

ORANGE THE WORLD

#NOEXCUSEFORABUSE

25th November - 10th December

16 Days of Activism Toolkit

Stand up and speak out to tackle
gender-based violence and abuse

A campaign delivered by:

SAVERA UK



INTRODUCTION

ORANGE THE WORLD AND THE 16 DAYS OF ACTIVISM

Since 2020, Savera UK and Zonta Club London (a member of Zonta International) have joined forces to raise awareness of violence against women and girls in the UK and around the world, and speak out against domestic violence/abuse, rape and harassment, as well as more hidden harmful practices like 'honour'-based abuse (HBA), female genital mutilation and forced marriage.

The campaign is an extension of the UN's "Orange the World" campaign, where landmark structures around the globe are lit orange to mark the 16 days of activism, from the International Day for the Elimination of Violence against Women and Girls (25th November) to Human Rights Day (10th December).

We want to make clear that there is no excuse for abuse and rally people to take action that will ensure that our towns, cities and homes are places where women and girls can live without fear of violence, abuse or harassment.

Gender-based violence and abuse remains devastatingly pervasive and starts alarmingly young. It is endemic in every country and culture. Across their lifetime, 1 in 3 women, around 736 million, are subjected to physical or sexual violence by an intimate partner or sexual violence from a non-partner – a number that has remained largely unchanged over the past decade.

Join us as we speak out against all forms of gender based-violence so we can end violence against women and girls and build a world without HBA and harmful practices.

[Click here to find national support services](#)

#ORANGETHEWORLD



Through our partnership, each year we encourage the orange illumination of civic buildings and iconic landmarks across the UK to mark the International Day for the Eliminations of Violence against women and Girls on 25th November and Human Rights Day on 10th December.

Landmarks that have previously been illuminated orange include the Library of Birmingham, Marble Arch in London, Manchester Central, Manchester Central Library, Liverpool Town Hall, Cunard Building, St George's Hall, the World Museum in Liverpool, Greystone Footbridge in Knowsley, the Mersey Gateway Bridge in Halton and Merseyside Police Headquarters.

If you plan to light orange as part of the annual **#OrangeTheWorld** campaign, let us know and send us a picture, so we can share it.

Contact the Orange the World team

Tag **@SaveraUK** and **@ZontaLondon** on social media so we can retweet your pictures and continue to raise awareness. Remember to use the hashtags **#16Days** **#OrangeTheWorld** and **#NoExcuseForAbuse** so we can share as many as we can.

St George's Hall and Cunard Building Photo: Jennifer Bruce/Liverpool City Council.
Marble Arch, London Photo: Kathleen Versland

Gender-based violence and abuse is a fundamental human rights violation, and it affects women and girls around the world.

Women and girls experience violence/abuse and discrimination in every culture, simply because of their gender. They face many forms of violence and abuse including 'honour'-based abuse (HBA), female genital mutilation (FGM) and forced/child marriage.

Millions of women and girls face many forms of violence throughout their lives, including rape, female genital mutilation (FGM), sexual exploitation and child marriage.

Tackling gender-based violence should no longer be a discussion, but an action. It is everyone's business to make change. Women, girls and all those affected by gender-based violence have the right to live free of fear and discrimination. Death or abuse should never be the price to pay for your freedom and right to choose, or for simply walking home.

If you haven't, let today be your first to #SpeakOut. Raise awareness in your home, among your friends, in your community and workplace and engage in collaborative working to make a change.

'Savera' means 'new beginning' in Hindi. At Savera UK we are committed to eradicating HBA and harmful practices for everyone, regardless of their gender, age, sexuality or background, both by standing in solidarity and supporting those affected and also by working collaboratively with professional partners. We are proud to partner with Zonta Club London for the Orange the World campaign. Let us be the change we want to see.

Afrah Qassim,
CEO, Savera UK

Zonta International envisions a world in which women's rights are recognised as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men. In such a world, no woman lives in fear of violence.

Zonta Club London is part of a worldwide organisation actively engaged in changing the lives of women and girls through service and advocacy. We have 25,000 members in 63 countries who work to make the world safer for women and girls.

For more than 100 years, Zonta International has contributed to help achieve a world free of violence against women and girls through service and advocacy. Violence against women and girls is one of the most pervasive human rights violations and a global epidemic. Violence prevents women from contributing to their community and creating better lives for themselves and their families.

During the 16 Days of Activism Zontians all over the world take part in the Zonta Says NO to Violence Against Women campaign and influence the making and implementation of laws, as well as changing gender-based attitudes and behaviours to end violence against women.

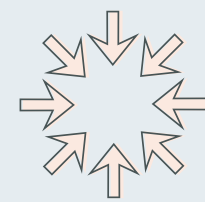
We are delighted to partner with Savera UK to amplify voices on the issue of violence against women and demonstrate our commitment through the 'Orange the World' and UN 16 days of activism.

Claudia Gusmitta,
President, Zonta Club of London

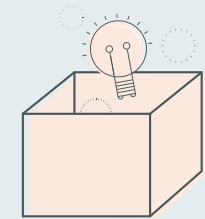
USING THE TOOLKIT

Activism is critical and we are more powerful when we raise our voices together. This toolkit outlines our themes for each of the 16 days of activism, highlights relevant events and provides actionable ways for organisations and individuals to support the #NoExcuseForAbuse campaign.

Using the toolkit, you can identify ways that you can support the campaign and have your voice heard on the issues that matter most to you or your organisation. Your actions can be taken at any time during the 16 Days of Activism, or even beyond.



Each theme has a specific call to action indicated by the following icon.



There are also downloadable resources throughout the toolkit, indicated by underlined and hyperlinked text.

Sharing on Social Media

When sharing any content connected to the Orange The World campaign, please tag in Savera UK and Zonta Club London's social media pages (below) and use the hashtags **#16Days** **#OrangeTheWorld** and **#NoExcuseForAbuse**

Savera UK

Twitter: [SaveraUK](#)

Facebook: [Savera UK](#)

Instagram: [SaveraUK](#) / [SaveraUKYouth](#)

LinkedIn: [Savera-UK](#)

Zonta London

Twitter: [ZontaLondon](#)

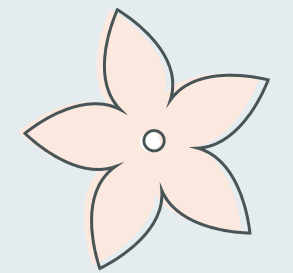
Facebook: [Zonta.London](#)

Instagram: [ZontaLondon](#)

LinkedIn: [Zonta-London](#)

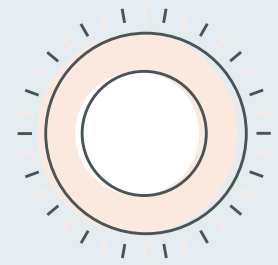
16 DAYS OF ACTIVISM: OVERVIEW OF THEMES

To skip to a particular theme in the toolkit, click on the relevant day below.



DAY 1 REMEMBRANCE

Attend a vigil or light a candle in memory of those lost to or affected by gender-based violence and abuse



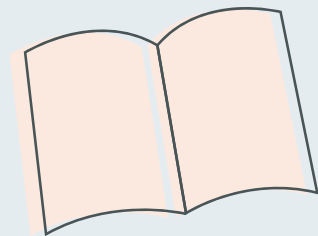
DAY 2 ENVISIONING

Women and girls describe the world they want, free of fear and violence/abuse



DAY 3 LISTENING

Acknowledging and sharing survivor stories with friends, families and peers



DAY 4 KNOWLEDGE

Research gender-based violence/abuse issues and share vital information



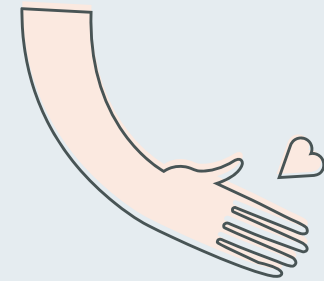
DAY 5 ALLYSHIP

Discover tools and organisations that work with allies to tackle gender-based violence/abuse



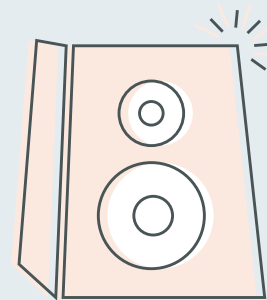
DAY 6 DISCUSSION

Start conversations about the issues and what changes could be made in your home, social circle or workplace



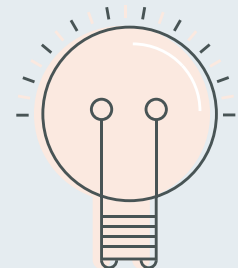
DAY 7 GIVING

Donate to a charity that supports women and girls or amplify them on social media



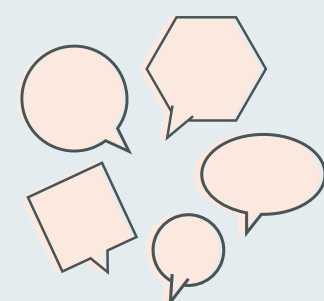
DAY 8 INCLUSION

Consider how you or your organisation supports marginalised groups who are affected by gender-based violence and abuse



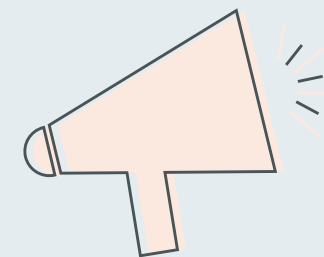
DAY 9 CULTURAL AWARENESS

Learn about and share information on harmful cultural practices



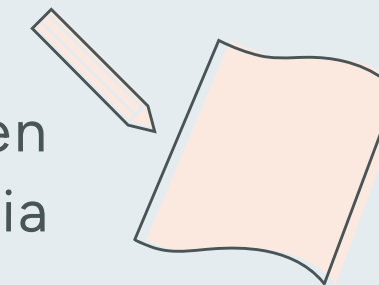
DAY 10 YOUTH ACTIVISM

Encourage young people to engage with youth groups that are tackling gender-based violence/abuse



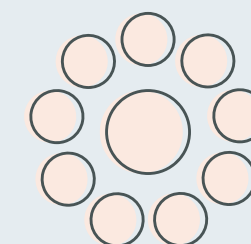
DAY 11 SERVICE

Take action to support organisations helping survivors of domestic violence and harmful cultural practices



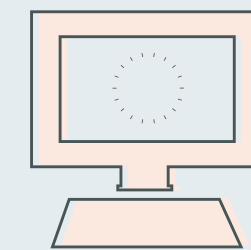
DAY 12 ADVOCACY

Discover ways you can demand change and sign active petitions fighting to end gender-based violence



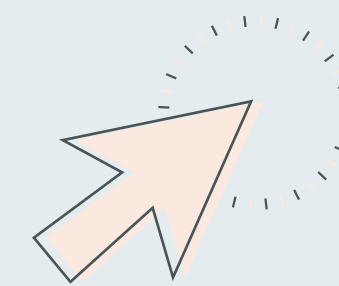
DAY 13 COMMUNITY

Share empowering and useful resources with your network



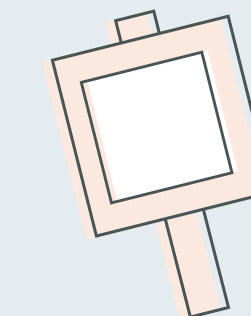
DAY 14 OUTREACH

Write a blog or opinion piece on the topic of gender-based violence



DAY 15 ACTION

Take action and make change - attend an event, get involved in a campaign or create something of your own.



