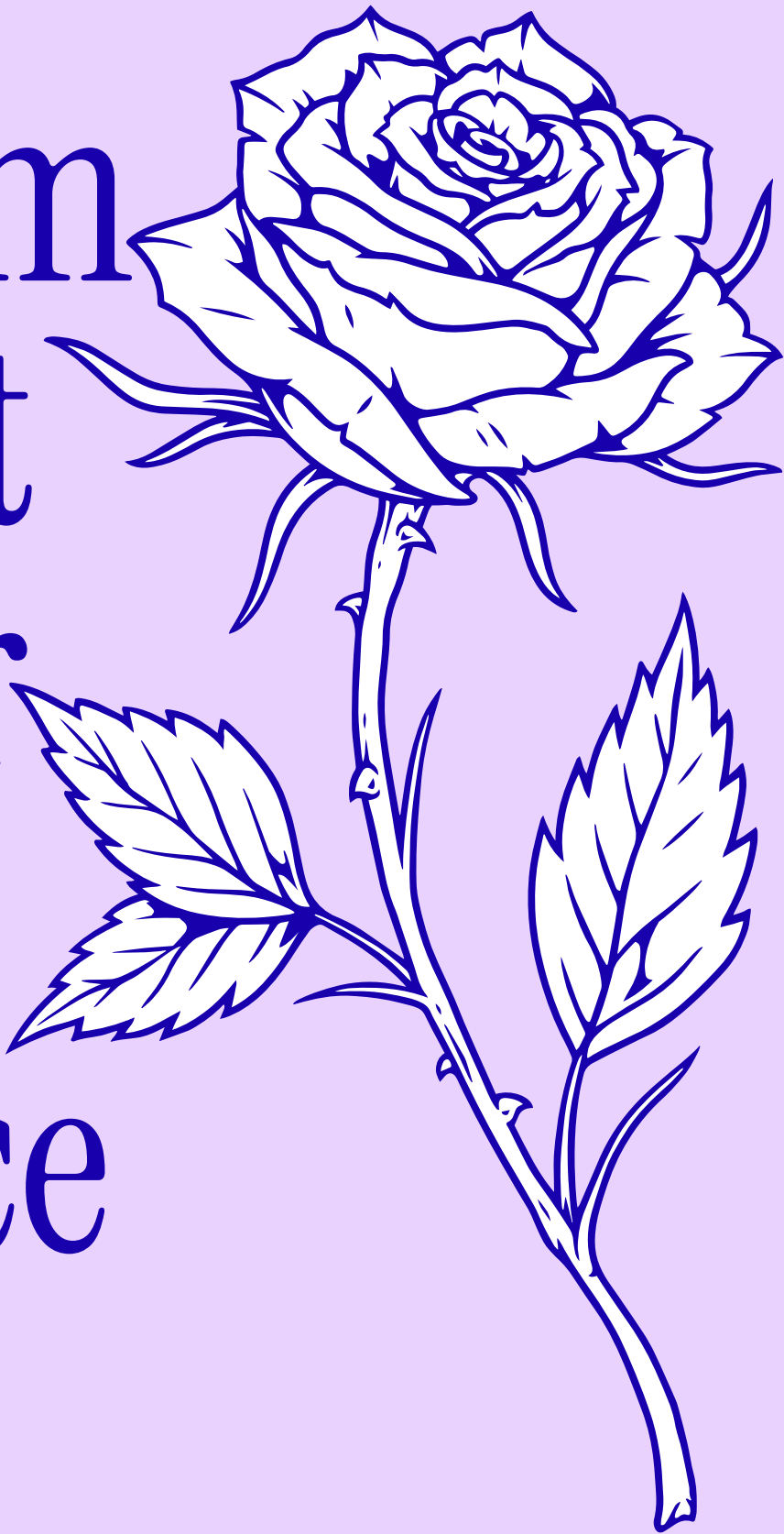
cfuw fcfdu

16 Days of Activism Against Gender Based Violence



November 25 to December 10, 2026

Table of Contents

Preamble----------3

What is the 16 Days of Activism Campaign?----------4

What does Gender-Based Violence look like in Canada today?----------5

How does GBV impact all of Canada?-----7

How did we get here?----------9

Violence Against Indigenous Women & Girls----------12

Violence Against Women in Politics-----14

Femicide in Canada----------15

Technology-facilitated violence --------17

CFUW clubs at work ----------18

Ideas for advocacy for CFUW clubs------19

16 ways to take Action----------22

Resources for further learning--------24

Crisis Resources---------- 25

Preamble

CFUW clubs have a long history of advocating against gender-based violence and contributing to gender equality policy. Lifelong learning is a core tenet of CFUW, and a powerful action we can take against gender based violence and towards its prevention and elimination is to educate ourselves continuously. Gender-based violence is pervasive and evolving, and the challenges to its elimination continue to shift as society evolves.

This toolkit equips clubs with the information they need to educate themselves and their communities. The following pages offer resources to help clubs learn more, spark conversation, and inspire advocacy.

If you would like to send a letter on behalf of your club to your municipal government requesting their participation in the 16 Days of Violence Against GBV campaign, you can access a template here in English and in French. Please cc advocacy@cfuw-fcfdu.ca when emailing the letter to a representative.

