

COME TOGETHER

ACT TOGETHER

The 16 Days of Activism Against Gender-Based Violence is an international campaign used to call for the elimination of all forms of gender-based violence. Together, with your help, The Body Shop and the Canadian Women's Foundation will amplify this campaign across Canada. You've got 16 days to check these actions off your list.

NOV 25

TUNE IN

Tune in to our [Livestream](#) with the Canadian Women's Foundation to learn more about the issue of gender-based violence in Canada and what we're doing to support diverse women.

NOV 26

HOST AN EVENT

Plan your '16 Days Action Event' with friends and colleagues! [Sign up](#) and host: a film screening, an open discussion using [critical thinking cards](#) or an event of your choosing!

NOV 27

ADVOCATE

Get online, [sign](#), and [share this letter](#) to demand that the government take the next step toward a National Action Plan and a tailored plan developed by and for First Nations, Métis, and Inuit diverse women to end gender-based violence now.

NOV 28

RAISE AWARENESS

Share 'The Violence At Home Signal For Help' video on your social media feeds and ask others to share using [#ActTogether](#) and [#SignalForHelp](#).

NOV 29

STAY CURRENT

Follow the Canadian Women's Foundation [on social media](#) to stay updated on gender equality issues in Canada.

NOV 30

AMPLIFY

Raise awareness and [share this social media facts slideshow](#) with the 16 Days of Activism Against Gender-Based Violence hashtag [#ActTogether](#).

DEC 1

GIVE

Along with buying gifts from us this holiday, if you're a Love Your Body™ Club member, you can choose to [donate your loyalty rewards](#) to the Canadian Women's Foundation to help in their mission to end gender-based violence in Canada.

DEC 2

READ

Join the Canadian Women's Foundation's [Tireless Readers Collective](#) digital conversation on contemporary reads to understand and challenge gender-based violence.

DEC 3

COME TOGETHER

Ask a friend to be your activism support buddy. Friends that fight for gender equality together, stay together! Share what you're doing on social media using [#ActTogether](#).

DEC 4

DISCUSS

[Share this quote](#): "A future without gender-based violence is possible if we invest in violence prevention today. Violence is not inevitable."
- Paulette Senior, President and CEO, Canadian Women's Foundation with [#ActTogether](#)

DEC 5

CONVERSATION

Use our Critical Thinking Cards to start some important conversations with friends and family.

DEC 6

REMEMBER

Today, we remember the [École Polytechnique massacre](#). [Share the memorial video](#) on social media.

DEC 7

EDUCATE

Spend some time with this [read and watch list](#) on gender-based violence in Canada.

DEC 8

LISTEN

Tune in to the fresh release of the latest season of 'Alright, Now What?', the [Canadian Women's Foundation Podcast](#), to learn about how our holiday charity partnership is supporting Out of Violence Programs for diverse women in Canada.

DEC 9

SHARE

[Share this quote](#): "The pandemic has been linked to major spikes in gender-based violence. Women and girls need our support now more than ever."
- Paulette Senior, President and CEO, Canadian Women's Foundation with [#ActTogether](#)

DEC 10

SUPPORT

Learn some tips on supporting women experiencing violence. [Read and share this tip slideshow](#) on how you can support a woman who is experiencing violence.



THE BODY SHOP

