












# White Ribbon Day 25<sup>th</sup> November & 16 Days of Action

## 10 ways you can take action against gender based violence

 <p><b>Speak Out!</b> Challenge discrimination &amp; abuse</p>	 <p><b>Listen to the voices of girls &amp; women</b> and learn from their experiences</p>	 <p><b>Educate children &amp; young people</b> on the importance of healthy relationships</p>	 <p><b>Work with men &amp; boys</b> to raise awareness and prevent violence against women &amp; girls</p>	 <p><b>Model respectful</b> and equal relationships</p>
 <p><b>Speak out to ensure girls are treated equally</b> in your home, in your school and in society</p>	 <p><b>Be there for a colleague, friend or family member</b> who is experiencing abuse, be a friend who <b>listens</b></p>	 <p><b>WHITE RIBBON .ORG.UK</b> REGISTERED CHARITY NO.: 1123874 <b>END MALE VIOLENCE AGAINST WOMEN</b></p> <p><b>Campaign for change</b>, e.g. White Ribbon</p> <p>Become a White Ribbon Ambassador / Champion</p>	 <p><b>Provide solutions</b> – share your work and spread the word</p>	<p>Phone: 01282 726000</p>   <p><b>PDVI</b> DOMESTIC VIOLENCE INITIATIVE</p> <p>If you are experiencing abuse then talk to a friend, your family or contact</p> <p><b>Pendle Domestic Violence Initiative</b>, Tel: 01282 726000; Email: <a href="mailto:pdvi@p-a-c.org.uk">pdvi@p-a-c.org.uk</a></p> <p><b>Lancashire Victim Services</b>, Tel: 0300 323 0085; Email: <a href="mailto:info@lancashirevictimservices.org">info@lancashirevictimservices.org</a></p>

- The prevalence of domestic abuse is higher than ever before. Every year 1.3 million female victims (8.2% of the population) experience domestic abuse.
- Two women a week are killed by a current or former partner in England and Wales and 130,000 children live in homes where there is a high risk of domestic abuse.
- 20% of women have experienced some type of sexual assault since the age of 16, equivalent to 3.4 million females. 3.1% of women aged 16 – 59 have experienced a sexual assault in the last year and 31% of young women aged 18-24 report having experienced sexual abuse in childhood.
- The abuse does not stop when a relationship ends, data from the Crime Survey England and Wales shows up to 700,000 women are stalked each year.

