

16 days of actions to show your support for eliminating violence against women and girls.



November 25 - December 10, 2025

Each day features a simple action you can take to help reduce violence and digital violence against women and girls.

You don't have to do all the actions, just choose the ones that work for you.

Day 1 - Tuesday, November 25 – White Ribbon Day

White Ribbon Day 2025 is on November 25th. The day is an international awareness day to prevent violence against women and girls and is part of the [16 Days of activism against gender-based violence campaign](#), which ends on December 10th.

The 2025 theme is "We Speak Up," encouraging people to speak out against sexism and harmful behaviours. Sign up to the [white ribbon campaign](#) and wear a white ribbon to show your support. Share the campaign launch post on your social media with #WeSpeakUp

Day 2 - Wednesday, November 26 – Orange the world

Wear orange and add the [UN 'orange the world'](#) logo to your social media to show your support. Display an orange poster in your window. #NoExcuse #ActToEndViolence

The United Nations Secretary-General launched the campaign, UNiTE by 2030 to End Violence against Women. The signature colour of the campaign is orange. As a bright and optimistic colour, orange represents a future free from violence against women and girls.

Every year, the UNiTE campaign focuses on a specific theme in support of the global, civil-society-led 16 Days of Activism against Gender-Based Violence campaign, which kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

Day 3 - Thursday, November 27 – Identify domestic abuse

[Domestic abuse](#) can happen to anyone, regardless of age, background, gender

identity, sex, religion, sexual orientation or ethnicity. However, statistics show most domestic abuse is carried out by men and experienced by women.

Across England and Wales, 1 in 4 women will experience abuse in their lifetime and on average, one woman is killed by an abusive partner or ex every five days.

The charity Refuge has guidance on how to [spot the signs of domestic abuse](#).

Day 4 -Friday, November 28 – Cyberviolence and digital abuse

[Digital abuse](#) is when someone monitors, stalks, harasses, threatens, controls or impersonates another person using technology.

This could involve stalking through social media, harassment by text message or humiliation by posting pictures or videos, for example. Digital abuse can happen to anyone, but it most often happens alongside other types of domestic abuse.

The National Cyber Security Centre has advice on how to review [privacy settings on social media](#) and Women's aid has information on how to [cover your tracks online](#).

Day 5 - Saturday, November 29 – Violence against women worldwide

Globally, almost one in three women have experienced physical and/or sexual violence at least once in their life. This violence is often perpetrated by current or former intimate partners.

Visit the [global database on violence against women and girls](#) to look at the data and the measures governments are taking to build a world free from violence against women and girls.

Day 6 -Sunday, November 30 – Fundraise for your local women's refuge/charity

Sign up to fundraise for the essential work women's charities do influencing policy and improving responses to gender-based violence. However you choose to fundraise, whether it's a bake sale or a half marathon, you can make a real difference and show you care.

Here are some links to find an organisation near you, but there are many more organisations delivering amazing work to prevent violence against women and girls and help survivors of domestic abuse.

[Women's Aid](#) , [Refuge](#), [SafeLives](#), [Suzy Lamplugh Trust](#)

Day 7 - Monday, December 1 – Safety and stalking

The [Suzy Lamplugh Trust](#) is a personal safety charity that offers guidance and support for victims of stalking, provides training, and campaigns for better protection. Read and share their [advice and resources on personal safety](#) at home, while working or on transport.

If you are concerned you or someone you know is being stalked, there is also a '[Am I being stalked?](#)' tool in a number of languages.

Day 8 - Tuesday, December 2 – Coercive control

Domestic abuse isn't always physical. Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

Coercive and controlling behaviour is at the heart of domestic abuse. This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour.

Women's aid has advice information on [what coercive control is](#) about what to do if you are [worried about someone](#).

Day 9 - Wednesday, December 3 – VAWG in rural areas

Domestic abuse affects people across all demographics, but living in a more rural area presents unique challenges that can keep people stuck in dangerous situations.

In 2019, the landmark "[Captive and Controlled](#)" report studied police responses to domestic abuse in Derbyshire, Devon and Cornwall, Dorset, Durham, Lincolnshire, North Yorkshire and Nottinghamshire.

Read [a survivors story](#) and how [professionals and communities can save lives](#).

Day 10 -Thursday, December 4 – Social media

In November 2025 new amendments to the Crime and Policing Bill were introduced to [target online abuse and pornography](#) and to protect for women and girls. Online spaces are the 'town square' of modern life, they provide vital social connections and access to public debate, and we need to ensure they are safe for women and girls to access.

The charity [Refuge](#) says that 1 in 3 women have experienced online abuse in their lives. [Learn how to use reporting tools on social platforms](#) – and report an abusive post or account that you’ve seen online.

Day 11 - Friday, December 5 – Join the conversation on ending violence against women and girls.

Sign up for our webinar on what you and your communities can do to prevent violence and digital violence against women and girls.

It’s free and online. You can register [here](#).

Day 12 - Saturday, December 6 – Be an active bystander

When you see someone being harassed or cat-called, most people want to help. But very often we hold back, because we don’t know what to do, or how to do it safely. That’s called the bystander effect, which prevents people from feeling able to step in.

Being an active bystander means being aware of when someone's behaviour is inappropriate or threatening and knowing how to offer assistance safely.

Sign up for free bystander training [in London](#) or [outside London](#).

Day 13 - Sunday, December 7 – Orange the world

Organise an event with your neighbours or your local Neighbourhood Watch group. Ask everyone to wear, bring something orange or create an orange display to reflect the signature colour of the ‘[Orange the world](#)’ campaign, representing hope for a future free from violence against women and girls.

Post or share photos of your community wearing orange on social media with the hashtags #NoExcuse #ActToEndViolence #WeSpeakUp

Day 14 - Monday, December 8 - Allyship Action

Letting sexism slide puts women and girls at risk. Sexist jokes, catcalling, staring, and comments might seem harmless, but they are serious because they can lead to violence and abuse. We need men to use their voices and speak up to create a world where everyone is safe, equal and respected.

Have a conversation with men in your life about being allies, and the White Ribbon [‘We Speak Up’](#) campaign. Talk about when and how you can call-out (or call-in) instances of sexist banter when you hear them. Don’t miss a chance to set a better example.

Day 15 - Tuesday, December 9 - Advocacy Action

Raise awareness of [Clare’s Law](#), also known as the Domestic Violence Disclosure Scheme (DVDS). If you live in England or Wales, this is a police policy giving people the right to know if their current or ex-partner has any previous history of violence or abuse.

The Scottish equivalent is the Disclosure Scheme for Domestic Abuse Scotland (DSDAS). This scheme allows individuals to request information about a partner’s abusive past, which can be shared with someone who might be at risk of domestic abuse.

Day 16 - Wednesday, December 10 – Coming together to tackle violence

The dangers that women and girls face are getting worse. The National Police Chiefs Council says that nearly all forms of VAWG are expected to continue to rise in the coming year. If we really care about making a difference we need good data, and we need everyone to play their part.

Every one of us can make a difference. On this last day of action, read our [blog](#) on why it matters so much that we all work together to make a difference.
