

Women's Rights Fact Sheet

» 5 minutes is all it takes

To learn more about what you can do to eliminate violence against women

Act or Do Nothing?

Small Action = Big Results

Eliminating Violence Against Women can often feel overwhelming but there are many small things you can do that will make a difference.

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Micro-giving, that is small acts of giving, can assist to provide basic needs like food, clothing, safety, and shelter to women who have experienced violence. Small acts of giving can also contribute to the delivery of essential services such as: individual therapy; therapeutic group work; enabling peer support; and specialised health services at The Women's Centre. You can make a real and significant change in the world through micro-giving and your small donation could change a woman's life. You also have the power to make a difference by learning more about violence against women and encouraging others to take personal responsibility to put into practice non-violent ways of thinking, behaving and living.

- » 'Like' *The Women's Centre Townsville* Facebook page and follow what is happening at the centre and check out our web page: thewomenscentre.org.au.
- » To end the silence about violence learn more about violence against women and start conversations with family, friends and colleagues with opening questions such as ... "Did you know that 1 in 3 women experience violence in their lifetime?" "Did you know there are significant health costs and consequences to women and children who have experienced violence?" "Did you know that any form of assault or experience of violence is a breach of a woman's lawfully recognised and legally enforceable human rights?"
- » Donate money to The Women's Centre to enable important programs such as Playgroup to continue. \$20 pays for a fruit platter while \$100 covers the cost of our Early Childhood Worker for three hours. Donations can also support the costs of therapeutic group work for women who have experienced

domestic and family violence. Go to our website thewomenscentre.org.au and click on 'Support Us' to make your tax deductible financial donation.

- » Support women to access pregnancy options support, information and counselling by making a financial donation to The Women's Centre.
- » Don't let your mobile phone go to landfill or gather dust in a drawer. Proactively address the e-waste epidemic by recycling your mobile phone. Drop your old phones into The Women's Centre and know that you are diverting your phone from landfill and will be raising money for The Women's Centre.
- » Put together care packs in bags for women and children and drop them off at The Women's Centre. Include good quality items such as bottles of shampoo and conditioner, soap, body wash, deodorant, face wipes, moisturiser, toothbrush and toothpaste, underwear, non-perishable food items, baby wipes, nappies and cuddly toys and activities for children.
- » Donate boxes of nappies in all sizes.
- » Buy pre-packaged frozen and shelf life complete meals for women and children who are homeless as a result of escaping domestic and family violence.
- » Donate gift vouchers and movie tickets to support our Christmas hamper and gift giving efforts each year.
- » Talk about violence against women at work and find out if your work place has a Domestic Violence Policy? See *Everyone's business: A guide to developing workplace programs for the primary prevention of violence against women* for a policy template http://whv.org.au/static/files/assets/e58154fe/Everyones_Business_guide.pdf
- » Contact The Women's Centre and ask for the one page Fact Sheet on **Thursdays in Black** a day where people around the world are invited to wear black as a symbol of strength and courage, representing our solidarity with victims of violence, and demanding a world without rape and violence. Thursdays in Black T-Shirts are available for sale.
- » 'Like' pages on Facebook such as: *UN Women Australia, Collective Shout, DV Connect, SayNO Unite to End Violence Against Women*.
- » At the beginning of each school year purchase a back to school pack containing: pencils, rulers, and

other appropriate stationery items and if you can include a gift card to assist with purchasing items like shoes, socks and school uniforms and drop it in to The Women's Centre.

- » Be a positive role model and use non-violent language and communication skills at home and at work. Look for resources on non-violent communication at cnvc.org.
- » Men can take a stand against violence and wear a white ribbon on November 25 as a personal pledge that demonstrates they do not excuse violence against women. Men can also visit the My Oath Campaign website and swear! myoath.com.au
- » Create a work and or personal email signature that makes a statement about violence against women such as "I commit to eliminating violence against women. What about you?" and while you are at it include it on your business card.
- » Attend an event that raises awareness about violence against women such as: International Women's Day March 8, Candlelight Ceremony in May and Reclaim the Night held every year on the last Friday in October.
- » Work and community notice boards are great platforms for promoting information about the issues surrounding violence against women. Fact sheets can also be included in regular newsletters or pamphlets. A number of organisations have produced fact sheets that can be used, or with permission, adapted for your local situation. For example:
 - White Ribbon Day Australia has produced a series of 14 fact sheets. These can be accessed in the 'Resources' section of their website whiteribbonday.org.au
 - the Queensland Centre for Domestic and Family Violence Research has produced some excellent fact sheets which can be accessed in the 'Resources' section of their website noviolence.com.au
 - Stopping Violence Against Women Before it Happens: A practical toolkit for communities, National Rural Women's Network nrwn.org
 - The Women's Centre has fact sheets and brochures that can be accessed in the 'About Us' section of the website womenscentre.org.au

Ending violence
against women is
part of the struggle
to ensure safety
and justice for all.