DAY 16 INTENT

Write and share your statement of intent to turn 16 days of activism into 365 days of activism

DAY 1 REMEMBRANCE

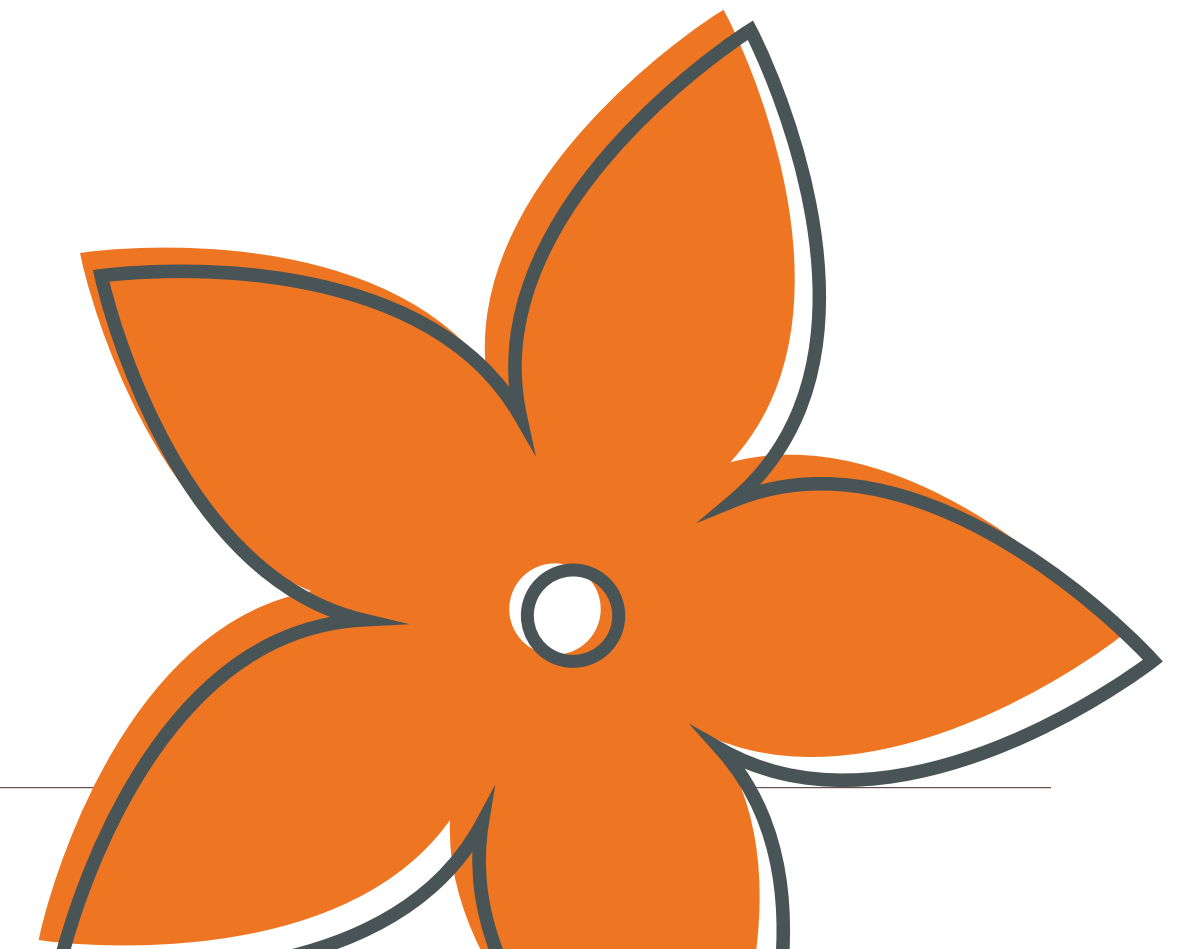
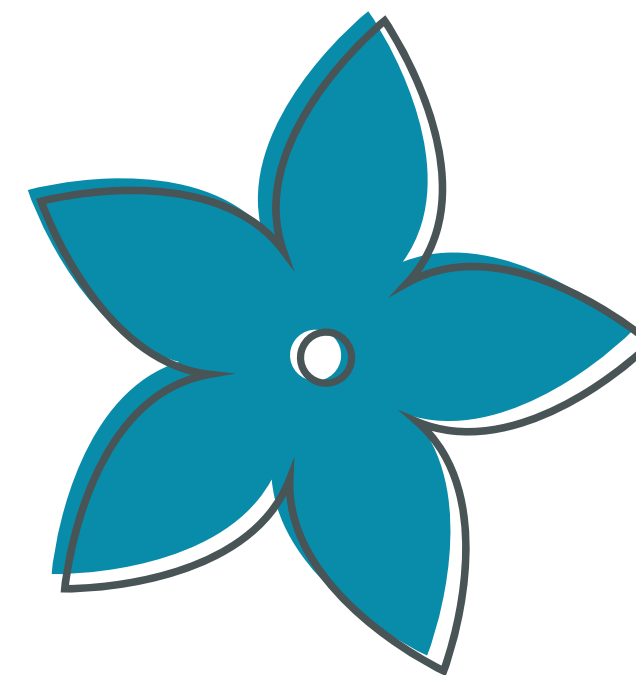
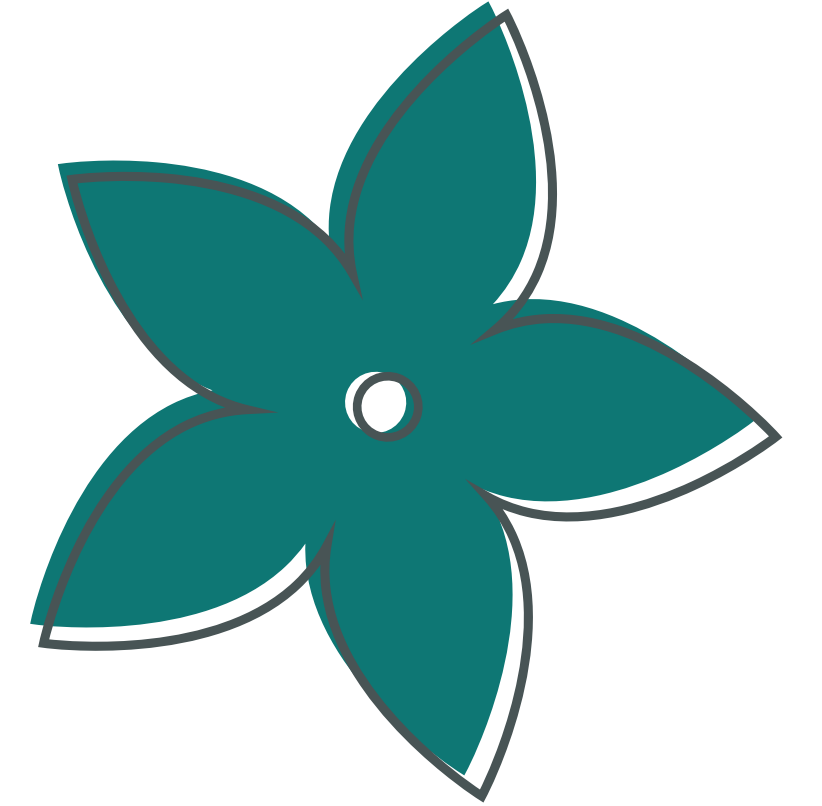
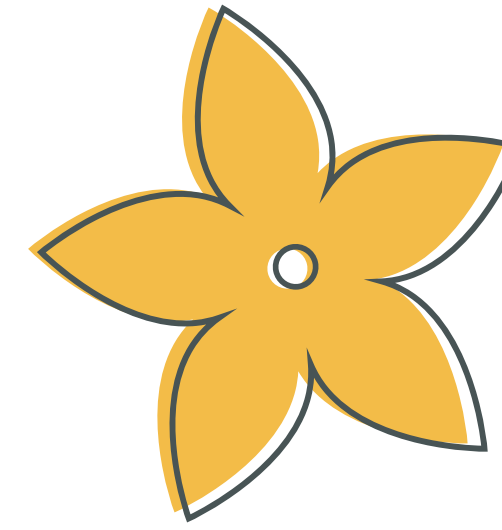
Many organisations arrange vigils - in person and online - to collectively remember those who have been lost to gender-based violence and abuse and mark the start of the 16 Days of Activism. If you are able to, support local events like these.

However, if you are unable to or if there isn't a vigil near you, take a personal moment of remembrance in your home or place of work.

Simply light an orange candle or light after sunset and leave it shining as a mark of remembrance.

Share your photo on social media with **#NoExcuseForAbuse**, **#OrangeTheWorld** and **#16Days**, tagging **@SaveraUK** and **@ZontaLondon**.

[Learn how to make your own orange candle here.](#)



DAY 2 ENVISIONING

Envision the world that you want to live in and create a statement, video or image that reflects those wishes. Share your own statement, video or image on social media, or use one of ours below.

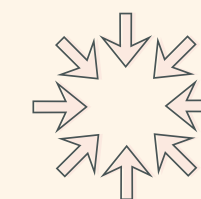
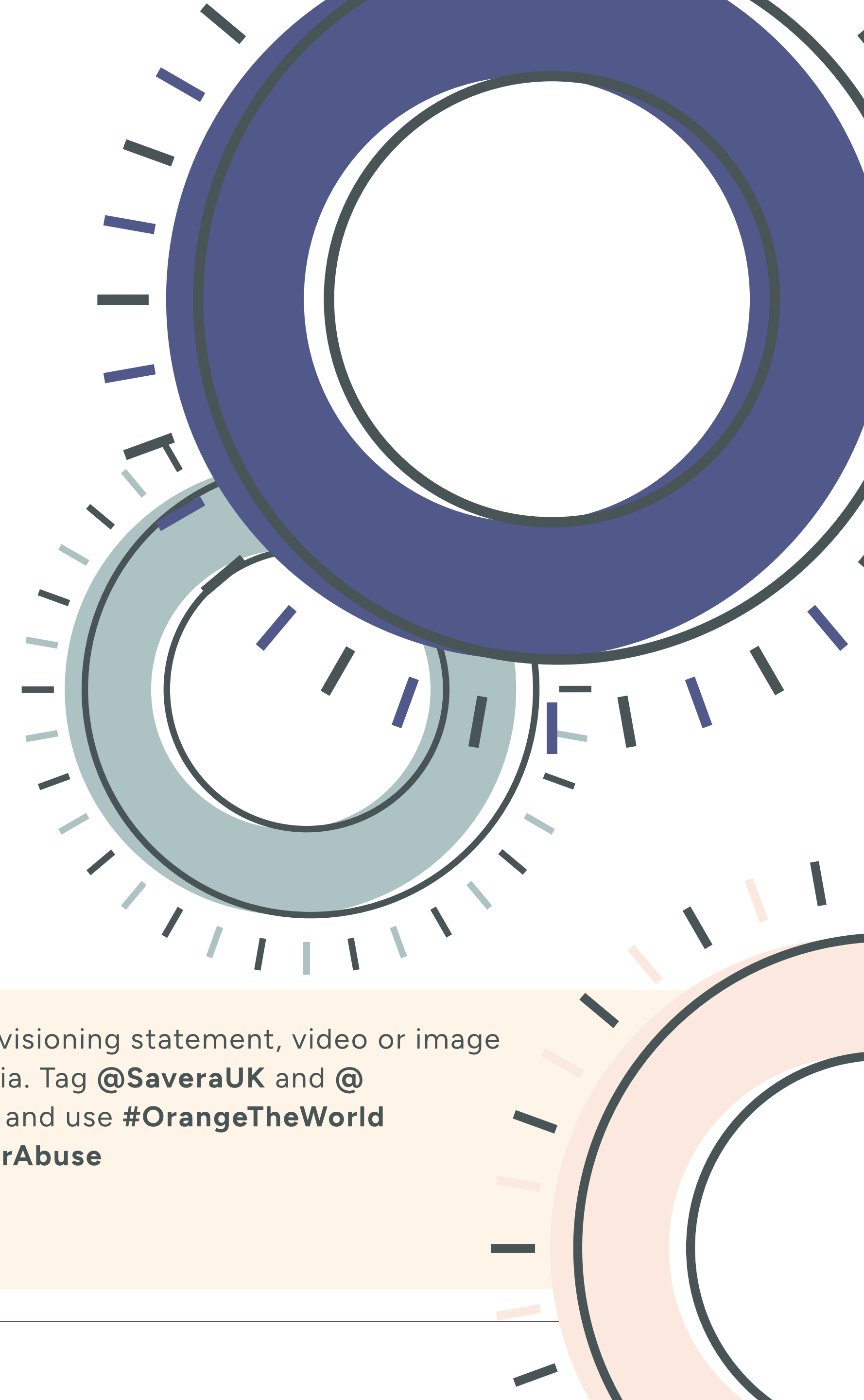
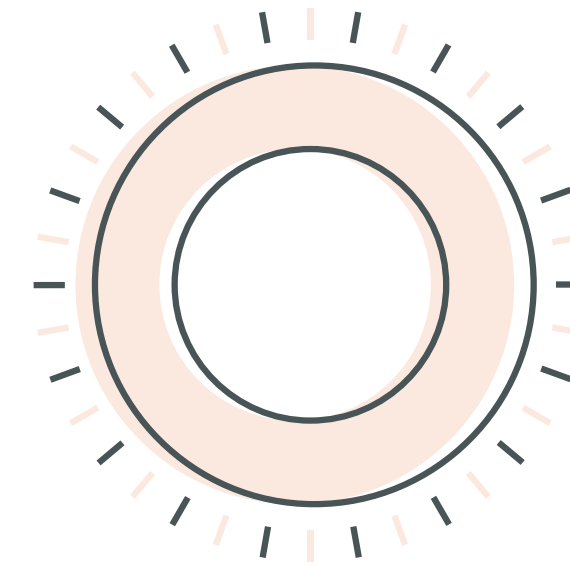
Tag **@SaveraUK** and **@ZontaLondon** and use **#OrangeTheWorld** **#NoExcuseForAbuse** and we will share as many as we can.

