

16 Days of Activism Against Gender-Based Violence



By taking one action every day, you can help prevent and eliminate gender-based violence in Canada.

NOV 25

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



NOV 26

Know [the facts](#) about gender-based violence in Canada

NOV 27

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

NOV 28

Become a [Signal for Help Responder](#) and learn to support someone experiencing abuse

NOV 29

Subscribe to the Signal for Help podcast and hear [Eternity Martis](#) talk about the way race factors into intimate partner violence

NOV 30

Does [this](#) sound right to you?

DEC 1

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

DEC 2

Take the free and flexible [Signal for Help Responder Online Mini Course](#)

DEC 3

[Donate](#) to help women, girls, and gender-diverse people thrive today

DEC 4

Watch [The Walrus Talks Gender-Based Violence](#) to create a culture of support for survivors

DEC 5

Bring the [Signal for Help](#) to work and make your workplace a safer place for people experiencing abuse

DEC 6

[Remember](#) the victims of the École Polytechnique massacre

DEC 7

Listen to [Fallon Farinacci](#) to learn more about the crisis of Missing and Murdered Indigenous Women

DEC 8

Learn about [gendered digital hate, harassment, and violence](#)

DEC 9

Watch [Bridget's Story](#) to learn how the Canadian Women's Foundation's generous donors support survivors of violence

DEC 10

Want to make a difference? [Sign up here](#)