

16 Days of Activism Against Gender-Based Violence FACT SHEET

What is 16 Days of Activism?

16 Days of Activism Against Gender-Based Violence is a global campaign dedicated to raising awareness about the impact of violence, particularly on women.

The campaign starts 25 November, International Day for the Elimination of Violence Against Women, and concludes 10 December, Human Rights Day. These dates were chosen in order to symbolically link violence against women with human rights issues. In particular, this campaign emphasises the fact that violence, in any form, is a violation of human rights.

What is gender-based violence?

The terms “violence against women” and “gender-based violence” are used to refer to a range of abuse committed against women that stem from gender inequality.¹

In Australia, violence in intimate relationships contributed more to the disease burden for women aged 18 to 44 years than any other risk factor including smoking, alcohol use or being overweight or obese.

The statistics

Nationally, since the age of 15...

- 1 in 5 Australian women had experienced sexual violence
- 1 in 4 Australian women had experienced physical or sexual violence from a current or former partner
- 1 in 4 Australian women had experienced emotional abuse by a current or former partner
- 1 in 3 Australian women had experienced physical violence

In Victoria (the year ending December 2016), there were 78,628 family incidents recorded by Victoria Police. Of this, 58,925 (79.9%) were women and 19,417 (24.7%) were men.

Drivers of violence against women

According to [Our Watch](#), there are four underlying causes of violence against women. These are called drivers:

1. **CONDONING** of violence against women
2. **MEN'S CONTROL** of decision-making and limits to independence
3. **STEREOTYPED** constructions of masculinity and femininity
4. **DISRESPECT** towards women and male peer relations that emphasise aggression

Why is WHISE running a coffee cup campaign?

Research shows that to prevent gender-based violence we need to promote positive, equal and respectful relationships. This means we need to challenge gender stereotypes, which are assumptions made about people based on whether they are male or female.

So, together with Communities for Children Frankston, WHISE has worked with local schools, asking students to draw pictures that challenge traditional gender stereotypes. These drawings will feature on coffee cups, posters, postcards and other promotional items throughout the campaign period.

Cafes play an important role in the community of bringing people together, which is why we want to spread the message to end gender-based violence through the use of these recyclable takeaway coffee cups. We hope that this will start a very important discussion around why we need to challenge gender stereotypes and how it links to gender-based violence.

What are gender stereotypes?

Beliefs, attitudes and expectations about women and men. Examples: women care for the children, while men go to work.

How does gender inequality relate to violence?

Gendered norms, practices and structures in our society place unequal power, value and responsibilities on women in our society. This unequal power, value and responsibility is the core of all forms of gender inequalities.

Gender inequality is the only factor which research shows can predict gender-based violence (Our Watch 2015).

What can we do to prevent this?

- Make an effort to talk positively about strong and powerful women
- Encourage men and boys to talk about their thoughts and emotions
- Inspire boys and girls to be equally strong, thoughtful and compassionate
- Demonstrate appropriate and respectful behaviour to your child/children
- Share tasks within the home equally

References

¹<http://16dayscswgl.rutgers.edu/about/campaign-profile0>