



**Speak out**

## 16 Days of Activism on No Violence Against Women and Children

The 16 Days of Activism campaign challenges South Africans to declare a truce on violence against women and children - and, ultimately, to make it a permanent one.

South Africa is still home to high levels of violence against its women and children, despite a world-renowned Constitution and a legislative overhaul that safeguard women's rights.

### How can you support this campaign?

- Wear a white ribbon.
- Investigate which services are available in your community to support women and children who are victims of abuse. Tell your colleagues and friends about these services.
- Support local organisations that aim to assist victims of abuse.
- Educate your children on the warning signs of an abusive relationship. Talk to them about how everyone has a right to feel safe in any relationship.
- Consider that with statistics as high as they are, abuse may be happening to someone you know. Read up about the warning signs that an abuse victim may give off.
- Ask for help. Contact a support organisation to ask for assistance in dealing with an abusive relationship. If you or someone you know is in danger, it is best to consult with an expert.