We have also created a 16 Days of Activism Against GBV social media toolkit you can use to participate in the campaign. You can find the posts and corresponding captions in English and in French in the CFUW Members' Drive. Click here to access

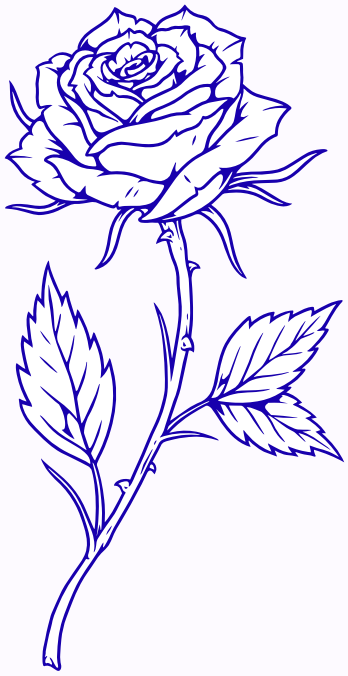
What is the 16 Days of Activism Campaign?

The 16 Days of Activism Against Gender-Based Violence is an annual international campaign that begins on November 25, the International Day for the Elimination of Violence Against Women, and ends on December 10, Human Rights Day. It began at the inaugural Women's Global Leadership Institute in 1991 and is one of the largest organizing strategies for preventing and eliminating gender-based violence worldwide.

During the 16 Days, Canada observes the National Day of Remembrance and Action on Violence Against Women on December 6. This marks the anniversary of the École Polytechnique massacre (also known as the Montreal Massacre). On this day, we remember the 14 women who were murdered simply because they were women. The École Polytechnique massacre is an example of the deadly impacts of gender-based violence and anti-feminist sentiments.

We remember those women who were killed at l'École Polytechnique de Montréal on December 6, 1989.

We honour:
Geneviève Bergeron;
Hélène Colgan;
Nathalie Croteau;
Barbara Daigneault;
Anne-Marie Edward;
Maud Haviernick;
Barbara Klucznik-Widajewicz;
Maryse Laganière;
Maryse Leclair;
Anne- Marie Lemay;
Sonia Pelletier;
Michèle Richard;
Annie St-Arneault;
Annie Turcotte.



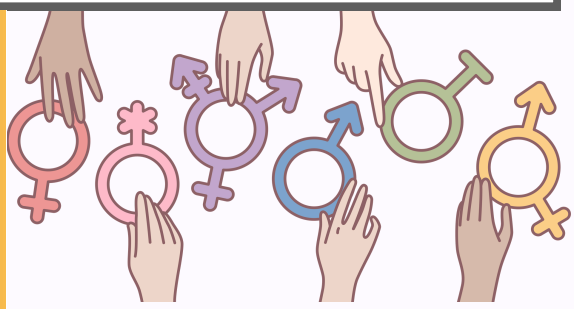
Commemorative Dates

November 25: International Day for the Elimination of Violence Against Women
November 29: International Women Human Rights Defenders Day
December 3: International Day of Persons with Disabilities
December 6: National Day of Remembrance and Action on Violence Against Women
December 10: International Human Rights Day



What does Gender-Based Violence look like in Canada today?

The Government of Canada describes gender-based violence (GBV) as **any act of violence based on someone's gender, gender expression, or perceived gender**. It is **rooted in gender inequality, abuse of power, and harmful norms and stereotypes.**



GBV disproportionately affects women and girls, particularly those who are Indigenous, racialized, 2SLGBTQI+, living with disabilities, or in rural and remote communities.

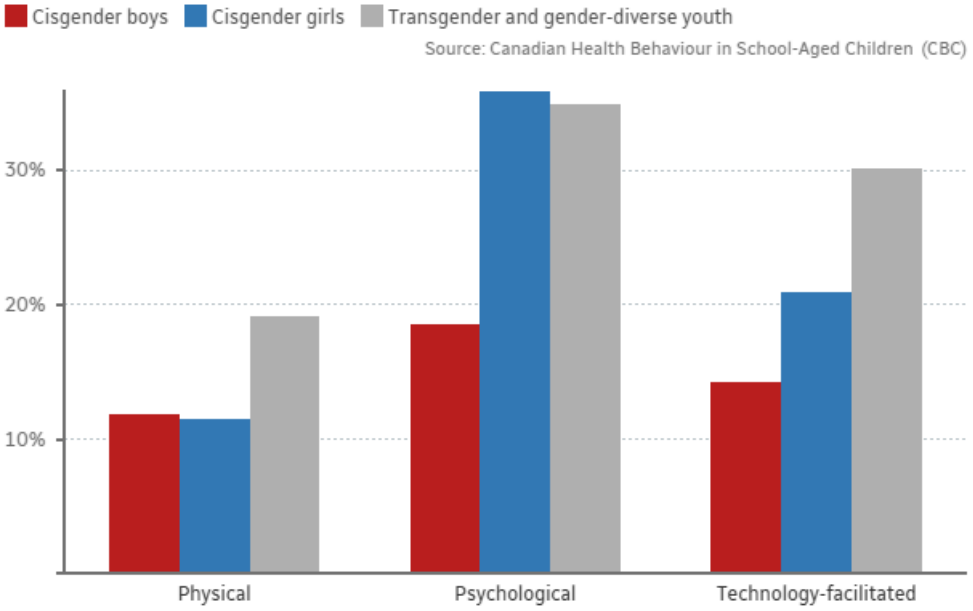
Gender-Based Violence Takes Many Forms:

- domestic violence or intimate partner violence (IPV)
- sexual harassment or assault
- child marriage
- psychological or emotional abuse
- human trafficking
- financial/economic abuse
- stalking
- femicide
- female genital cutting/mutilation
- online/digital violence

Nearly half (44%) of Canada's population aged 15 years or older have been physically or sexually assaulted since the age of 15 (Statistics Canada, 2026). In Canada, women experience higher rates of intimate partner violence and more severe forms of abuse. In 2023, 78% of those who experienced intimate partner violence were women, and women were nearly four times more likely than men to be victims.

The Canadian Paediatric Society have identified teen dating violence as a significant threat to the health of Canadian adolescents, noting that it is experienced by "one-third of youth in Canada, though prevalence is higher for socially marginalized groups"

Prevalence of teen dating violence victimization in previous year among a nationally representative sample of grade 9 and 10 Canadian students





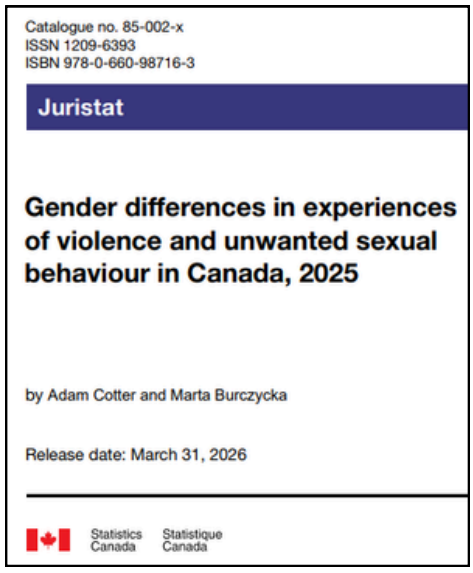
What does Gender-Based Violence look like in Canada today?



There exists a misconception that survivors can avoid sexual violence if they avoid certain circumstances or behaviours. The image that many people have of sexual violence is that it occurs in a dark alleyway and is perpetrated by a stranger. This rhetoric is as harmful as it is incorrect, as it places the responsibility of avoiding sexual violence onto victims.

The reality is that in Canada, sexual assault is typically perpetrated by someone known to the victim (Statistics Canada, 2026).

Statistics Canada released the Juristat article "Gender differences in experiences of violence and unwanted sexual behaviour in Canada, 2025," in which they find that, "when examining the specific behaviours measured, men were more likely to be slapped (1.4%) or hit, kicked, grabbed, or bit (1.3%) by an intimate partner when compared with women (0.6% each). A higher proportion of women, in contrast, were shaken, pushed, grabbed or thrown (1.3% versus 1.0% of men), threatened with a weapon (0.5% versus 0.3%), or choked (0.6% versus 0.2%) by an intimate partner."


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ISSN 1209-6393
ISBN 978-0-660-98716-3

Juristat

Gender differences in experiences of violence and unwanted sexual behaviour in Canada, 2025

by Adam Cotter and Marta Burczycka

Release date: March 31, 2026

Statistics Canada Statistique Canada

Click here to access this resource

The same Juristat article finds that"in 2025, women were more likely than men to have been victims of intimate partner violence, to have been sexually assaulted, and to have experienced unwanted behaviours in a public place. In contrast, men were more likely to have been physically assaulted by someone other than an intimate partner."

How does GBV impact all of Canada?

Anyone can be affected by GBV, even if they never experience it directly. In aiming to move to a more just and equitable society, we cannot ignore the barrier to women's equality that GBV poses. **Gender equality cannot be achieved while women and girls continue to experience disproportionate rates of violence**. GBV reinforces existing gender inequalities, perpetuates unequal power relationships, and creates barriers to the safety, autonomy, and equal participation of women in society. Its consequences extend beyond individual survivors, affecting families, communities, workplaces, and the institutions that support Canadians.





The consequences of GBV can also extend across generations:
"Gender-based violence has been associated with **numerous negative consequences at the societal level**, including the generational impact that **exposure to violence and trauma** can have on **future victimization and perpetration of violence, an increased demand on social service, healthcare and justice systems, and the economic impacts of lost productivity**" (Statistics Canada, 2026)

How does GBV impact all of Canada?

GBV costs Canadians, and holds Canada back

The Ending Sexual Violence Association of Canada reports that “rates of sexual and gender-based violence in Canada are at epidemic levels, and we know that **in times of economic stress, sexual violence increases**” (2025). With mounting concerns about threats to Canada’s economic, environmental, and democratic security, GBV threatens to reverse advancements for the status of women, in all their diversity, in Canada. Canada is best equipped to face any threat by mobilizing the full strength of its population.