Envisioning Examples:

“I envision a world in which women’s rights are recognised as human rights and every woman is able to achieve her full potential.”

“I envision a world where no person is harmed by gender-based violence or abuse and all people are free to live their own authentic lives.”

“I envision a world where I can express myself freely and on my own terms, without fear or risk of harassment.”



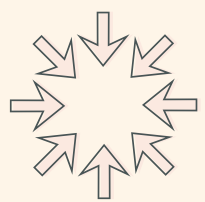
Share your envisioning statement, video or image on social media. Tag **@SaveraUK** and **@ZontaLondon** and use **#OrangeTheWorld** **#NoExcuseForAbuse** and **#16Days**.

DAY 3 LISTENING

Listen to the testimonies of survivors of male violence.

Stories from the brave women who have survived these experiences help us understand the difficulties they have faced and the impact of violence on them. By making time to listen to their stories you are helping them be seen and their experiences heard.

We invite you to visit the Savera UK website where you can listen to the testimonies of women who have been subjected to 'honour'-based abuse and other harmful practices. You can find these survivor stories [here](#).



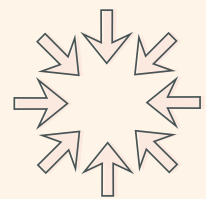
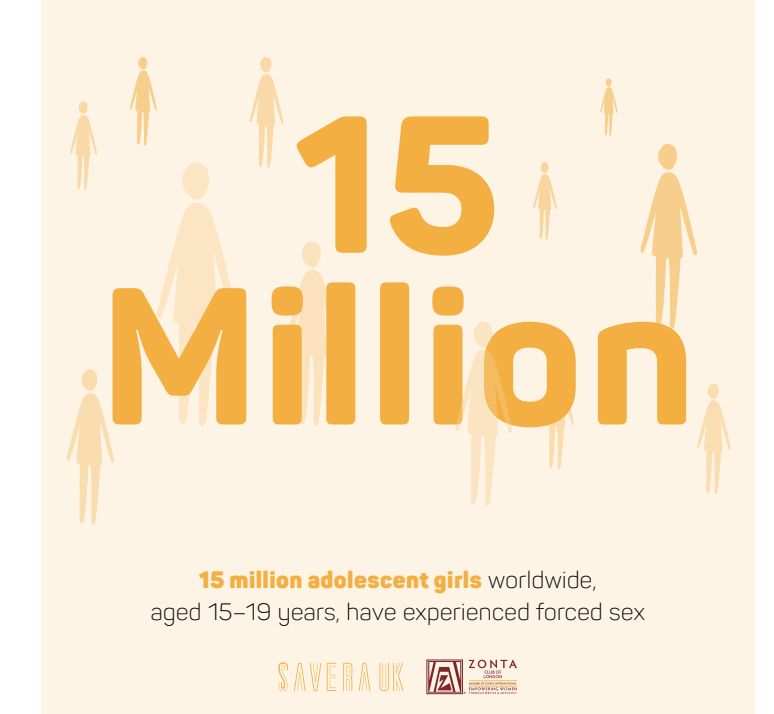
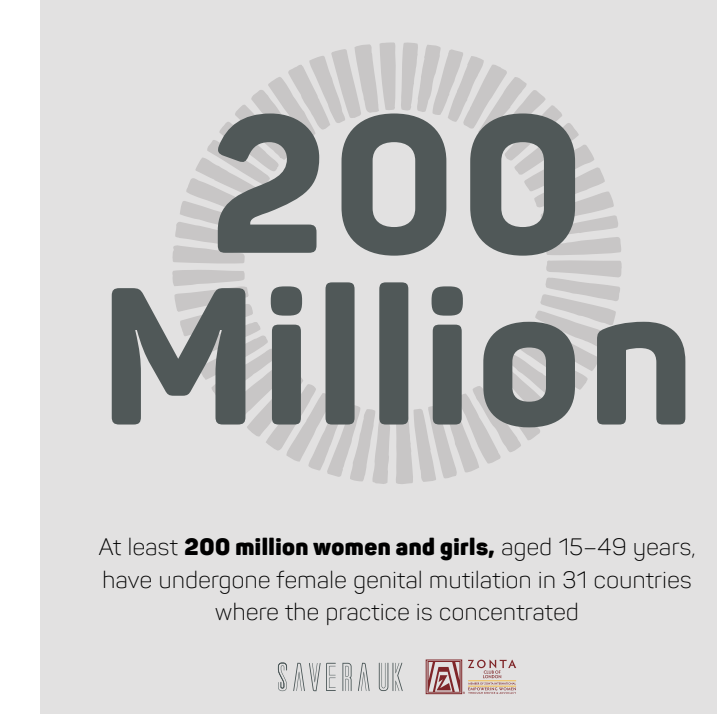
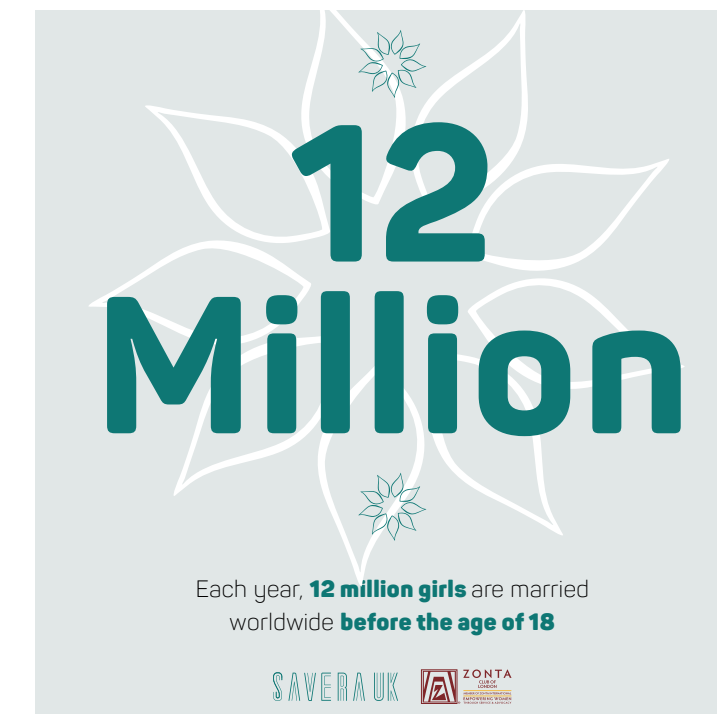
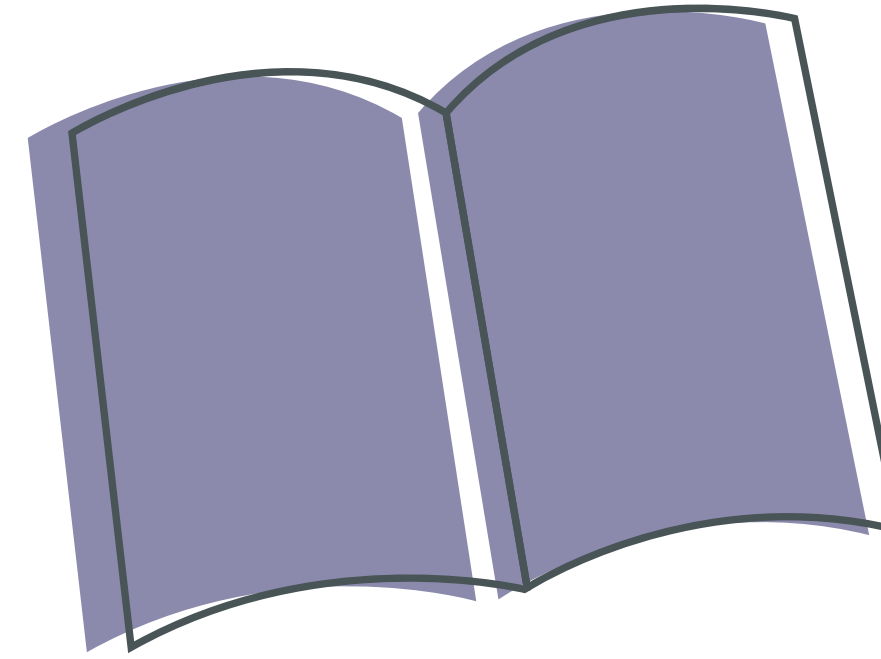
Once you have listened to these survivor stories, we encourage you to share them on social media, so more people can listen to them. Remember to tag in @**SaveraUK** and @**ZontaLondon** and use **#OrangeTheWorld**, **#NoExcuseForAbuse** and **#16Days**

[Click Here For Survivor Stories](#)

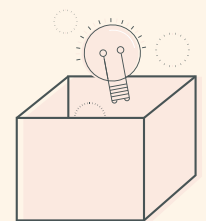
DAY 4 KNOWLEDGE

Use this day to strengthen your understanding and expand your knowledge of key facts and figures surrounding gender-based violence.

Research gender-based violence/abuse issues and share information, statistics and places where support can be accessed (see our 'support' section) within your organisation, with family and friends and across social media.

