

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 NO MORE will amplify this campaign across the US. You've got 16 days to check these actions off your list.

NOV 25

GIVE

Give \$5 (or whatever you can) to an organization you believe in today. A little bit from a lot of people goes a long way.

NOV 26

CONVERSATION

Get fired up on social media: Post about something that needs to change in 2021. Sharing is caring.

NOV 27

ADVOCATE

Go to a policy or cause-related meeting in your local area. Also a brilliant way to meet like-minded people.

NOV 28

STAY CURRENT

Follow three social cause organizations you care about on social media.

NOV 29

CONVERSATION

Pick a topic on gender equality to chat to a friend or family member about. There are some topics on this page to get the convo started.

NOV 30

EQUAL OPPORTUNITY

Tell 5 people about a business or initiative you love that's owned by a woman of colour.

DEC 1

ETHICAL CONSUMERISM

Be conscious with your holiday shopping. Do the research to make sure you're not buying presents at someone else's expense.

DEC 2

ADVOCATE

Contact one politician about an issue that matters to you today.

DEC 3

COMMUNICATION

Ask a friend to be your activism support buddy. Friends that fight injustice together, stay together.

DEC 4

ADVOCATE

Take action and [take the digital pledge](#) to know more about issues of domestic violence and help prevent these crimes. It only takes a second to stand up against violence (we're not kidding about the one second part).

DEC 5

VOLUNTEER

It's International Volunteers Day, get out there and lend a hand. One hour, one year - you do you!

DEC 6

COMMUNITY

[Sign up to volunteer](#) with your local NO MORE community.

DEC 7

EDUCATE

Spend half an hour reading up on the history and current state of women's rights in your country.

DEC 8

ETHICAL CONSUMERISM

Support a small local business owner. The holidays are the perfect opportunity to shop outside the big retailers.

DEC 9

EDUCATION

Get your hands and eyes on a book about gender inequality.

DEC 10

DOMESTIC VIOLENCE

Spend 15 minutes [learning about how domestic violence impacts survivors and their communities](#). Then spend the next 15 mulling over how we could be better.

