

16 Days of Activism Social Media and Website Posts—16 Days 16 Ways to End Gender-Based Violence

Taken from <https://promundoglobal.org/>

Nov. 25th Day 1

In previous years we've gathered together for a vigil on December 6 to remember the victims of the Montreal Massacre as well as all victims of domestic violence. This year, due to the pandemic, we're having to spread the message in a different way—from November 25 to December 6 we will be posting a pledge a day for the 16 Days of Activism Against Gender-Based Violence. Each post will be an action you can take to help end violence against women and girls.

#1: Listen

I pledge to listen to and elevate the voices of women. I will educate myself, and I will ask women how I can be a better ally in preventing violence.

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#16Days
#IPledge

16 DAYS

#2: Believe women

I pledge to trust survivors, and work to understand systems and norms that seek to silence and discredit them.



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Nov. 27th—Day 3

#3: Support survivors

I pledge to learn what resources are available for supporting survivors in my workplace and community, although I'll never take any action without the survivor's explicit consent.

**16
DAYS**



#16Days #IPledge

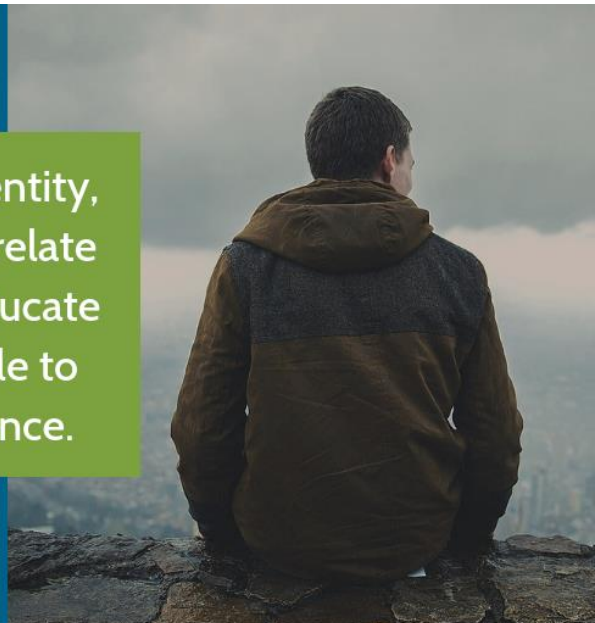
Nov. 28th—Day 4

#4: Reflect

I pledge to reflect on my own identity, attitudes, and behaviors as they relate to power and privilege, and to educate myself on how to be accountable to survivors of gender-based violence.



**#16Days
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Nov. 29th—Day 5

#5: Speak out

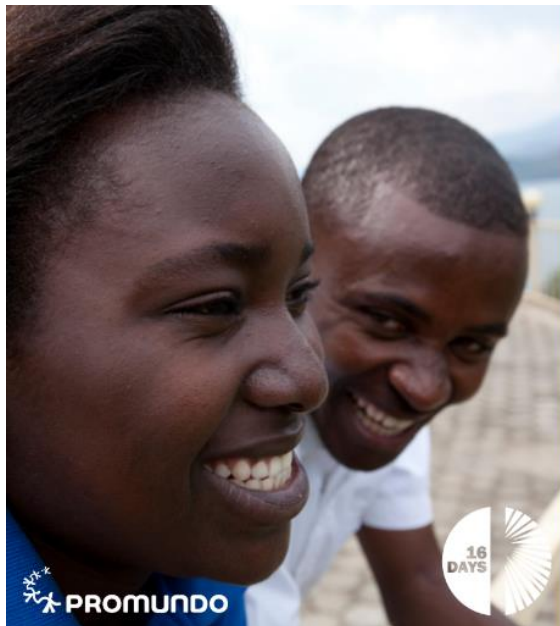
I pledge to never commit, condone, or remain silent about gender-based violence or harassment.



#16Days #IPledge



Nov. 30th—Day 6



#6: Move from awareness to action

I pledge to take concrete, thoughtful, and informed action as a bystander to prevent violence, recognizing that awareness is not enough.

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Dec.1—Day 7

#7: Advocate

I pledge to be an advocate in my workplace for sexual harassment prevention initiatives and safe reporting mechanisms, as well as other ways to prevent violence in all forms.

**16
DAYS**



#IPledge #16Days

Dec. 2—Day 8

#8: Support women leaders

I pledge to support women's leadership and advancement, and to challenge stereotypes and obstacles that limit this progress.



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Dec. 3—Day 9




#9: Talk it out

I pledge to always use respectful dialogue to resolve issues, never violence or intimidation.



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Dec. 4—Day 10



#10: Understand intersectionality

I pledge to educate myself on intersectionality, recognizing that gender-based violence intersects with other identities and forms of oppression.

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Dec. 5—Day 11

#11: Support sexual and gender diversity

I pledge to challenge sexist, homophobic, and transphobic attitudes in the workplace and to support equal rights, opportunities, and protections for all people.

**16
DAYS**



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Dec. 6—Day 12

Post 1





#12: Set an example

I pledge to speak up if my coworkers treat women badly or promote violence. I will speak out against sexist jokes, misogyny, and rape culture.



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Dec. 7—Day 13

#13. Educate other men

I pledge to have difficult conversations with male coworkers and friends about harmful behaviors, attitudes, and inequalities related to gender.

**16
DAYS**



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Dec. 8—Day 14

#14: Be comfortable being uncomfortable


I pledge to be mindful that reflecting on my privilege and power can be uncomfortable, but discomfort in allyship is part of the effort to end gender-based violence and workplace bias.

**16
DAYS**



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Dec. 9th—Day 15



#15: Advocate for access

I pledge to advocate for workplace policies that support sexual and reproductive health and rights for all.

#16Days #IPledge


 

Dec. 10—Day 16

#16: Broadcast your support

I pledge to become a public ally for gender justice and workplace equality, while being mindful of the space I take and centering survivors' voices.

16 DAYS

 **#IPledge #16Days**