In addition to its social consequences, GBV carries high economic costs. The Ending Sexual Violence Association of Canada places the cost of sexual violence to Canadians at 4.8 billion in a single year due to expenses related to health care, social services, criminal justice, and lost productivity (2025). The cost to the survivors of GBV is felt directly and indirectly, through opportunity loss and the impact on their lives and across generations.

How did we get here?

Asymmetry and unequal access to power leave people vulnerable to gender-based violence. Throughout Canada's history, access to the institutions that directly impact and govern citizens' lives has not been granted equitably. Consider how long it took for (some) women to gain access to the institutions that govern our lives. The historical exclusion of women from political, legal, and economic power has contributed to the inequalities that continue to shape experiences of gender-based violence today.

Timeline Legend:

Canadian Law/Policy Milestone | CFUW Resolution | Milestone for Gender Equality

1867

Parliament of Canada and the House of Commons were established, and the British North America Act permits property-owning men over the age of 21 to vote in federal elections

1892

Canada's first Criminal Code enacted

1918

Some women gain the federal vote.

1921

Agnes Macphail becomes the first women elected to the House of Commons.

(Archived) CFUW Resolution: A Woman in the Senate

1929

The British Privy Council declared that women are "persons" and could therefore be appointed to the Senate of Canada.

1960

All Canadian women granted the right to vote in federal elections.

1966

CFUW Resolution: Uniformity of Marriage Laws

1967

The Royal Commission on the Status of Women in Canada was established and was the first Commission to be chaired by a woman, Florence Bird.

Timeline Legend:

Canadian Law/Policy Milestone | CFUW Resolution | Milestone for Gender Equality

1971

Position of Minister responsible for the Status of Women established

1981

CFUW engages with Ottawa to Secure Charter Rights, joins Women's Coalition to draft revisions.

CFUW Resolution: Convention on the Elimination of all Forms of Discrimination Against Women (CEDAW)

Canada ratifies CEDAW on December 10

1982

Women's rights, ensuring equality before and under the law, were enshrined in the new Canadian Charter of Rights and Freedoms.

CFUW Resolution: Charter of Rights and Freedoms

1983

The passing of Bill C-127 ends the legal doctrine of spousal immunity by clarifying that sexual activity within a marriage must be consensual.+91 years since the passing of Canada's first Criminal Code

1986

CFUW Resolution: Equal Pay-Work of Equal Value

1991

National Day of Remembrance and Action on Violence Against Women established

1993

Kim Campbell became the first woman Primer Minister of Canada.

CFUW Resolution: Women's Safety on Post-Secondary Campuses

1995

Beijing Declaration and the Platform for Action was adopted

CFUW Resolution: Restoration: Minister for Women's Equality; Independent Research Body for Women's Equality

Legend:

Canadian law/policy milestone | CFUW Resolution | Milestone for Gender Equality

-2010

The Gender Equity in Indian Registration Act (Bill C-3) received royal assent. The changes ensured that eligible grandchildren of women who lost status as a result of marrying non-Indian men were entitled to registration.

-2015

Gender-balanced federal Cabinet appointed.

-2017

National Inquiry into Missing and Murdered Indigenous Women and Girls launched

It's Time: Canada's Strategy to Prevent and Address Gender-Based Violence (GBV), the first ever federal strategy on GBV, was launched.

CFUW Resolution: Missing and Murdered Indigenous Women and Girls - Ending the Marginalization of Indigenous Women in Canadian Society

-2019

The final report of the National Inquiry into MMIWG was released, calling for systemic changes to address violence against Indigenous women and girls.

-2022

In 2022, federal, provincial, and territorial ministers endorsed a 10-year National Action Plan, establishing a framework for coordinated action across jurisdictions.

CFUW Resolution: Violence Against Women in Politics

CFUW Resolution: Strengthening Bail Laws to Protect Victims of Intimate Partner Violence

-2024

CFUW Resolution: Prevention of Violence Against Women

CFUW Resolution: Protecting Children fom Exposure and Access to Pornography and Sexual Violence

-2025

CFUW Resolution: Supporting 2SLGBTQ+ Rights

CFUW Resolution: Strengthening the Awareness and Safekeeping of Individuals and Their Animals Experiencing Domestic Violence

Violence Against Indigenous Women & Girls



Dozens marched in downtown Whitehorse in October 2026 as part of the annual vigil for missing and murdered Indigenous women, girls and two-spirit people. (Kiyoshi McGuire/CBC)

Gender-based violence has a disproportionate impact on Indigenous women and girls in Canada. In 2024, the homicide rate for Indigenous women and girls was 8.4 times higher than the rate among their non-Indigenous counterparts (Government of Canada, 2026). Indigenous women are also significantly overrepresented among victims of intimate partner homicide. While Indigenous women account for approximately 5% of Canada's female population, they accounted for 22% of all women killed by an intimate partner between 2019 and 2023 (Women and Gender Equality Canada, 2025).

Indigenous women are also more likely to experience physical and sexual assault. According to Statistics Canada's 2025 Survey of Safety in Public and Private Spaces, 52% of Indigenous women have experienced sexual assault since the age of 15, compared to 37% of non-Indigenous women. Furthermore, 57% of Indigenous women have experienced physical assault, compared to 36% of non-Indigenous women (Statistics Canada, 2026).

