. Examples of honor-based abuse and forced marriage pressure to relocate to marry someone not of your choosing. Physical violence, threats or actualities. If you don't comply with family members, rules or expectations. Repercussions if you do not comply or agree with the religion of your family/community. Not having possession of your passport or access to a phone or Internet, not being able to say no to a marriage.

14. 16 Days of Action Against Gender-Based Violence, 25th November 2025 to 10th December 2025

Day 14 / 8 December 2025 / What is domestic abuse?

Female Genital Mutilation.

What is female genital mutilation? (FGM) .In the UK, FGM is a criminal offence. It is also a criminal offence to take a girl outside of the UK to have procedure performed elsewhere. FGM has no medical benefits and is not voluntary. FGM is an enforced procedure that involves partial or total removal of the external female genitalia.

15. 16 Days of Action Against Gender-Based Violence, 25th November 2025 to 10th December 2025

Day 15 / 9 December 2025 / What is domestic abuse?

LGBTQ+ and Domestic Abuse.

Some LGBTQ+ nuanced examples of domestic abuse (as well as examples outlined in previous slides) threatening to out you to employers or your family or your church demeaning or suppressing your gender expression eg. refusing to use your chosen pronouns or continual and deliberate dead-naming trying to convince you that outside agencies will not offer support due to homophobic cultures trying to isolate you from support within the LGBTQ+ community.

[www.galop.org.uk](http://www.galop.org.uk) are an excellent resource and offer a confidential helpline.

16. 16 Days of Action Against Gender-Based Violence, 25th of November 2025 to 10th of December 2025

Day 15 /9 December, 2025. How can you help people affected by domestic abuse?

Listen without judgement to someone who needs your help. Signpost effectively and reassure the person. That there is support available acquaint members of your organisation with the skills to support those effects. Remember the right information at the right time can save lives. Network with local agencies that support domestic abuse victims and survivors. Provide safe spaces for victims to seek help. Create awareness campaigns in your church and community. Encourage conversations in your church about safety, dignity and equality.

17. Support slide

Days of Action Against Gender-Based Violence 25th of November 2025 10th of December 2025

10 December 2025 / Where to find information and support:

- [Victimsupport.org.uk](https://www.victimsupport.org.uk)
- [refuge.org.uk](https://www.refuge.org.uk)
- [womensaid.org.uk](https://www.womensaid.org.uk)
- national domestic abuse helpline, 08/08.200-0247
- [Stopdomesticabuse.uk](https://www.stopdomesticabuse.uk).
- [Ncv.org.uk](https://www.ncv.org.uk) National Centre for Domestic Violence 08009702070
- [Shelter.org](https://www.shelter.org).