Ending gender-based violence

16 Days of Activism: It's not just black eyes and bruises
The 16 Days of Activism against Gender-Based Violence is an annual global campaign which raises awareness of and calls for the elimination of violence against women and girls. The campaign runs from 25 November, the International Day for the Elimination of Violence against Women, to 10 December, Human Rights Day.

Over the course of the next 16 days, join us for contributions from the survivors of domestic abuse and the services that support them. We will reveal a new video and a number of related resources each day in the ‘16 days of activism starts here’ section below to inspire you to learn, reflect and take action to end violence against women.

It’s not just black eyes and bruises

Domestic abuse does not discriminate in terms of the individual nor the form it may take.

In the year ending March 2022, calls to the national domestic abuse helpline for those reporting the type of abuse they experienced revealed:

- 82% experienced psychological or emotional abuse
- 74% experienced controlling behaviour
- 56% experienced threatening or intimidating behaviour

Each year, nearly 2 million people in the UK suffer some form of domestic abuse. It is reported that 1 in 3 women will experience domestic abuse in their lifetime.

Within the church context, it has been indicated that on average, individuals will experience domestic abuse within their relationship for a period of 6 years.

The figures, taken from diocesan self-assessment key safeguarding data, show that reports of domestic abuse rose from 217 in 2019 to 297 in 2021; 21% of all reported safeguarding concerns relating to adults have been directly related to domestic abuse over the three-year period. In 2020 and 2021 domestic abuse was the most common reason for a safeguarding referral to be made to a diocesan safeguarding adviser about an adult.

You are not alone

Support services are available both locally and nationally to support both individuals and families that have experienced domestic abuse. And if you are immediate danger, please call 999.

- National Domestic Abuse Helpline
- Men’s Advice Line
- Mankind
Parental Education Growth Support (PEGS)

- Women’s Aid
- The Mix (free information and support for under 25s)
- National LGBT+ Domestic Abuse Helpline (run by Galop)
16 days of activism starts here

Day 1

Listen to Bishop Rachel Treweek talk about the importance of this campaign.

Raise awareness

Day 2

'It's not just black eyes and bruises' - a poem.

Abuse takes many forms

Day 3

Learn more about some of the signs and symptoms of domestic abuse that women experience.

Signs of domestic abuse

Day 4

One man retells his experience of domestic abuse.

Men experience abuse too

Day 5

Child to Parent Abuse effects 3% of households in the UK and remains in some communities unvoiced.

About Child to Parent Abuse

Day 6

1 in 3 women worldwide have experienced domestic or sexual abuse.

Learn about #NoMore1in3

Day 7

Stalking is a behaviour that can form part of domestic abuse.

Learn more
Day 8

Learn about the vital work in Chelmsford Diocese on domestic abuse, working with statutory services including Essex Police.

Learn more

Day 9

Only 2 in 7 worshippers feel that their church is adequately equipped to respond to concerns of domestic abuse.

The Church's role
Day 10

Supporting victims and survivors of domestic abuse through local alliances.

The role of the community

Day 11

Livia* talks about her experiences living in a domestic abusive relationship.

Hear her story

Day 12

1 in 5 children in the UK are exposed to domestic abuse during their childhood.

The impact of abuse on children

Day 13

Join us in a safe space to ask challenging questions and share your reflections.

Join the conversation

Day 14

Mothers’ Union, Women’s Aid and the power of creating alliances within communities.

Let’s take action

Day 15

What practical steps can we take to support victims and survivors of abuse?

Not just 16 days

Day 16

Take a moment after listening to this poem to consider how you might respond if I told you.

If I told you

Source URL: https://www.churchofengland.org/16-days-activism-against-gender-based-violence