Violence Against Indigenous Women & Girls

"Indigenous women, girls, and 2SLGBTQQIA people live with an almost constant threat to their physical, emotional, economic, social, and cultural security." - National Inquiry into Missing and Murdered Indigenous Women and Girls (2019).

Indigenous women also face disproportionate rates of intimate partner violence. Statistics Canada's 2018 Survey of Safety in Public and Private Spaces found that 44% of Indigenous women had experienced physical or sexual violence by an intimate partner in their lifetime, compared with 25% of non-Indigenous women (Heidinger, 2022). More recent data from the 2025 survey found that 20% of Indigenous women had experienced at least one form of intimate partner violence in the preceding 12 months (Statistics Canada, 2026).



Hundreds of people turned out for the Women's Memorial March in Vancouver on Friday, Feb. 14, 2025. (Ben Nelms/CBC)

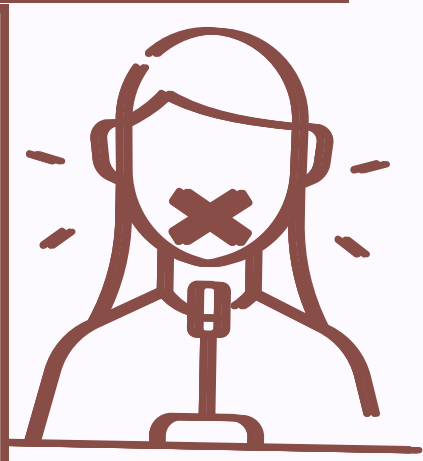
Indigenous women face unique barriers to reporting violence or seeking help following victimization, including a lack of access to culturally appropriate resources, inaccessibility of support services, distrust of law enforcement, and perceived lack of confidentiality in the justice system (Heidinger, 2022; Truth and Reconciliation Commission of Canada, 2015). When justice systems fail to respond adequately to violence, trust in institutions is eroded, and barriers to reporting crimes increase.

Violence Against Women in Politics



Violence against women in politics (VAW-P) is a form of gender-based violence that is still a serious problem in Canada and around the world. While politicians of all backgrounds and identities are facing increasing aggression, particularly on social media, **women, Indigenous people, members of 2SLGBTQQIA+ communities, and racialized individuals are more frequently subjected to identity-focused attacks.** These attacks are often graphic, including sexuality-, gender-, and race-based insults, and focus on physical appearances. This violence can have a **detrimental impact on the health and well-being of women in politics** (Raney et al., 2019).

Harassment of political candidates remains widespread in Canada. Following the 2025 federal election, Elections Canada found that 48% of surveyed candidates experienced online harassment while campaigning, while 41% experienced in-person harassment. Racialized candidates were more likely to experience online harassment than non-racialized candidates (59% compared to 45%) (Elections Canada, 2025). Furthermore, an analysis by the Samara Centre for Democracy found that approximately 21% of tweets directed at female candidates during the 2021 federal election were likely toxic, compared to 18% of tweets directed at male candidates. Female candidates were also more likely to receive sexually explicit comments (Samara Centre for Democracy, 2022).



VAW-P has broader consequences as well: "While violence in politics is usually directed at a specific person, its implications extend beyond those targets, **serving to frighten and deter other politically active women from engaging in politics**" (Raney et al., 2019). A 2026 study by Raney and Wayne found that four of the 21 women MPs who did not seek re-election in 2025 explicitly referenced hostility, sexism, or harassment in their departure announcements.

In June 2025, the Canadian Association of Feminist Parliamentarians relaunched its cross-partisan pledge to end workplace harassment and promote greater civility on Parliament Hill. The pledge asks parliamentarians to call out harassment and abuse when they see or experience it and to support women in office.

CFUW is also encouraging our Clubs, members, and allies to write to your local representatives to urge them to stand against violence and harassment of women in politics and to promote and practice greater civility. Find the letter here in **English** and in **French.**

Femicide in Canada

"Femicide which refers to the sex/gender-related killings of women and girls is recognized as the most extreme form of violence on a continuum of male violence and discrimination against women and girls. However, discussions continue globally as to how femicide should be defined, why and how it is distinct from other homicides, and how these differences can be measured to better identify sex/gender-related killings of women and girls." (Canadian Femicide Observatory for Justice and Accountability, n.d)

Sex/gender-related motives and indicators include:

- Women and girls killed by intimate partners
- Women and girls killed by family members
- Previous record of harassment/violence
- Illegal deprivation of her liberty
- Use of force and/or mutilation
- Body disposed of in a public space
- Sexual violence was committed before and/or after the femicide
- Victim was working in the sex industry
- Hate crime motivated by bias against women or girls
- Victims of forms of illegal exploitation

Women and girls are being killed in ways that differ from other forms of homicides. (Femicide Canada, n.d). Accordingly, any government response should appropriately address the nuances of femicide. As femicide is recognized as the most extreme form of discrimination against women and girls, the government's response should also "address the distinct motivations and patterns involved in male violence against women and girls, acts which are deeply rooted in sex/gender inequality and misogyny" (Femicide Canada, n.d).

