

16 DAYS OF ACTIVISM

Easy English explainer



2025

About Respect Victoria

Respect Victoria was established in 2018 and is the state's dedicated organisation for the prevention of family violence and violence against women in Victoria.



Preventing Violence

Everyone deserves to be safe, equal and respected.

But family violence and violence against women continue to exist across Victoria.

- More than **1 in 4 women** have experienced intimate partner violence since the age of 15
- On average, a man in Australia kills his female partner **every 9 days**
- **95%** of all victims (regardless of gender) experience violence from a male perpetrator
- **1 in 4** Australian youth have experienced child sexual abuse before age 18



It doesn't have to be this way. Violence is preventable.

Primary prevention is about stopping violence before it starts by changing the conditions that allow it to happen in the first place. It refers to the actions we can all take to recognise the ideas that support, excuse and justify people using violence – and change them so that violence no longer feels like a choice for people to make.

Examples of primary prevention include:

- respectful relationships education in schools
- parenting programs that challenge harmful gender stereotypes
- public awareness campaigns on consent
- changes to close the gender pay gap.



What is family violence and violence against women?

Family violence is any violent, threatening or controlling behaviour in families or intimate relationships. It can be in a current relationship, or one that has ended.

It can be:

- **physical:** hurting, hitting
- **emotional:** bullying, making threats
- **sexual:** forcing you to have sex
- **stalking:** including using technology, or needing to always know where you are
- **financial:** controlling all of the money decisions, or stopping you from working
- **isolation:** restricting contact with family and friends, or stopping you from socialising
- damaging or destroying property

[‘Are you Safe at Home’](#) has more information, resources and videos.

How to get involved and make a change

Join the '16 Days of Activism' Campaign

The [16 Days of Activism against Gender-Based Violence](#) is a global campaign that encourages action to end gender-based violence. It is 24 November to 10 December every year.

During this time, organisations and people around the world raise awareness that violence against women and girls is a violation of human rights.

In Victoria, local councils, women's health organisations, and other groups host events and activities to educate and promote change.

Your local council or library may have information about ways to get involved or check the [Safe and Equal Calendar](#) to see what events are happening in your area.



Walk Against Family Violence

Join the [Walk Against Family Violence](#), an important event of the 16 Days campaign in Victoria. The Walk is an open invitation to all Victorians to join a peaceful gathering about showing support to victim-survivors and take a stand against family violence.

For the Walk you can show support by:

- Wearing orange
- Sharing your reason for walking on social media using #WAFV2025 and #WhyWeWalk
- Tagging @RespectVictoria in your posts

In 2025, the Walk will be on November 28 at 10am at Birrarung Marr (Upper Terrace) and proceeds to Treasury Gardens (approx. 700 metres). Once there, you'll hear from powerful speakers and are welcome to stay for a relaxed community picnic, featuring food trucks, market stalls, live entertainment and more.

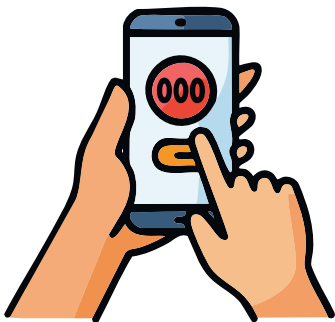


Start the conversation in your community

Helping your community or audience understand the link between respect and preventing violence – and recognising how “seemingly harmless” attitudes can escalate or excuse and justify harmful behaviour – is a vital step in supporting them to take action against violence.

Use these materials to promote and start the conversation in your community.

- [16 Days Campaign materials](#)
- [What Kind of Man Do You Want to Be?](#)
- [Respect Starts with a Conversation](#)
- [Are You Safe at Home?](#)



Get support

If you are in immediate danger, call the police on triple zero (000).

[Safe Steps](#) is a confidential and supportive family violence response line for Victoria. Phone services are available 24/7. Call 1800 015 188.

[inTouch](#) is a specialist family violence service that works with multicultural women, their families, and their communities. Call 1800 755 988.

[Men's Referral Service](#) provides anonymous and confidential telephone counselling, information, and referrals to men, to help them take action to stop using violent and controlling behaviour. Call 1300 766 491.

If you need an interpreter or translator, call the [Translating and Interpreting Service](#) on 13 14 50. You will need to tell them the phone number