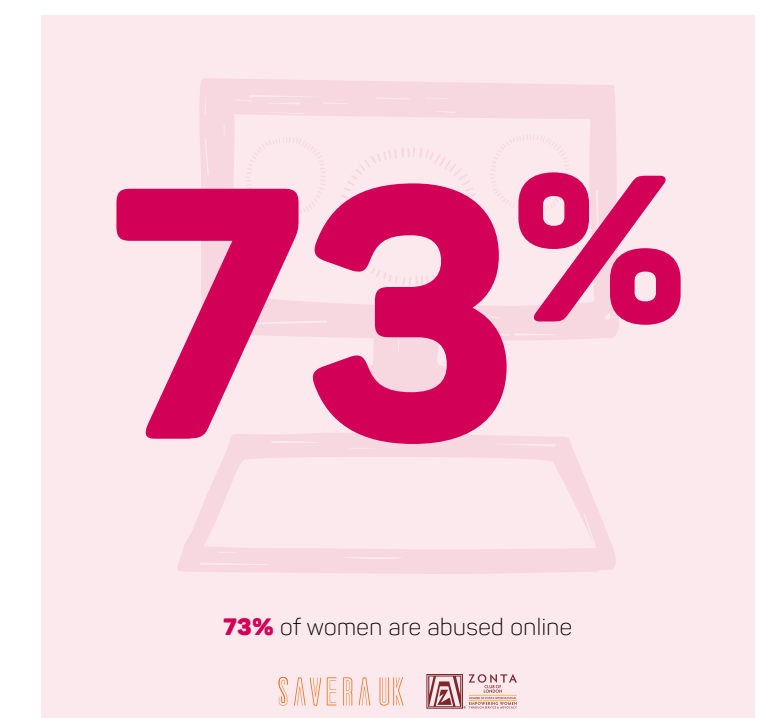
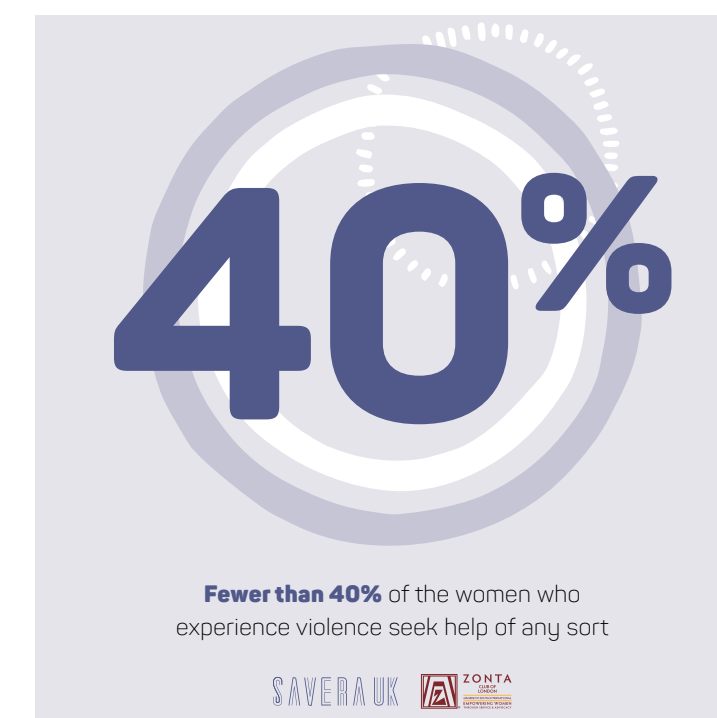


We encourage you to share these statistics by downloading our social media assets here and posting them on your profile. Remember to tag in **@SaveraUK** and **@ZontaLondon** and use **#OrangeTheWorld #16 Days #NoExcuseforAbuse**



[Download Assets here](#)

[More key statistics can be found at unwomen.org](http://unwomen.org)

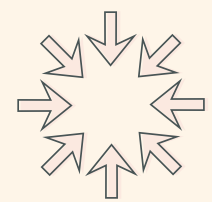


DAY 5 ALLYSHIP

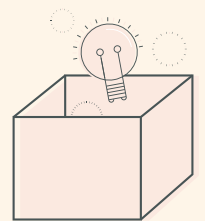
Discover tools and organisations that work with boys and men on tackling gender-based violence/abuse. You can do this by copying the links below and sharing them on your social media pages, or by starting a conversation online on what you think allyship means, and why it is important in the fight to prevent violence against women and girls.

Useful resources and organisations for male allies:

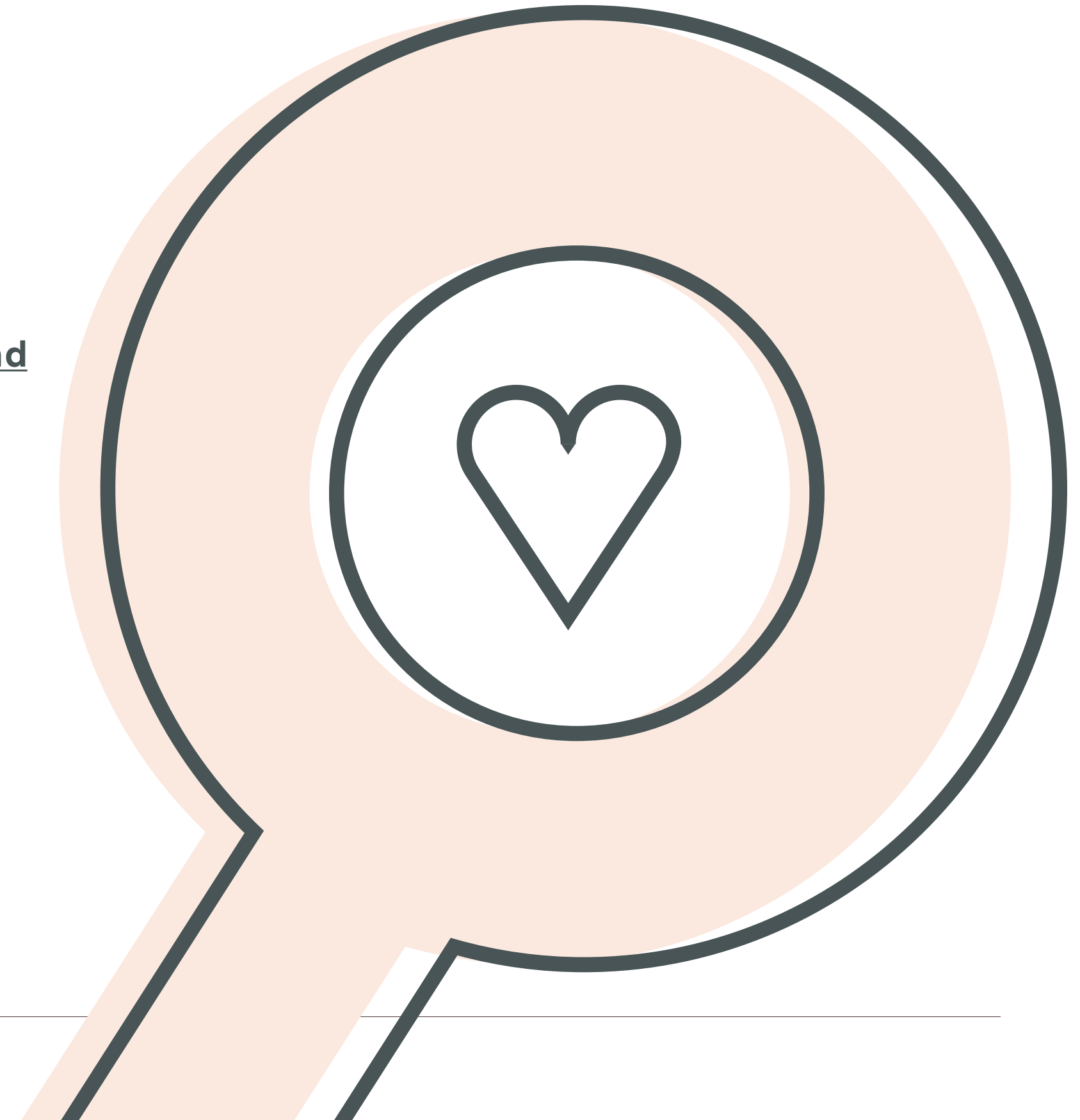
- [Make the White Ribbon Promise](#)
- [White Ribbon Reports](#)
- [TimeTo](#)
- [Beyond Equality](#)
- [Men at Work](#)
- [Feminist Men Project](#)
- [Being ManKind](#)
- [What Can I Do?](#)
- [White Ribbon Scotland](#)
- [White Ribbon UK](#)



If you are an ally, make the White Ribbon promise and stand in solidarity to end gender-based violence. Share a video of yourself making the promise or another statement on how you will be a better ally to women and girls. Once you have created your video, you can share it to Twitter, Facebook or Instagram, tag **@SaveraUK** and **@ZontaLondon** and use **#OrangeTheWorld #NoExcuseForAbuse** and **#16Days**



[**Download our tips for creating a video using your smartphone**](#)

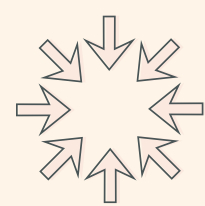


DAY 6 DISCUSSION

Use this day to facilitate a discussion event for your organisation where people can openly talk about the issues faced and what changes could be made.

Here are some starting points you could use for the discussion:

- **What issues are faced by women and girls in our organisation/workplace/social circle?**
- **What impact does this have?**
- **Why is it important that this issue is addressed?**
- **How can they be tackled effectively?**
- **Who do we need to work with to tackle these issues and ensure women and girls are safe in our organisation/workplace/social circle?**
- **What will our next steps be?**



You can share the key points from your discussions by taking to social media and sharing your thoughts. Make sure to tag **@SaveraUK** and **@ZontaLondon** and use **#OrangeTheWorld** **#NoExcuseforAbuse** **#16Days**.

DAY 7 GIVING

Today is an opportunity to provide something to the important services that support survivors of male violence. Donate to a charity that supports women and girls.

This could be money, clothes or food, depending on what the charity needs. It is always best to get in contact and see if there is something specific your chosen charity requires before you make a donation. If you can't make a donation, volunteer your time instead to support their work ([see Day 11 - Service](#)).

You can also share their information on social media and amongst your networks, and encourage others to do the same.

Here are some organisations to consider supporting:

International

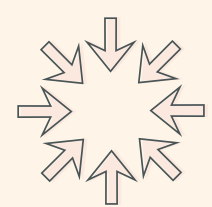
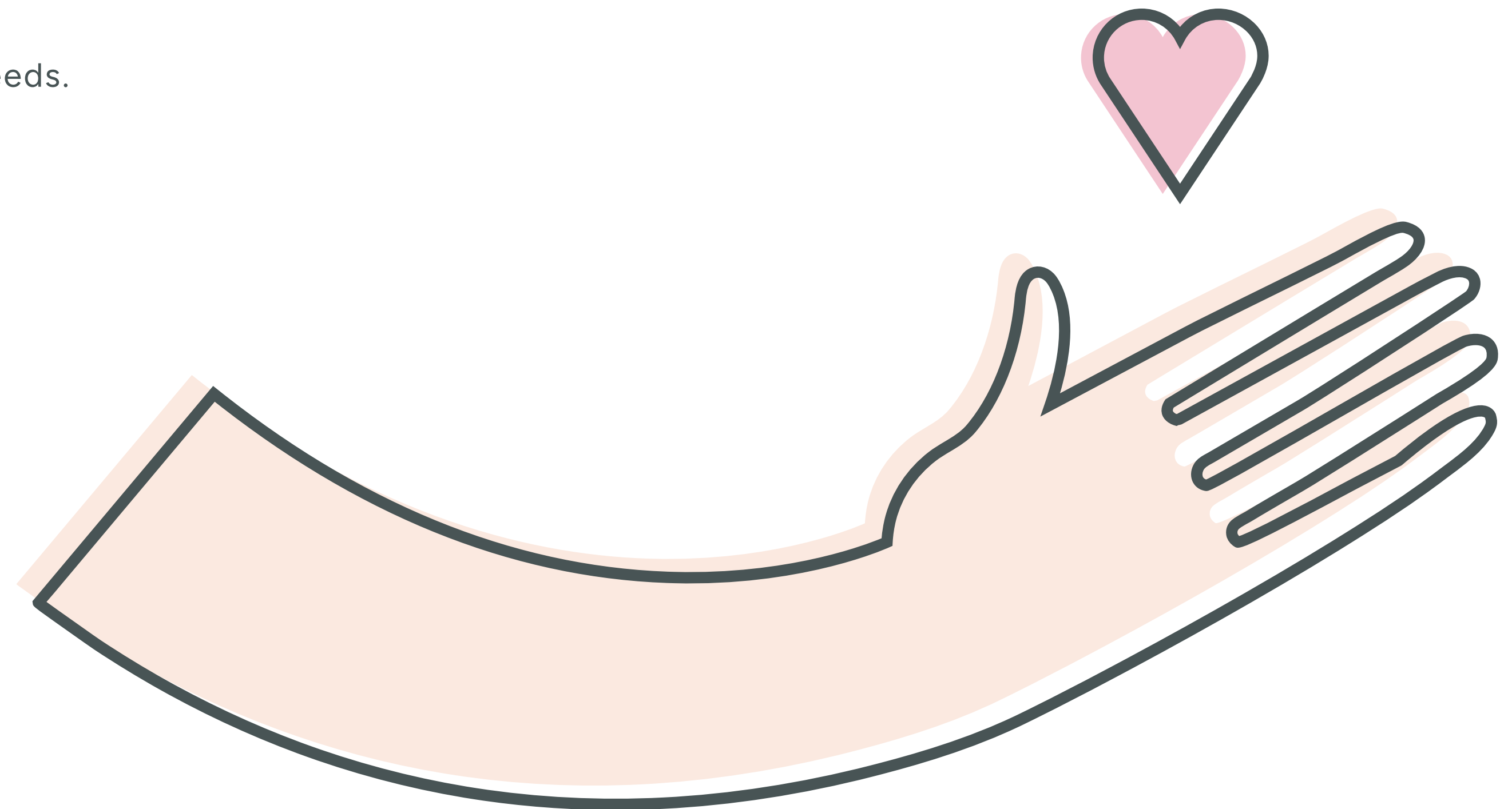
- [Zonta International](#)
- [Zonta Foundation for Women](#)