Governments at all levels in Canada should be encouraged to make every effort to address the sex/gender inequality and misogyny present in society. Unfortunately, "current data available in Canada do not allow for an analysis of the underlying sociocultural or systemic factors and are instead limited to individual and incident characteristics" (Sutton, 2023).

"In 2018, the United Nations reported on the findings of a global study, stating "Home is the most dangerous place for women." Canadian data reinforce this finding. In the 5 years from 2016 to 2020, more than 50% of victims of femicide in Canada were murdered at home, and 83%–90% were mothers" (Bradley et. al, 2021, pE1844)

Femicide in Canada

Statistical Data:

- The 2024 #CallItFemicide Report finds that 187 women and girls were violently killed in Canada in 2024, involving 155 primary or sole male accused where accused identified.
- In Canada, of solved homicides that occurred in 2021, almost three quarters (72%) of women and girls were killed by an intimate partner or a family member (David & Jaffray, 2022). In comparison, men are most often killed by someone with whom they share a more distant relationship (e.g., an acquaintance, friend, stranger) (Sutton, 2023).
- In 2021, the territories recorded the highest rate of gender-related homicide of women and girls (3.20 per 100,000 women and girls) and, for the provinces, the highest rate was in Saskatchewan (1.03), followed by Manitoba (0.72) and Alberta (0.68). (Sutton, 2023)
- In 2021, the rate of gender-related homicide in Canada was more than 2.5 times greater in rural areas compared to urban areas (1.13 versus 0.44 per 100,000 women and girls) (Sutton, 2023)
- Between 2011 and 2021, of all gender-related homicides of women and girls, the largest proportion died by stabbing (34%). About four times as many victims of gender-related homicide died of strangulation, smothering or drowning (17%) compared to victims of non-gender-related homicides (4%). (Sutton, 2023)
- One-third (32%) of gender-related homicides of women and girls were reported by police as motivated primarily by the accused's anger, frustration or despair, almost triple the proportion found among non-gender-related homicides (12%) (Sutton, 2023)
- Data between 2011 and 2021 show that of all gender-related homicides of women and girls, 21% (n=233) of victims were Indigenous, despite comprising only 5% of the female population in Canada in 2021. (Sutton, 2023)
- Nearly half of murdered women present to health care for an IPV-related injury 2 years before their death, which suggests that physicians have an opportunity to identify and support those at risk (Bradley et. al, 2021).

Technology-facilitated violence

TFGBV can occur through:

- Social media platforms
- Email and text messaging
- Online gaming communities
- Dating apps
- Artificial intelligence tools
- Smart home devices
- GPS and location-tracking technologies
- Online forums and websites

What is Technology-Facilitated Gender-Based Violence?

Technology-Facilitated Gender-Based Violence (TFGBV) refers to **acts of violence, harassment, abuse, coercion, stalking, intimidation, or discrimination that are committed, assisted, aggravated, or amplified through digital technologies and online platforms.** TFGBV disproportionately targets women, girls, transgender, non-binary, and gender-diverse individuals.

What are the impacts of TFGBV?

Women and Gender Equality Canada (2026) identifies the physical, psychological/emotional, and financial harms of TFGBV, **including stress-related illness, experiences of shame, stress, and fear, loss of dignity, costs to social standing, and costs related to legal support, online protection services, missed wages, and professional consequences**. As demonstrated in an earlier section on violence against women in politics, TFGBV impacts gender equality and threatens our democracy when it limits women and girls' participation in politics.

Key Facts:

- In 2025, 11% of Canadians experienced unwanted gender-based online behaviours in the previous 12 months, including 12% of women and 9% of men (Statistics Canada, 2026).
- Nearly one in five women and girls aged 15 to 24 experienced unwanted gender-based online behaviours in the previous 12 months (Statistics Canada, 2026).
- In 2025, gender-diverse individuals were more than three times as likely as cisgender individuals to experience unwanted online behaviours (34% compared with 10%). LGB+ individuals were also nearly three times as likely as heterosexual individuals to experience these behaviours (27% compared with 9.1%) (Statistics Canada, 2026).
- Women were more likely than men to have taken protective measures online because of harassment in 2018 (28% compared with 19%). Protective measures included limiting internet or social media use, blocking others, deleting accounts, and changing usernames (Cotter & Savage, 2019).
- Harmful online content can spread rapidly, reach large audiences, and be virtually impossible to eliminate once distributed (Women and Gender Equality Canada, 2026).

CFUW CLUBS AT WORK



CFUW North Vancouver is a member of the North Shore VAWIR (Violence Against Women in Relationships) Committee. A subcommittee of this group, including the CFUW NV representative, is currently engaged in a project to investigate housing options available to women fleeing violence in our community, compile the needs of this group, assess the gaps in what is available and develop a program to advocate for the resources needed to fill these gaps.



As part of the project, the subcommittee has worked with students from Capilano University's Work Integrated Learning Program, to complete some of the research. Interviews have been conducted with city planners, government housing officials, municipal officials and leadership from community organizations that work with women fleeing violence. The next phase of the project will include work with a Social Work student from UBC, research on suitable housing models and interviews with front-line staff in transition and second stage housing in our community.



CFUW Markham-Unionville has organized our third annual Wrapped in Courage Flag Raising to show support for survivors, advocate for change and demonstrate our commitment to ending GBV in all its forms. This flag raising will take place at the Stouffville Community Flagpole on November 25, 2026.

