16 Days of Activism 2026 (25 November – 10 December 2026)

Wednesday 25th November

Today marks the start of the International 16 days of Activism against Gender Based Violence. Today is also the international day for the elimination for Violence against Women and Girls.



Many of us have seen some form of abusive and harmful behaviour but it can be difficult to know whether to intervene. Here are some key signs to look out for.

- Does the person look uncomfortable or upset?
- Are they trying to escape or move away?
- Do they seem frightened?

Advice is available from the Home Office Enough Campaign at **https://enough.campaign.gov.uk**

In an emergency, if someone is at risk or a crime is in progress, always dial 999.

#16DaysofActivism #NoExcuse

Thursday 26th November

Stalking and harassment are forms of abuse. If you are worried that someone might be stalking you, you can call the National Stalking Helpline for help and advice on 0808 802 0300.

For more information go to **www.suzylamplugh.org/refer-someone-to-us**

NATIONAL STALKING HELPLINE
0808 802 0300
Advice for victims

In an emergency, if someone is at risk or a crime is in progress, always dial 999

#16DaysofActivism #NoExcuse

Friday 27th November

In England and Wales, one in four women will experience some form of domestic abuse in their lifetime, and tech abuse is an increasing part of that problem. Abusive partners may use technology to control, harass or intimidate you.

Refuge has teamed up with Avast to raise awareness of tech abuse, both helping women understand what it is and also supporting them to secure their digital devices and platforms against potential tech abuse from a partner or ex-partner.

If you need support, please visit **www.RefugeTechSafety.org** for guidance or call Refuge's 24-hour National Domestic Abuse Helpline (Freephone) on 0808 2000 247.

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https://vimeo.com/547466080?fl=pl&fe=sh

Saturday 28th November

Non-fatal strangulation is never "just a moment".



It is a dangerous form of abuse that can have lasting physical and emotional impacts, even when injuries cannot be seen.

If you're worried about yourself or someone else, help is available. Call 0808 2000 247 or dial 999 in an emergency.

#16DaysOfActivism #NoExcuse

Sunday 29th November

'Honour based violence' is used to control behaviour within families or other social groups to protect perceived cultural and religious beliefs or honour. Such violence can occur when perpetrators perceive that a relative has shamed the family or community by breaking their 'honour code'.

Support for victims of honour-based abuse is available from Karma Nirvana; a charity committed to ending honour-based abuse in the UK. For more information go to www.karmanirvana.org.uk



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#16DaysofActivism #NoExcuse

Monday 30th November

One in six older people are victims of abuse. That's over 16% of our mothers, fathers, uncles, aunties, grannies, grandads, friends and neighbours.

Cumbria Safeguarding Adults Board have a short video explaining the different types of abuse adults can experience and where to seek support here

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https://www.youtube.com/watch?v=6ZXdShnOHcM&embeds_referring_euri=https%3A%2F%2Fcumbriasab.org.uk%2F

Hourglass provide information and support to an older person or anyone concerned about an older person who is at risk of, experiencing or recovering from any form of abuse or neglect.

In an emergency, if someone is at risk or a crime is in progress, always dial 999

#16DaysofActivism #NoExcuse

Tuesday 1st December

Post-separation abuse is often hidden and ongoing. Signs can include:

- Repeated unwanted contact
- Monitoring through children or third parties
- Threats linked to money or housing
- Abusing legal systems to maintain control

If this feels familiar, support is available the 24-hour National Domestic Abuse Helpline on 0808 2000 247

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#16DaysofActivism #NoExcuse

Wednesday 2nd December

Abuse in teenage relationships is when you begin to feel scared or controlled by the person you're with.

You may be confused because it feels like a loving relationship but often only when you behave in a certain way. This can happen at any age, regardless of gender.

If this is happening, you should speak to someone you trust, but only when you feel safe to do so. Send a message or call a trusted adult and let them know you're worried.

You can call Childline on 0800 1111, or sign up so you can online chat and send messages (9am - midnight)

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Thursday 3rd December

Are you concerned about some of your behaviours, and you want to take steps to change them?

Respect provide help for perpetrators; they can support you to become safe around your partner and children. Respect Phoneline is an anonymous and confidential helpline for men and women who are harming their partners and families.