National

- [Savera UK](#)
- [Zonta Club London](#)
- [Women's Aid](#)

Local

- [RASA](#)
- [Refugee Women Connect](#)
- [Amadudu](#)



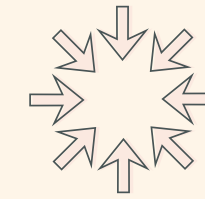
Donate to organisations supporting women and girls, or promote them by sharing their details on social media.

DAY 8 INCLUSION

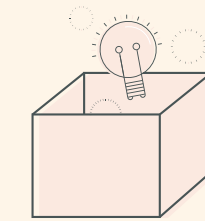
Savera UK provides life-saving services to those at risk, regardless of age, culture, sexuality or gender - during the 16 days, consider how you or your organisation supports marginalised groups who are affected by gender-based violence and abuse.

Gender-based violence can happen to anyone, anywhere, but some communities are more vulnerable and often find support more difficult to access. These include migrants and refugees, indigenous women and ethnic minorities, those living with HIV and disabilities, and the LGBT+ community. Those who are Trans, Intersex or gender non-conforming are particularly at risk.

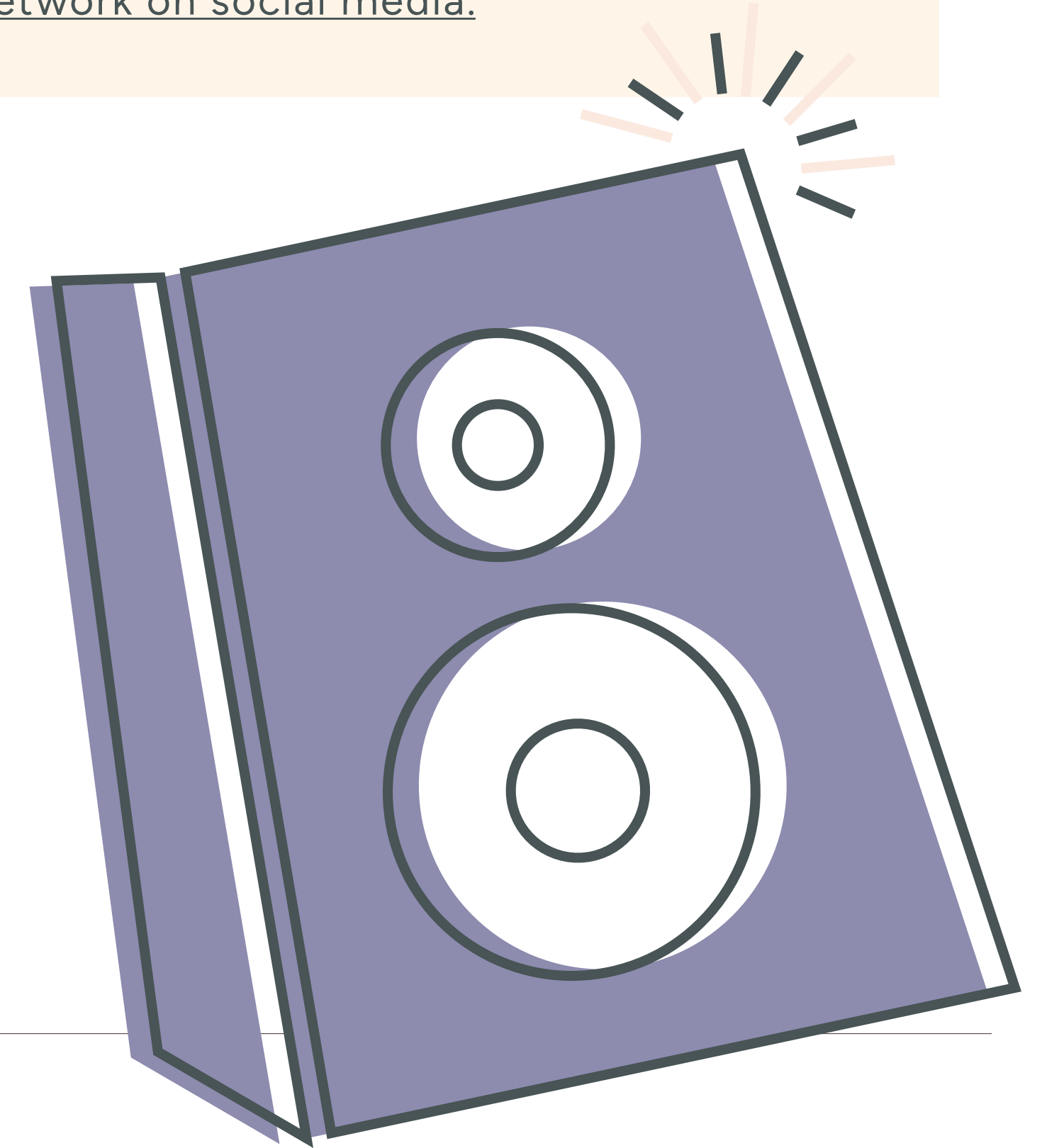
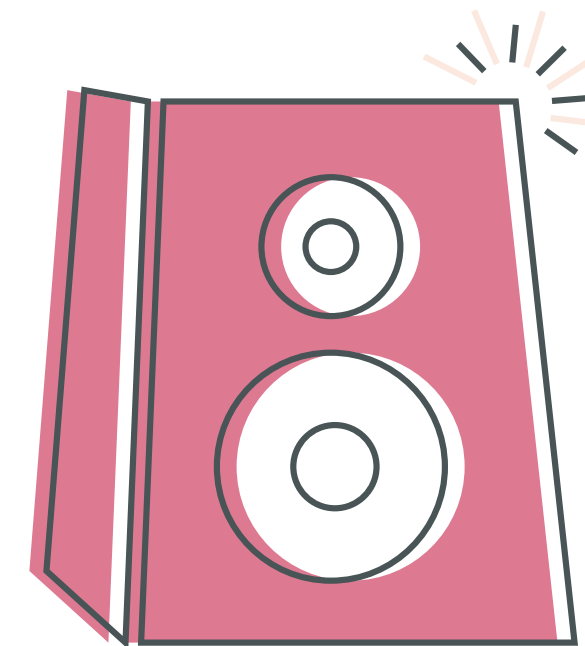
Last year alone it was reported that 350 transgender people - the majority being trans women of colour – were murdered worldwide, an increase on the 331 killed in 2019. However, these statistics are unlikely to be accurate as some countries don't acknowledge individuals as Trans and would therefore report them as the gender they were assigned at birth. Latest ONS statistics on Transphobia also indicates that 28% of Trans people have experienced hate crime, compared to 14% of cisgender people.



Learn how you or your organisation can be an ally to the Trans community by downloading the PDF below and actioning the simple steps.



Download and implement steps from the "Being a Trans Ally" PDF and share the advice with your wider network on social media.