IDEAS FOR ADVOCACY FOR CFUW CLUBS

CFUW clubs wishing to advocate against GBV with the backing of a CFUW National Resolution can visit the national website and Google Member's Drive for additional resources.

Below are usable summaries of some of our adopted resolutions relevant for advocating against gender-based violence. For more information on other resolutions adopted over the years, or a more complete version of the ones included here, please see CFUW Adopted Resolutions. For guidance on advocacy action, please contact the CFUW National Advocacy and Policy Specialist, advocacy@cfuw-fcfdu.ca.

CFUW supports:

- Recognition of the Violence Link, **linking cruelty to animals and domestic violence, and providing safety and support to the animals when necessary.**
  CFUW Resolution Strengthening the Awareness and Safekeeping of Individuals and Their Animals Experiencing Domestic Violence – 2025
- The taking of appropriate steps to **prevent violence against women and children.**
  CFUW Resolution Prevention of Violence Against Women – 2024
- The funding, development, and implementation of action plans to **end violence against women in politics.**
  CFUW Resolution Violence Against Women in Politics – 2022
- Amendments to the Criminal Code of Canada to **protect victims of Intimate Partner Violence by strengthening bail laws.**
  CFUW Resolution Strengthening Bail Laws to Protect Victims of Intimate Partner Violence – 2022
- The **provision of exit strategies in the form of safe housing, health services, trauma counselling, and all other services required for successful exiting for prostituted and trafficked women and girls.**
  CFUW Resolution Enforcement of the Protection of Communities and Exploited Persons Act – 2020

IDEAS FOR ADVOCACY FOR CFUW CLUBS

CFUW supports:

- The **development of a coordinated strategy on bullying and cyberbullying** including educators, counsellors, parents, and implementing the six (6) recommendations of the 2012 Senate Committee on Human Rights report Cyberbullying Hurts: Respect the Rights in the Digital Age
  CFUW Resolution Bullying and Cyberbullying – 2013
- Legislation to **protect victims of human trafficking** that is **respectful of the human rights** of trafficked persons and includes **funding provisions to allow supportive services.**
  CFUW Resolution Protection of Victims of Human Trafficking – 2006
- Protecting against sexual exploitation by: **raising public awareness of sex trafficking** and other forms of sexual exploitation, as well as enforcing legislation **prohibiting international sex tourism being organized in Canada.**
  CFUW Resolution Sexual Exploitation of Women and Children – 1997

Resolution Spotlight:

Strengthening the Awareness and Safekeeping of Individuals and Their Animals Experiencing Domestic Violence

Proposed by CFUW Prince George

CFUW clubs wishing to advocate on this resolution can use the following suggestions developed by CFUW Prince George, as a part of the resolution they proposed in 2025. It is important to consider that each community in Canada has unique challenges (e.g., remoteness, funding, capacity):

- Create letter writing (to MLAs/MPs and to community media) and social media campaigns to:
  - provide/increase affordable, pet-inclusive housing
  - educate all stakeholders including police services and emergency shelters to ensure that they have the information they need to refer survivors of domestic violence to services that can foster their animals
  - explore funding for the care of animals

IDEAS FOR ADVOCACY FOR CFUW CLUBS

Resolution Spotlight:

Strengthening the Awareness and Safekeeping of Individuals and Their Animals Experiencing Domestic Violence

Proposed by CFUW Prince George

- Collaborate with other groups such as local SPCAs/humane societies/rescues and/or domestic violence shelters if they have a pet safekeeping/temporary fostering program for individuals fleeing violence to share the message in social media campaigns as well as in joint letter-writing campaigns
- Gather/produce resources in your community
- Find safe ways to increase awareness (e.g., cards to give stating “If you need to get your animal out call ...”; car stickers) about the Violence Link)
- Map safe havens for animals and owners fleeing violence (Shelter Safe)
- Create short posters with contact information for supports for specific area
- Create video presentations of related topics and share with other clubs
- Create action packages about the Violence Link and share links and materials with other clubs (examples of available resources: ACT; RESOURCES | violencelink.ca; Violence Link Toolkits)
- Raise general awareness of the link between animal abuse and domestic violence
- Support the creation of informational workshops/speakers to share what is meant by ‘The Violence Link’ and how we can start to affect awareness
- Support the creation of panel discussions with community stakeholders to increase awareness with the general public and targeted groups
- Have speaker presentations focusing on the topic of animal abuse and its connection to domestic violence
- Advertise and promote online, in the press, on TV and radio, at schools, churches, community centres, local events, etc.
- Ask your municipal government to make a declaration that recognizes the link between animal cruelty and domestic violence

16 Ways to Take Action

1. Write to your city's Mayor urging them to light City Hall/public buildings in purple or orange throughout the 16 Days to raise awareness about gender-based violence. Download a template letter for CFUW Clubs here.

2. Donate to or volunteer at a women's shelter, sexual assault or crisis centre, or an Indigenous women's support centre in your community.

3. Read the National Inquiry into Missing and Murdered Indigenous Women and Girls' Calls for Justice here and consider how you can act on them.

