



DAY 2 -- 16 Days of Activism Against Gender-Based Violence

The 16 Days of Activism is a time to both reflect on violence against women and to take action to end it. Our actions matter. Answer the call to action -- take concrete steps to question, call out, and speak up against acts of gender-based violence (GBV). Recently, public attention has shone a light on what statistics have long confirmed: women in the United States and around the world continue to face disproportionate levels of violence each and every day. In response to this all-too-familiar reality #ZontaSaysNo asks the question: **what will you do?**

GBV involves the use and abuse of power and control over another person and is perpetrated against someone based on their gender identity, gender expression or perceived gender. Violence against women and girls is one form of GBV. Look closely and you will see the roots of GBV all around you — in sexist jokes that demean women, in the language that we use, in media messages that objectify women and glorify toxic masculinity, and in the rigid gender norms we impose on young children. Zonta International is committed to taking immediate action to end this form of violence.

What they can do to prevent GBV? We invite you to use one of the five ways in which you can become an ally in our efforts to end GBV:

- Listen – be open to learning from the experiences of others.
- Believe – support survivors and those affected by violence.
- Speak out – add your voice to call out violence.
- Intervene – find a safe way to help when you see acts of GBV.
- Act – give your time to organizations working to end violence, and be the change you want to see.



What can **you** do to take action against gender-based violence?

LISTEN.

Be open to learning from others who have more expertise and experience.

Before you speak, think:
have you really listened?