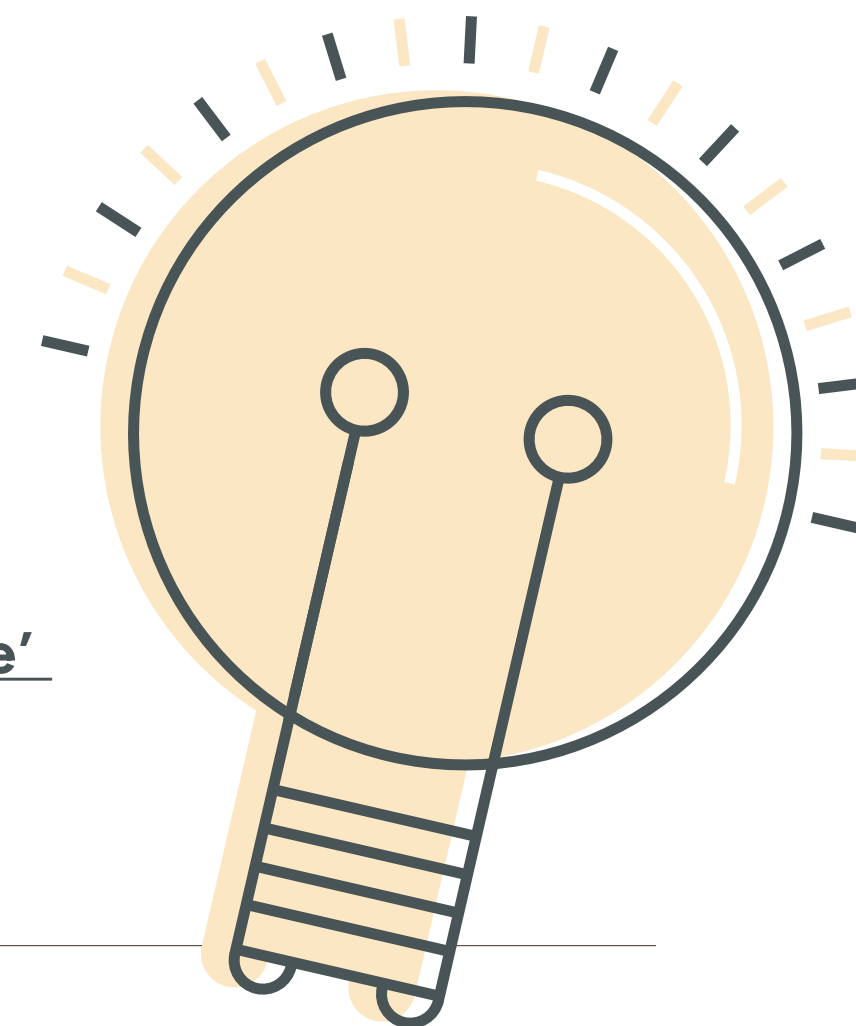
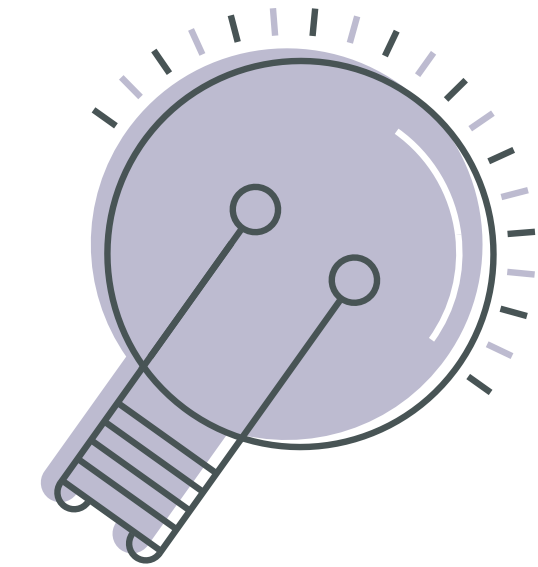
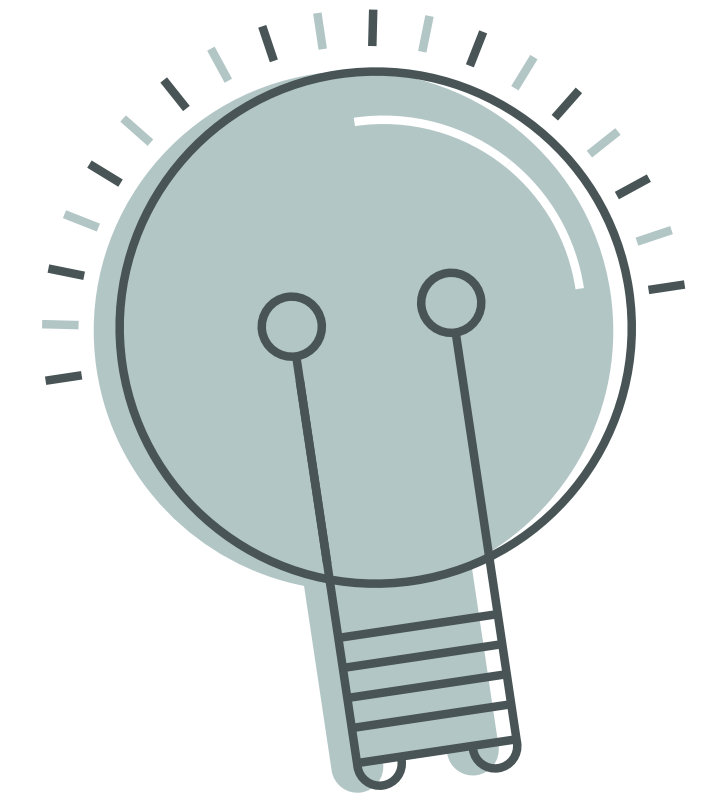
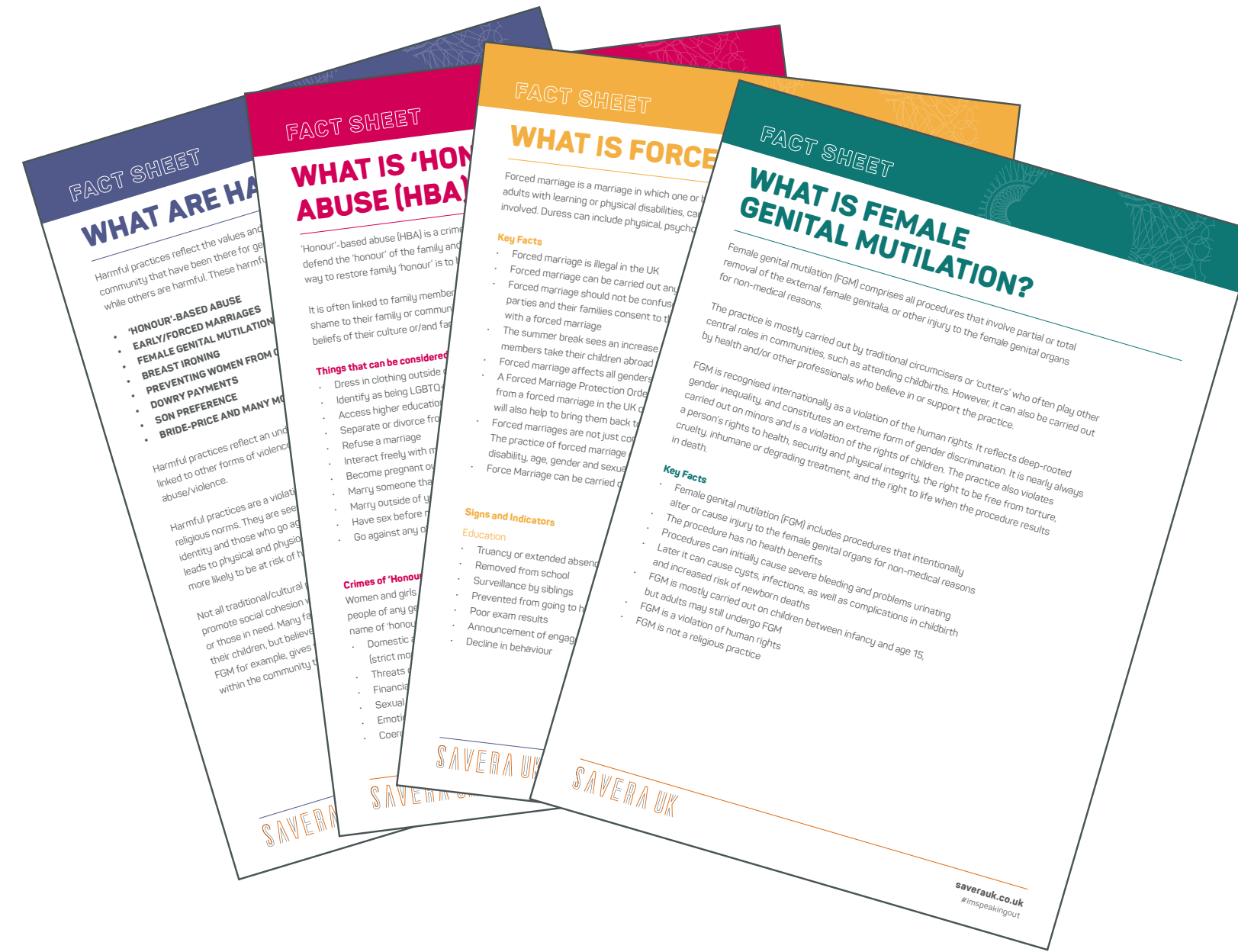


DAY 9 CULTURAL AWARENESS

Culture and religion are often used as excuses or believed to be a justification for gender-based violence/abuse and harmful cultural practices such as 'honour'-based abuse, female genital mutilation, forced/child marriage and other harmful practices.

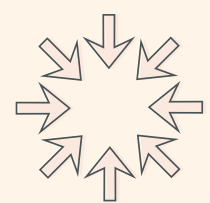
Research culturally-specific forms of gender-based abuse and learn how to call them out by following the 'One Chance Rule'.

To help develop other people's cultural awareness you can also share your findings by having discussions with colleagues, friends and family.



Useful resources:

- **FACT SHEET: What are harmful practices?**
- **FACT SHEET: What is 'honour'-based abuse?**
- **FACT SHEET: What is female genital mutilation?**
- **FACT SHEET: What is forced marriage?**
- **INFORMATION: What is child marriage?**
- **VIDEO: Learn about and follow the 'One Chance Rule'**



Share the resources on this page with friends, family and colleagues and post on your social media channels. Don't forget to tag **@SaveraUK** and **@ZontaLondon** and use **#OrangeTheWorld**, **#16Days** **#NoExcuseforAbuse**.

DAY 10 YOUTH ACTIVISM

The voices of younger generations are vital in effectively tackling gender-based violence. They have the power to educate their peers, encourage them to take action and demand change from those in leadership positions.

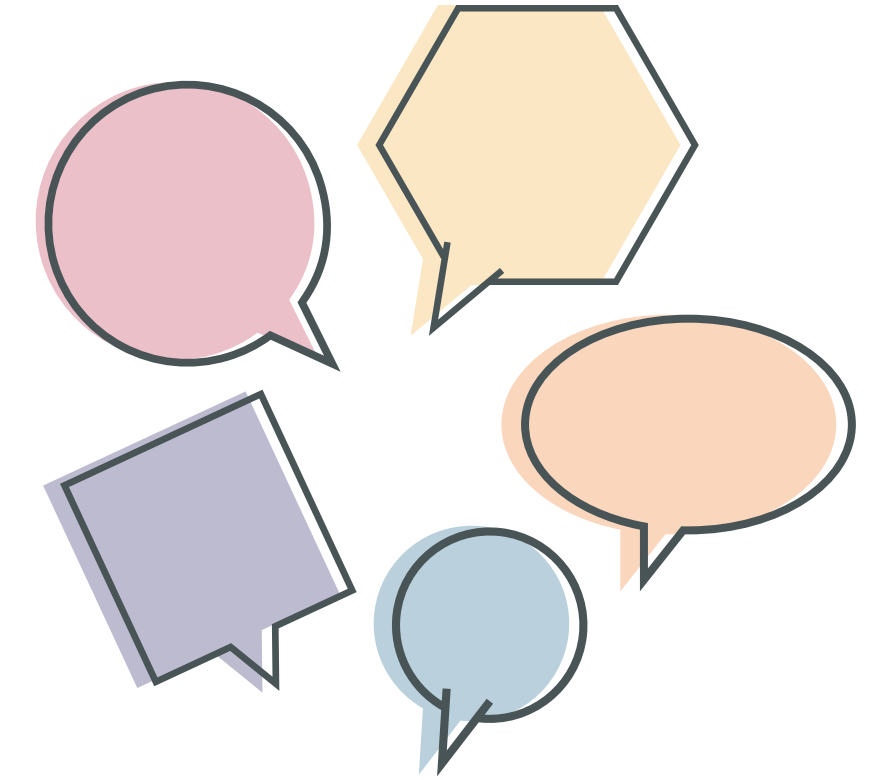
Encourage young people in your network or organisation to engage with youth groups that are focused on activism and change.

Join [Savera UK Youth](#) or the [NAWO Young Women's Alliance](#), who work with Zonta Club London in achieving gender equality.



Savera UK Youth is determined to be the generation that ends 'honour'-based abuse and harmful practices, including forced marriage and female genital mutilation. Led by our Youth Advisory Board, the team of 11-25 year-olds campaign to eradicate HBA and harmful practices through awareness-raising projects and events. They start conversations with those in positions of authority and partner with like-minded organisations to create one strong message – HBA and harmful practices are violations of human rights.

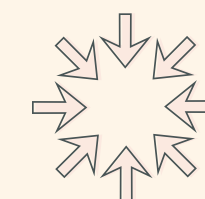
Follow their work on their [Instagram page](#) or on their [website](#).



The NAWO Young Women's Alliance is a group focused on the empowerment and strength of young people to make positive change. Through our monthly sessions we create safe spaces for young people to learn, for their voices to be heard and action to be taken from what they have to say through the task forces translated from the passion during the inspirational events.

As our social media presence grows we look forward to connecting more with young people on these platforms, mobilising their voice to speak out against the injustices that plague the life of young people, predominantly gender based violence and abuse: the nature of it and what young people feel needs to be done.

[Facebook](#) | [Twitter](#) | [Instagram](#) | [Website](#)



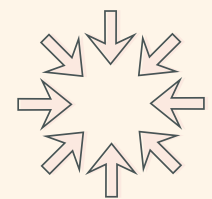
Join a youth organisation that is tackling gender-based violence, or encourage young people in your network or organisation to do so.

