**16 Days of Action calendar of daily themes**

Below is a calendar of messages – these will be posted by GlosTakeaStand as we now have a twitter account - @GlosTakeaStand.

I would ask that you use as many of the messages below as you can throughout the campaign. If you are planning your own activity or posts for the Campaign Please use - #16DaysofAction #OurCommunityAgainstDASV

And add @GlosTakeaStand to twitter posts.

I have added a couple of posts on some days - This gives organisations the option to choose between them or post both.

Police Comms and GCC Comms will be producing video recorded messages and I would encourage organisations to keep an eye out for these and share please.

There will be a recorded survivor’s journey to be released on Day 1 of the Campaign – Again can I please encourage organisations to share this impactive piece of work.

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| --- | --- | --- | --- |
| Day 1 | | **Monday 25th Nov - White Ribbon Day** |  |
| Today marks the start of 16 Days of Action Campaign. Here in Gloucestershire we are supporting the national Campaign.  C:\Users\243238\Desktop\16 Days of Action 19\16_Days logo.jpg (image 1)  #16DaysofAction #OurCommunityAgainstDASV  @GlosTakeaStand  ------------------------------------------------------------------------------------------------------------------------------------------------------  K:\Waterwells\Crime Command\DASV Strategic Coordinator\Communications\2019\16 Days of Action 19\16 days Social media images\Image 2 - White ribbon image.png (Image 2)  Create a future without male violence against women.  Make your pledge today to never commit, excuse or remain silent about male violence against women  <https://www.whiteribbon.org.uk/>  #16DaysOfAction #whiteribbonday #OurCommunityAgainstDASV  @GlosTakeaStand  Police comms and Glostakeastand to release survivor’s story – 12.30pm on facebook & 18.36pm for twitter  \*please share this video | | | |
| Day 2 | | **Tuesday 26th Nov** |  |
| Do you know your neighbour? One day you could save their life.  Suspecting abuse doesn’t mean you’re nosy, it means you are concerned about someone’s safety. So if you see or hear something that doesn’t sound right, trust your instincts.  Find out more:: [www.glostakeastand.com](http://www.glostakeastand.com)  #16daysofAction #OurCommunityAgainstDASV  @GlosTakeaStand  C:\Users\243238\Desktop\16 Days of Action 19\16_days.jpg(Image 3) | | | |
| Day 3 | | **Wednesday 27th Nov** |  |
| On average, people over 60 experience domestic abuse for 2.5 years longer than those under 60 and 21% of those over 60 who are experiencing domestic abuse are male.  For information on abuse and details of support services go to : [www.glostakeastand.com](http://www.glostakeastand.com)  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 4 | **Thursday 28th November** | |  |
| K:\Waterwells\Crime Command\DASV Strategic Coordinator\Communications\2019\16 Days of Action 19\16 days image - 1 size doesn't fit all.jpg(Image 4)  Men can be victims of domestic abuse and sexual violence and as a community we need to be able to support them as well.  For information or support for male victims of abuse visit ManKind <http://bit.ly/mankindSW>  #16daysofAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 5 | **Friday 29th November** | |  |
| Rates of reporting of sexual violence have been increasing across the South West. The South West Survivor Pathway is the first step in providing survivors with the support they need <http://bit.ly/survivorpathSW>  C:\Users\243238\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Survivor-Pathway-Logo.png C:\Users\243238\Desktop\16 Days of Action 19\16_Days logo.jpg  (Image 5) (Image 1)  #16daysofAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 6 | **Saturday 30th November** | |  |
| K:\Waterwells\Crime Command\DASV Strategic Coordinator\Communications\2019\16 Days of Action 19\16 days image - spot the signs.jpg(Image 6)  Don’t wait to be told. Warning signs can include becoming isolated from loved ones, being withdrawn or anxious, unexplained marks or injuries and their partner’s behaviour.  For more warning signs: <https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/recognising-signs-domestic-abuse>  Or go to [www.glostakeastand.com](http://www.glostakeastand.com) for information and local support services  #16daysofAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 7 | **Sunday 1st December** | |  |
| (Image 7)  Positive Relationships Gloucestershire helps people who may have caused harm to their partner or ex-partner and want to change their domestically abusive behaviour.  <https://www.splitz.org/gloucestershire.html>  #16daysofAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 8 | **Monday 2nd December** | |  |
