



16 Days of Activism Against Gender-Based Violence

Take one action each day on gender-based violence – on your own, with your family, or in your workplace!

NOV 25

[Follow the Canadian Women's Foundation](#) and re-share 16 Days posts



NOV 26

Learn to recognize the Signal for Help: [Watch the video](#)

NOV 27

[Learn the facts](#) about gender-based violence

NOV 28

[Support](#) violence prevention programs funded by the Canadian Women's Foundation

NOV 29

[Download the guide](#) to become a Signal for Help Responder at Work

NOV 30

[Read the facts](#) about sexual assault and harassment

DEC 1

[Listen to the Signal for Help podcast and hear Brandi Morin](#) on the crisis of Missing and Murdered Indigenous Women

DEC 2

If you haven't yet, [download the social kit](#) and share a post

DEC 3

[Learn how](#) gender-based violence can affect mental health

DEC 4

Take the [Signal for Help Responder Mini Course](#)

DEC 5

Learn [5 things you can do](#) to make your workplace a safe place for people who have experienced abuse

DEC 6

[Take a moment to remember](#) the victims of the École Polytechnique massacre

DEC 7

[Listen to Monica Samuel](#) talk about Misogynoir and Healing Journeys

DEC 8

[Watch this interview](#) with Julie S. Lalonde to learn about stalking and criminal harassment

DEC 9

[Discover the Alright, Now What?](#) special podcast series on gendered digital hate and harassment

DEC 10

[Subscribe](#) to the Canadian Women's Foundation e-updates to get news and get involved