4. Wear purple on November 25, International Day for the Elimination of Violence Against Women, to raise awareness.

5. Call out gendered violence when you see it: counter victim-blaming and the idea that it is women and girls' responsibility to avoid "dangerous" situations. Read this resource on "How to be an Active Bystander in 6 Steps."

6. Wear a white ribbon and plan or attend a vigil on December 6, National Day of Remembrance and Action on Violence Against Women.

7. Write a letter to your representatives urging them to stand against violence against women, harassment, and toxicity in politics. Download a template letter here.

8. Write an op-ed or letter to the editor in your local media outlet to raise awareness about gender-based violence and ways to combat it.

16 Ways to Take Action

9 Support survivors of gender-based violence. Tell them “I believe you” and “this is not your fault.” Learn more about identifying the signs of relationship abuse and how you can help here. Learn about the hand “Signal for Help" that survivors can use to subtly indicate they are in need of help.

10 Reach out to Indigenous community partners about hanging red dresses in your area to raise awareness about missing and murdered Indigenous women and girls, as a part of the REDress Project.

11 Hang posters raising awareness about gender-based violence and support services in your community.

12 Meet with your MP to express your concerns about gun violence in Canada and affirm your support for strict gun control measures.

13 Encourage women to get involved with politics and support them as candidates. Call out and report misogynistic, racist, and homophobic comments made towards women in politics, and commit to civility in your interactions with politicians and candidates.

14 Host kitchen table talks with your friends or CFUW Club members to discuss gender-based violence issues, how they affect your local community, and what you can do to support survivors and end the violence.

15 Organize webinars, panel discussions, public forums, speakers, or film screenings on topics related to gender-based violence.

16 Share this 16 Days of Activism package and CFUW’s and other organizations’ social media posts, or create and post your own.

RESOURCES FOR FURTHER LEARNING

BOOKS



"Unbroken" by Angela Sterritt
"Know My Name: A Memoir" by Chanel Miller
"Believing: Our Thirty-Year Journey to End Gender Violence" by Anita Hill
"For the Love of Men: From Toxic to a More Mindful Masculinity" by Liz Plank
"The Break" by Katherena Vermette
"Nobody's Victim: Fighting Psychos, Stalkers, Pervs, and Trolls" by Carrie Goldberg
"The Power of Women: A Doctor's Journey of Hope and Healing" by Denis Mukwege
"Highway of Tears" by Jessica McDiarmid



FILMS/VIDEOS/PODCASTS

"The Body Remembers When the World Broke Open" by Elle-Máijá Tailfeathers and Kathleen Hepburn
"A Comprehensive Guide to Campus Gender-Based Violence Complaints" by Courage to Act
"The 'Victim' Onscreen and How She's Been Misrepresented" by The Take
"Welcome to Paradise" by Anna Maria Tremonti
"Missing and Murdered" by CBC



REPORTS

"Preventing Intimate Partner Violence in Two-Spirit, Nonbinary, and Trans Communities and Supporting Survivors" by the TransFormed Project
"Rooting Resilience: Women, Girls, and Non-Binary People With Disabilities and the National Action Plan to End Gender-Based Violence" by Dr. Jihan Abbas, DisAbled Women's Network of Canada
Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls
Elect Her: A Roadmap for Improving the Representation of Women in Canadian Politics; Report of the Standing Committee on the Status of Women

If you or someone you know is in need of crisis support, please refer to the resources listed on this page

CANADA

- Assaulted Women's Helpline: Phone: 1-866-863-0511; Text: #SAFE (#7233)
- Shelter Safe (to find a shelter near you)
- Hope for Wellness (for Indigenous people): Phone: 1-855-242-3310
- iHEAL app

ALBERTA

- Family Violence Info Line: Phone: 310-1818
- Alberta's One Line for Sexual Violence: Phone/Text: 1-866-403-8000

BRITISH COLUMBIA

- Victim Link BC: Phone: 1-800-563-0808

MANITOBA

- Domestic Violence Crisis Line, Family Violence Prevention Program: Phone: 1-877-977-0007

NEW BRUNSWICK

- CHIMO Helpline: Phone: 1-800-667-5005

NEWFOUNDLAND & LABRADOR

- End Sexual Violence Centre: Phone: 1-800-726-2743

NOVA SCOTIA

- Transition House Association of Nova Scotia
- Neighbour Friends and Family Line (Provincial Government): Phone: 1-855-225-0220

ONTARIO

- Ontario Victim Support Line: Phone: 1-888-579-2888
- Phone: 211
- Ontario Coalition of Rape Crisis Centres
- Femaide (Francophone survivors): Phone/Text: 1-877-336-2433

PEI

- PEI Family Violence Prevention Services Inc.: Phone: 1-800-240-9894

QUEBEC

- SOS violence conjugale: Phone: 1-800-363-9010; Text: 438-601-1211; Online chat: https://www.resourceconnect.com/sosvc/chat
- Sexual Violence Helpline: Phone: 1-888-933-9007

SASKATCHEWAN

- Provincial Association of Transition Houses and Services of Saskatchewan
- Phone/Text: 211

See further services here.

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The City of Ottawa is located on the unceded and traditional territory of the Anishinabe Algonquin Nation.

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