| K:\Waterwells\Crime Command\DASV Strategic Coordinator\Communications\2019\16 Days of Action 19\16 days images 1 in 5 children.jpg(Image 8)  Young People aged 13-19 experience some of the highest levels of domestic abuse. The Hideout is a space to help young people understand abuse and how to take action if it’s happening to them <http://thehideout.org.uk/>  #16daysofAction #OurCommunityAgainstDASV  @GlosTakeaStand  ----------------------------------------------------------------------------------------------------------------------------------------------------------  \* Gloucestershire constabulary will be releasing video of Detective Supt. Kath Davies with a message to the public about their role in supporting DASV Victims.  Please share. | | | |
| Day 9 | **Tuesday 3rd December** | |  |
| C:\Users\243238\Desktop\16 Days of Action 19\16 days image - its none of my business.jpg(Image 9)  If you see or hear something that doesn’t sound right, trust your instincts. If you believe someone is in danger call the police. You can also report non-emergencies online <http://bit.ly/ReportDomesticAbuse>  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| 10 | **Wednesday 4th December** | |  |
| C:\Users\243238\Desktop\16 Days of Action 19\16 days images 1 in 4 women.jpg(Image 10)  For information on abuse and details of support services go to : [www.glostakeastand.com](http://www.glostakeastand.com)  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand  --------------------------------------------------------------------------------------------------------------------------------------------------------  Anyone who has experienced rape, sexual assault or abuse needs to be involved in decisions about what happens next and be informed enough to make their own choices <http://bit.ly/survivorpathSW>  C:\Users\243238\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Survivor-Pathway-Logo.png(Image 5)  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 11 | **Thursday 5th December** | |  |
| Friends and family can be extremely helpful in supporting a loved one that has witnessed or endured domestic abuse. For tips on how to approach the conversation visit: <https://www.womensaid.org.uk/the-survivors-handbook/im-worried-about-someone-else/>  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 12 | **Friday 6th December** | |  |
| C:\Users\243238\Desktop\16 Days of Action 19\16 days image - LGBTQ+.jpg(Image 11)  For information and support visit : <https://www.gdass.org.uk/>  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| Day 13 | **Saturday 7th December** | |  |
| Domestic abuse is not just by current or ex partners, it includes abuse from family members too. People over 60 are more likely to experience abuse from their family. For more information and support visit [www.glostakeastand.com](http://www.glostakeastand.com)  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand  People rarely lie about rape or sexual abuse. Being believed helps to reduce barriers to accessing support and helps someone to start their healing journey. Visit <http://bit.ly/survivorpathSW> for tips on good practise  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| 14 | **Sunday 8th December** | |  |
| C:\Users\243238\Desktop\16 Days of Action 19\16 days images - speaking out.jpg(Image 12)  For information and support visit : [www.glostakeastand.com](http://www.glostakeastand.com)  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| 15 | **Monday 9th December** | |  |
| Workplace - Facebook and Twitter (Image 13)  Did you know 58% of abused women missed at least 3 days of work a month?  Download the employers’ toolkit and help #EndTheCycle  <http://bit.ly/BITCtoolkitSW>  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand  --------------------------------------------------------------------------------------------------------------------------------------------------  \*\*GCC Comms to release video of Sarah Scott, Director of Public Health, Gloucestershire County Council, discussing the importance of the employers and colleagues identifying the signs of domestic abuse and supporting colleagues.  Please Share this. | | | |
| 16 | **Tuesday 10th December** | |  |
| **cid:image015.jpg@01D5883A.D9AE30D0** (image 14)  Crimestoppers are an independent charity that gives people the power to speak up and stop crime, 100% anonymously.  Crimestoppers are supporting 16Days of Action.  To report anonymously : <https://crimestoppers-uk.org/give-information/forms/pre-form>  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand  -------------------------------------------------------------------------------------------------------------------------------------------------  cid:image005.jpg@01D5794E.A3FFADB0 (Image 15)  Crimestoppers are an independent charity that gives people the power to speak up and stop crime, 100% anonymously.  Crimestoppers are supporting 16Days of Action.  To report anonymously : <https://crimestoppers-uk.org/give-information/forms/pre-form>  #16DaysOfAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |
| C:\Users\243238\Desktop\16 Days of Action 19\16_Days logo.jpg (Image 1)  Whilst 16Days of Action comes to an end we are asking that you don’t stop talking about domestic abuse and sexual violence– what it looks like, how we can support each other and what services are out there.  For information and support : [www.glostakeastand.com](http://www.glostakeastand.com)  #16DaysofAction #OurCommunityAgainstDASV  @GlosTakeaStand | | | |