DAY 11 SERVICE

Take action to support an organisation helping survivors of domestic abuse/ violence, gender-based violence/abuse and harmful practices. Some ideas about ways you can help are:

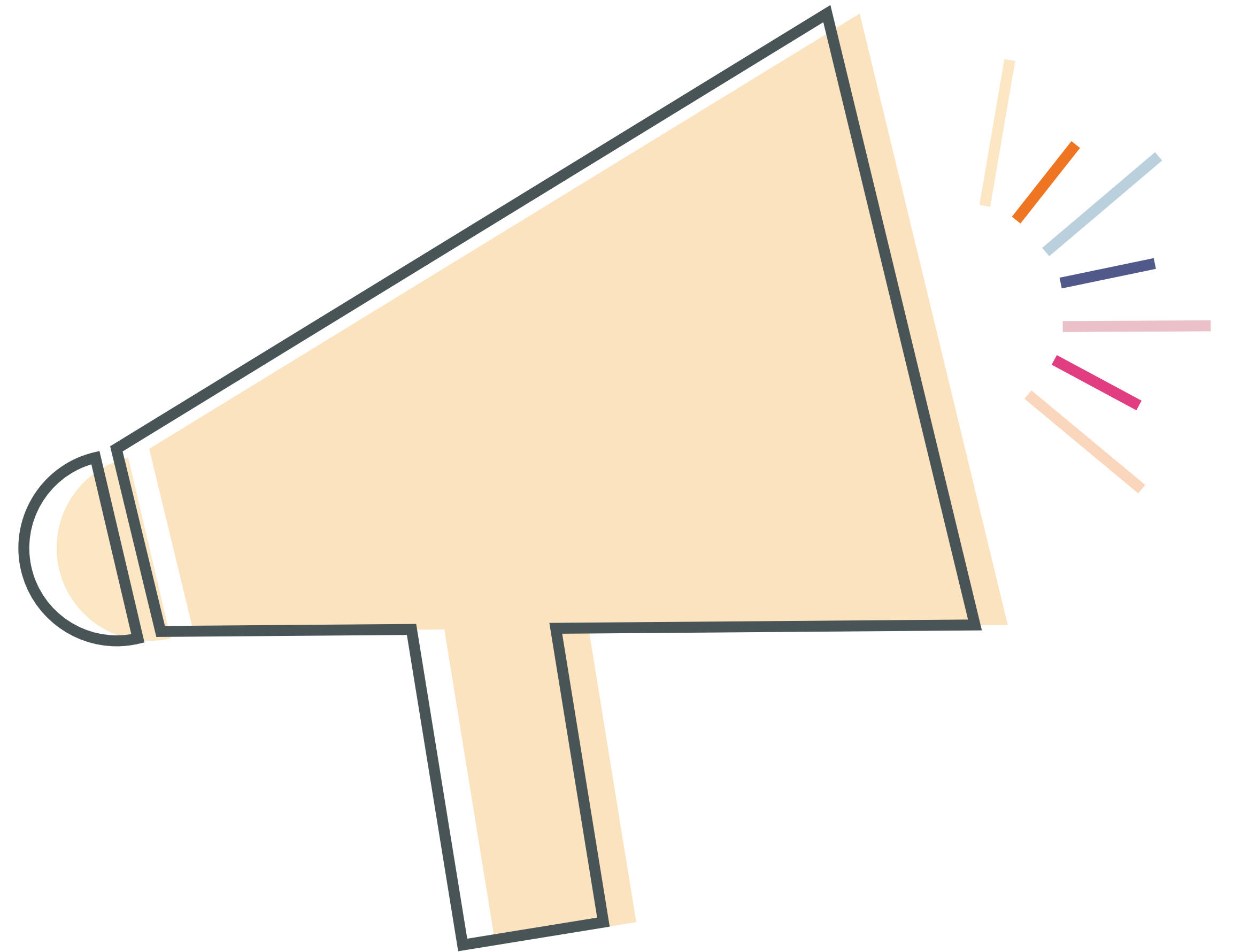
- **Help to pack and deliver food packages**
- **Offer your skills to deliver an educational, leisure or wellbeing session (e.g. a crafting session, meditation session or book club)**
- **Offer your time to help pack festive hampers/gift boxes**
- **Volunteer to help manage events run by charities/organisations**
- **Amplify content, petitions and campaigns run by charities/organisations by sharing on social media**

It is always best to identify an organisation you wish to support and contact them to ascertain what help they need, before taking any action.



[For a list of local, regional and national services, click here.](#)

If you care about social justice, equality and human rights and want to offer your time, find out more about volunteering at Savera UK. **[Click here](#)**



DAY 12 ADVOCACY

Find the Power in Your Voice

It feels like a small action, but signing a petition can have huge impact.

Your voice holds the power to make change – but that doesn't mean you have to be a frontline activist to be heard. By taking the small step to sign a petition, you are standing shoulder to shoulder with others campaigning for the same cause.

With the voices of thousands together real change can take place, leading the way to impactful activism and brighter futures.

If you're unsure where to start, here are a few tips on being a good advocate and how to find the right petitions to sign.

What causes do you care about?

There are millions of petitions out there – the difficulty is finding the right ones for you. A good place to begin is choosing a handful of causes you care about and researching key issues in these areas. Identify charities to support and follow activists who are promoting these causes on social media. These are the accounts most likely to share relevant petitions, and by keeping abreast of current events you'll discover other ways you can help too.

Websites to consider

Once you've decided what causes you want to support, you can begin tracking down petitions. Below are some websites you can search:

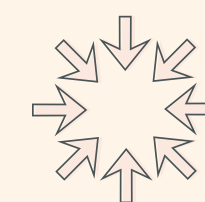
- [Change.org](#)
- [Amnesty International UK](#)
- [UK Government and Parliament Petitions](#)
- [iPetitions.com](#)

You can also learn about how to be an effective advocate by reading this post [by Hari Kitching from Zonta Club London](#).

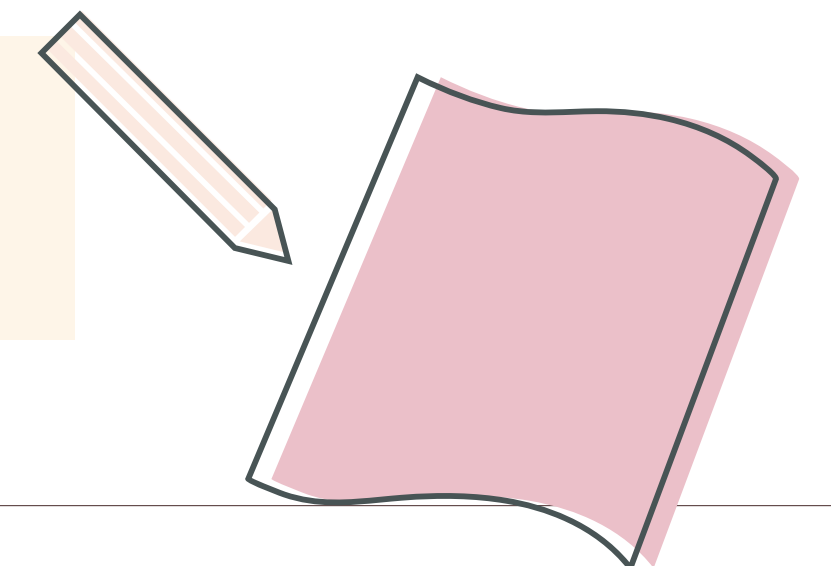
Check in on progress

After you have signed the petition, keep on top of its progress by opting in to receive email notifications. Updates on how the petition is performing, and any actions that have been taken as a result, will land straight in your inbox.

You'll be able to see how the small step of signing just one petition can gain momentum and lead the way for greater change.



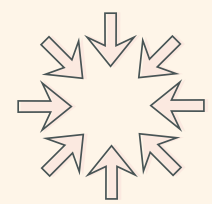
Advocate for a cause you
believe in by signing a petition



DAY 13 COMMUNITY

Create a community conversation where you can discuss important resources with others. These could be empowering and useful books, blogs, or podcasts that you have read or listened to, which tackle the topic of gender-based abuse, and explain how they have helped you.

Savera UK and Zonta Club London have come together to create a list of some useful resources to get you started, you can read the [blog here](#).



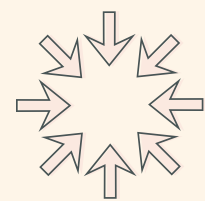
Share resources you have found useful or post a link to our blog on your social media channels. Don't forget to tag us in **@SaveraUK** and **@ZontaLondon** and use

DAY 14 OUTREACH

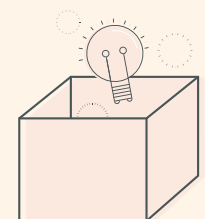
Appoint someone from your organisation to write an opinion piece on the topic of gender-based violence/abuse or write a 'letter to editor' on the topic.

Find some inspiration below:

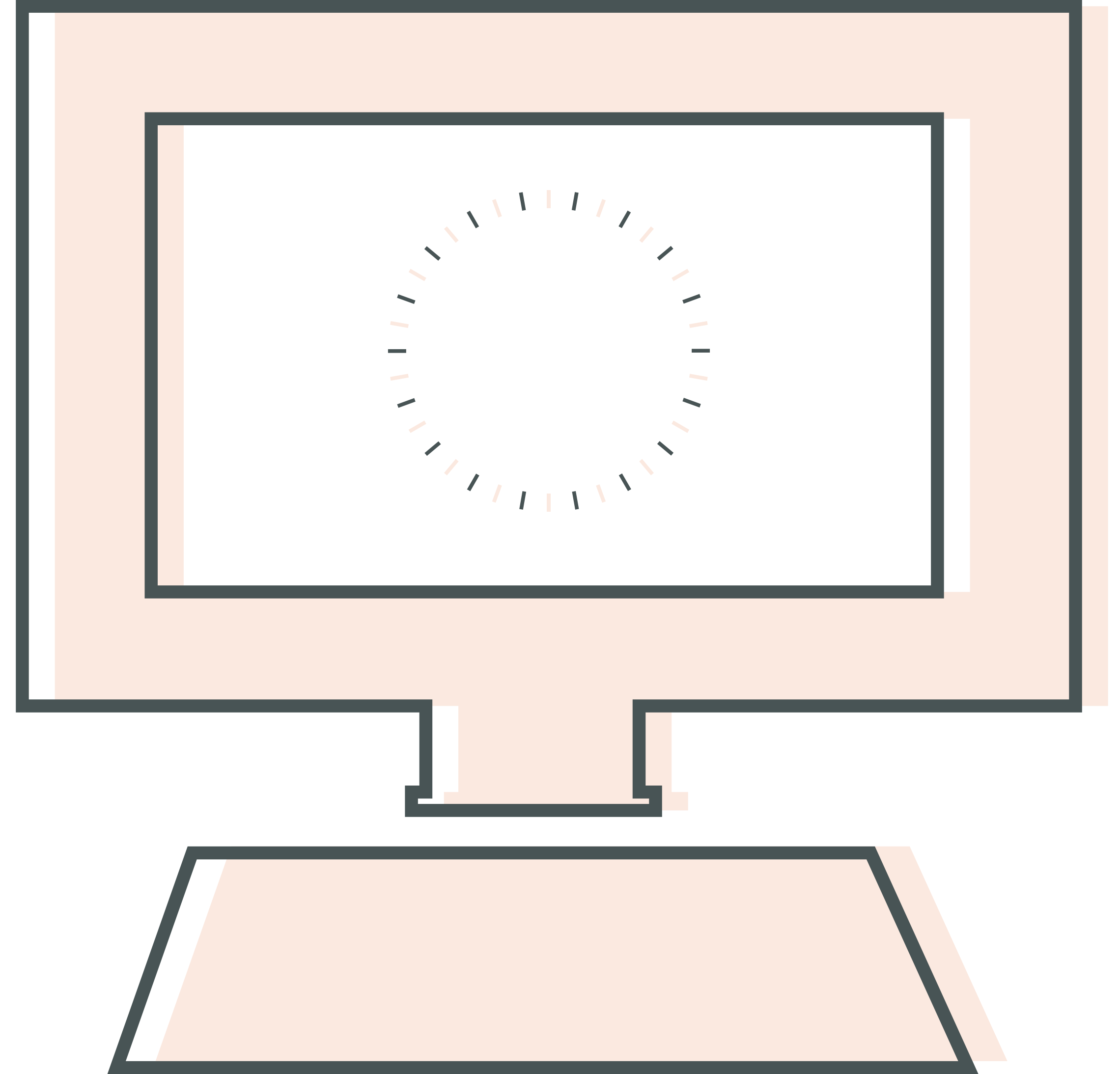
- [The Domestic Abuse Bill: The Triumph That Leaves So Many Behind](#)
- [Ending Gender-Based Violence](#)
- [Join us in saying NO](#)
- [The Sarah Everard tragedy shows violence against women must be a political and policing priority](#)



Write a blog, opinion piece or article on the the topic of gender-based violence/abuse and share on social media.