In an emergency, if someone is at risk or a crime is in progress, always dial 999

#16DaysofActivism #NoExcuse

Friday 4th December

Domestic abuse doesn't just leave physical scars. It can have devastating impacts on mental health, leaving people feeling isolated, hopeless, and trapped.

In England and Wales, the National Domestic Homicide Project recorded 150 suspected victim suicides following domestic abuse between April 2024 and March 2025, making it the most commonly recorded domestic abuse-related death for the third consecutive year. Across the five-year period from 2020 to 2025, 553 suspected victim suicides following domestic abuse were identified.

Every conversation matters. Every opportunity to listen matters. By recognising the signs of domestic abuse, supporting those affected, and challenging abusive behaviours, we can help save lives.

If you're struggling with your mental health or having thoughts of suicide, you can call the Samaritans any time, day or night:

📞 116 123 (free from any phone)

In an emergency, if someone is at risk or a crime is in progress, always dial 999.

#16DaysofActivism #NoExcuse

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16 Days of Activism 2026 (25 November – 10 December 2026)

Saturday 5th December

Galop has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

They have a national helpline for LGBT+ victims and survivors of abuse and violence. Call 0800 999 5428 or got to www.galop.org.uk for more information.

In an emergency, if someone is at risk or a crime is in progress, always dial 999.

#16DaysofActivism #NoExcuse

Sunday 6th December

Domestic abuse and substance misuse often co-occur, but the relationship is complex and bidirectional. Substance misuse can:

- Exacerbate abusive behaviour in perpetrators
- Be used by victims to cope with trauma
- Create barriers to accessing support

Recovery Steps Cumbria, a local organisation where support is provided by staff and volunteers who have lived experience of drug and alcohol use.

People can refer themselves to Recovery Steps Cumbria, or they can be referred to by someone else such as a friend, family member, carer or professional.

Call 01900 512300 or email referrals@recoverystepscumbria.org.uk

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#16DaysofActivism #NoExcuse

Monday 7th December

Coercive control is a form of abuse.

Controlling or coercive behaviour was criminalised in 2015, but it still affects hundreds of thousands of women in the UK.

The following Mumsnet video provides an explanation of what coercive control is and the signs to look out for - www.youtube.com/watch?v=hC1pCi-GwGU

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Anyone living in Cumbria can report coercive control at www.cumbria.police.uk/advice/advice-and-information/daa/domestic-abuse/how-to-report-domestic-abuse/

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#16DaysofActivism #NoExcuse



Tuesday 8th December

Domestic abuse all too often follows a survivor into the workplace

Employers have a duty to safeguard the wellbeing of employees. The statutory guidance accompanying the Domestic Abuse Act 2021 makes clear that employers should consider the impact of domestic abuse on their employees as part of their duty of care.

Employers' Initiative on Domestic Abuse (EIDA) supports over 2,000 large and small businesses, collectively comprising over 25% of the UK workforce, to take effective action on domestic abuse.

In an emergency, if someone is at risk or a crime is in progress, always dial 999

#16DaysofActivism #NoExcuse



Wednesday 9th December

Being a man shouldn't mean staying silent.

Positive masculinity means supporting others, showing compassion, respecting boundaries, and having the courage to challenge abuse when we see it.

During the #16DaysOfActivism, we're encouraging conversations about how men and boys can be part of the solution to ending domestic abuse.

Every conversation matters. Every challenge to harmful behaviour counts. Every positive example makes a difference.

16 Days of Activism 2026 (25 November – 10 December 2026)

Let's work together to build safer families, relationships and communities.

#16DaysOfActivism #PositiveMasculinity #NoExcuse

Thursday 10th December

Today marks the end of the 16 days of Activism Against Gender Based Violence.

The Christmas period sees an increase in reported incidents of violence and abuse. Let's stand united against domestic abuse this festive season, supporting survivors and spreading awareness. Together, we can create a world where everyone feels safe and respected.

Don't forget that there are several support services available. For more information go to

- Get domestic abuse support | Cumberland Council
- Domestic abuse support in Cumbria | Westmorland and Furness Council

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