If you're not sure how to go about writing an opinion piece, have a look at this [**Savera UK blog for inspiration.**](#)



DAY 15 ACTION

'Honour'-based abuse (HBA) is a crime committed to defend a family or community's 'honour'.

5,000 people die for this reason each year.

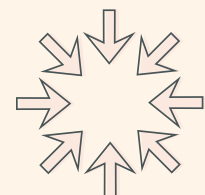
Help us to make that number 0.

During the 16 Days of Activism Against Gender-Based Violence (25th November - 10th December) do 5K your way and raise money to help Savera UK continue its work supporting survivors of HBA and tackling the causes.

You can walk it, run it or swim it, knit it or even just do any sponsored activity at all to raise 5,000p (£50) - the amount that allows us to provide emergency food and clothing for one family that has fled HBA.

Your efforts will also raise vital awareness and help us break the silence.

5K TO END 'HONOUR' BASED ABUSE



Sign up today and be the beginning of the end of HBA and harmful practices



DAY 15 ACTION



For more than 100 years, Zonta International has contributed to help achieve a world free of violence against women and girls through service and advocacy.

Launched in 2012, the **Zonta Says NO to Violence Against Women** campaign has raised awareness of the global pandemic of women's rights violations and has united Zonta clubs worldwide in conducting impactful advocacy actions to fight violence against women and gender inequality.

During the 16 Days of Activism, we encourage you to join the **Zonta Says NO to Violence Against Women** campaign and to take local, national and international actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviors to end violence against women.

If you need more details visit [Zonta's FAQs](#) page or email pr@zonta.org

Together, we can make a difference in the lives of women and girls in our local communities and around the world!

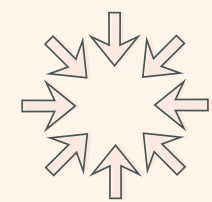
Key Information

[ABOUT](#) [GET THE FACTS](#) [TAKE ACTION](#)

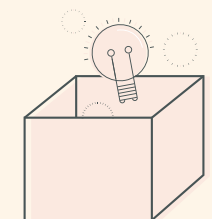
DAY 16 INTENT

Reflect on the 16 days of activism and write a statement of intent, highlighting how you continue your activism work all year round. When writing your statement, ask yourself:

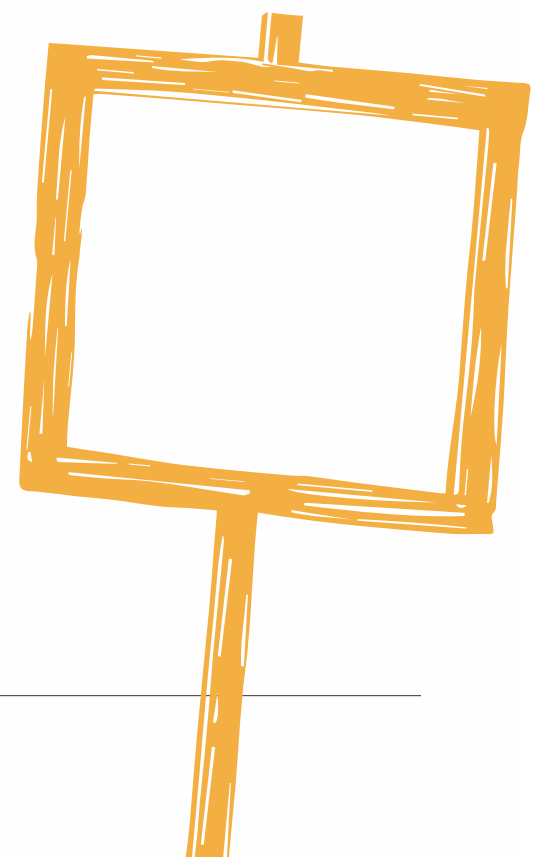
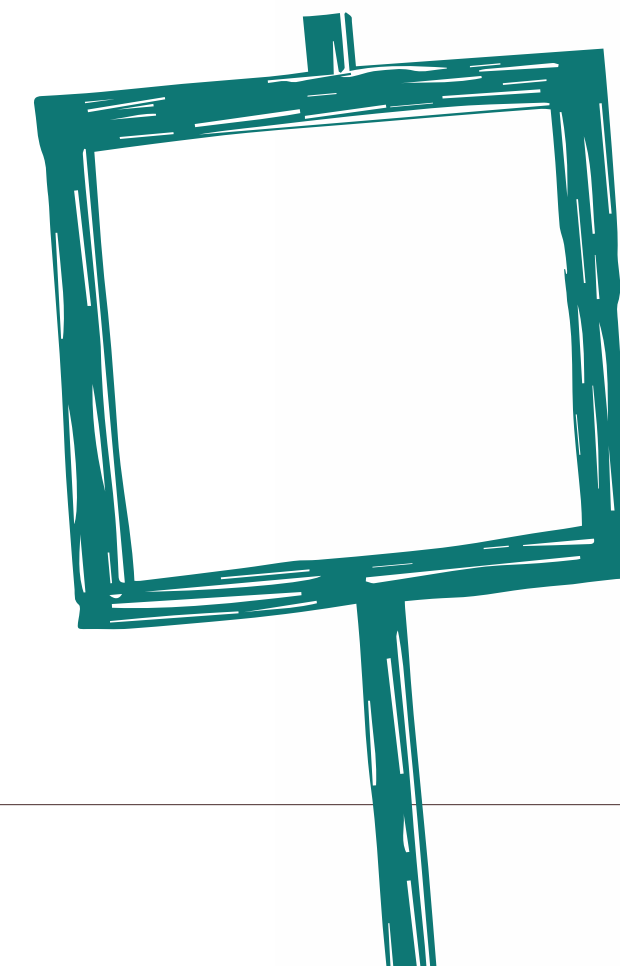
- **What do you want to achieve through your activism, outside of the 16 days? (e.g. raise and spread awareness, participate in advocacy action or be of service to organisations that support women and girls)**
- **Is there are particular issue you would like to focus on?**
- **What steps will you take to remain committed to your cause long-term?**



However you plan to participate, print the statement of intent PDF template below, write your statement on it and take a photo of you holding it up to share on social media, using #OrangeTheWorld #16Days and #NoExcuseForAbuse



[Download the PDF template](#)



SUPPORT SERVICES

LOCAL & REGIONAL

Amadudu **amadudu.org**

Amadudu is a refuge for women and children fleeing domestic abuse. The service offers temporary accommodation for families, providing support, understanding and access to additional services when required. Black and Racial Minority (BRM) women and children are prioritised but referrals are taken from all sections of the community.

Hours: 8am-8pm
Tel: 0151 734 0083
Email: info@amadudu.org

#ItsNeverOK Wirral **<https://itsneverokwirral.org/>**

Domestic abuse information and support provided by Wirral Domestic Abuse Alliance

Liverpool Domestic Abuse Services **liverpooldomesticabuseservice.org.uk**

Domestic abuse support for women and girls. Drop in, referral and outreach services.

Freephone: 0800 084 2744
Office: 0151 263 7474
Mobile/text for hard of hearing: 0756 201 3316

Liverpool IDVA **[IDVA \(localsolutions.org.uk\)](http://localsolutions.org.uk)**

Domestic abuse support for males and females who are risk assessed as high risk of serious harm or fatality in the Liverpool area, to reduce risk and improve safety.

Telephone: 0151 709 0990 (Available Monday 9am-8pm and Tuesday to Friday 9am - 5pm)
Email: idva@localsolutions.org.uk

Merseyside Domestic Violence Service **mdvs.org**

Services for women, men, families, children and young people, including help with domestic abuse and stalking. MDVS tackles domestic abuse by targeting perpetrators while providing quality interventions and opportunities for perpetrators to change their abusive behaviours.

Telephone: 0780 272 2703

Rape and Sexual Abuse (RASA) **rasamerseyside.org**

Professional counselling and support service to improve the mental and physical wellbeing of individuals impacted by sexual violence

Helpline: 0151 666 1392
(Tuesday and Thursday 6-8pm, Friday 12pm-2pm)
Referrals: 0151 558 1801
Email: referrals@rasamerseyside.org

SUPPORT SERVICES

LOCAL & REGIONAL

Ruby Project

psspeople.com/whats-happening/news/the-futures-bright-for-ruby

Domestic abuse support for women.

Telephone: 0151 702 5559/5500

Mobile: 07714289180

Out of hours: 0800 688 9990

Savera UK

saverauk.co.uk

Specialist charity supporting survivors of and those at risk of 'honour'-based abuse and harmful practices, providing life-saving services regardless of age, culture, sexuality or gender.

Helpline: 0800 107 0726 (10am – 4pm,

Monday – Friday, excluding Bank Holidays)

If you are at immediate risk please ring 999

South Liverpool Domestic Abuse Services

sl-domesticabuseservices.org.uk

Support women across the south and south central area of Liverpool

Freephone: 0800 083 7114

Mobile/text for hard of hearing: 07593 549 0040151

Office: 0151 494 2222/0151 494 1777

Victim Support Merseyside

victimsupport.org.uk/resources/merseyside

Free and confidential support for people affected by crime and traumatic events.

Telephone: 0151 353 4003

(Monday to Friday 9am-5pm)

Out of hours: 0808 1689 111

Worst Kept Secret Helpline Merseyside

www.localsolutions.org.uk/north-west-services/domestic-abuse/14-worst-kept-secret

Tel: 0800 028 3398 (this number will not show up on your phone bill)

Email: wks@localsolutions.org.uk

SUPPORT SERVICES

NATIONAL

Savera UK

saverauk.co.uk

Leading charity providing life-saving services to those at risk of 'honour'-based abuse and other harmful practices, regardless of age, culture, sexuality or gender identity.

Helpline: 0800 107 0726

(10am – 4pm, Monday – Friday)

Email: info@saverauk.co.uk

If you are at immediate risk please ring 999

National Domestic Abuse Helpline

nationaldahelpline.org.uk

Twenty-four hour national free helpline for women and children.

Freephone: 0808 2000 247

Ask for ANI at a pharmacy #youarenotalone

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a pharmacy that has the 'Ask for ANI' logo on display. 'ANI' stands for Action Needed Immediately but also sounds like the name Annie. They will offer you a private space, provide a phone and ask if you need support from the police or other domestic abuse support services.

[Find out more at GOV.UK/domestic-abuse](https://gov.uk/domestic-abuse)

GALOP

<https://galop.org.uk/get-help/>

Support for LGBT victims of domestic abuse

Telephone: 0800 999 5428

Email: help@galop.org.uk

Rape Crisis England & Wales

<https://rapecrisis.org.uk/>

Rape Crisis England & Wales is the charity working to end sexual violence and abuse.

They provide specialist information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence and abuse in England and Wales.

Helpline: 0808 802 9999 (12pm – 2pm and 7pm – 9.30pm every day of the year)

Live Chat Helpline: <https://rapecrisis.org.uk/get-help/about-the-helpline/>

Women's Aid

www.womensaid.org.uk

Support for if you are being abused or suffering indirectly as the result of abuse

Telephone: 0808 2000 247 (24 Hours)

ORANGE THE WORLD

#NOEXCUSEFORABUSE

25th November - 10th December

16 Days of Activism Toolkit

Stand up and speak out to tackle
gender-based violence and abuse

SUPPORTED BY:

SAVERA UK



LLOYDS BANK
FOUNDATION
England & Wales



With thanks also to all of our
funders, fundraisers and supporters.