

16 days of activism 2025 - UNiTE to End Digital Violence against All Women and Girls

DAY 1

Today marks the start of 16 Days of Activism to End Gender-based Violence under the theme: "UNiTE to End Digital Violence against All Women and Girls".

As part of the 16 Days of Activism, Engender Equality is launching an online campaign presenting artwork bringing awareness to the impacts of digital abuse and the urgent need for accountability and change.

We need stronger regulations and protections across digital spaces.

We need accountability from tech platforms.

We need to build accessible, lived expertise led resources that help us understand and respond to digital forms of violence.

We need a collective commitment to ending gender-based violence, both online and offline.

Thank you to our incredible volunteer, Akhila Shaha, for collaborating with Engender Equality to channel her art into a powerful awareness raising tool. ❤️

Stay tuned to see the full collection of artwork released over the 16 days of Activism. 🎉



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DAY 2

Control isn't always care.

Tech-facilitated coercive control can be difficult to spot, especially when it shows up in subtle ways.

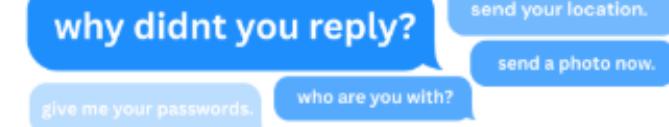
Some signs may include:

- Tracking your location
- Checking who you talk to online or over the phone
- Controlling or taking over your internet accounts - or locking you out of them
- Using cameras or recording devices to monitor you

Women have a right to safety, privacy, and autonomy. Let's ensure these rights are respected and protected.

Together, we fight for safety, call out abuse and control disguised as care, holding abusers and the digital platforms that enable them accountable.

#16Days of Activism



control isn't always care.



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DAY 3

Amanda's perpetrator coercively controlled her in way that made her feel like she was going 'crazy'. She later found out that he had logged into her socials and was using her private messages to manipulate, gaslight and scare her.

"I was shocked. I felt silly for not making a stronger password. I felt very alone. If I'd known more about tech abuse and how perpetrators use it to control, I would have updated my passwords. I would have checked. We need to recognise that tech can be used to harm, and we to protect ourselves."

Read the full story here - [How Amanda's ex used technology to gaslight and abuse her - ABC News](#)

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“ My ex used tech to control and manipulate me. He had logged into my social media and would use my messages to gaslight and scare me. He took compromising photos of me when I was asleep and would send them to his friends.

You just get to the point of knowing 'I actually deserve better than this. I have to get out and show my daughter what a healthy relationship is and how to build boundaries.

My ex told me no-one would ever put up with me. When I left the relationship, I was prepared to be alone forever. It was a grieving process. Of course, that wasn't the case; I have a beautiful partner now.

I thought I wouldn't survive without him, but in fact, I'm thriving. ”

Amanda
Advocate for Change
Excerpts taken from ABC Lifestyle



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DAY 4

He will change.

It was just one slap.

A baby will change him.

Maybe I can change him.

Maybe I should listen better..

These are survival phrases shaped by fear, manipulation, and control.

Abuse doesn't end when we silence or shame victims.
It ends when we believe them, support them, and refuse to normalize harm, digital or physical.

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DAY 5

Sweet gestures don't excuse monitoring, restricting, or manipulating, digitally or in person.

As part of the 16 Days of Activism, Engender Equality is bringing awareness to digital abuse and the urgent need for accountability and change.

We need to hold perpetrators accountable.

We need to hold tech platforms accountable.

We need to build accessible, lived expertise led resources that help us understand and respond to digital forms of violence.

We need a collective commitment to ending gender-based violence, both online and offline.



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DAY 6

This is not only Kianna's experience.

Love shouldn't mean giving up your phone, your accounts, or your freedom.

Victim-survivors must be able to reach out safely for support when they experience tech abuse. Perpetrators must be held accountable.



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My perpetrator broke into my mum's house solely to steal all my devices. Nothing else was stolen. He then changed all my passwords and set up the multi-factor authentication to his phone. He had access to all my accounts, private messages, photos, and financial information. He was using tech as a tool for power and control. The police couldn't do anything.

”

Kianna Whaling
Advocate for Change



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DAY 7

Fear. Society. Shame. Love. Money. Children. House. Dependence. Shame.

These thoughts echo through the minds of 1 in 3 women trying to find a way out of an abusive relationship.

Leaving isn't simple. It isn't sudden. It isn't safe without support.

Let's stop asking "Why didn't she just leave?" and start asking "How can we help her feel safe enough to?"



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DAY 8

And behind the screen, it begins just the same - with words, with 'jokes', with disrespect, long before it becomes visible.

Let's treat digital spaces with the same respect we expect in person. Call out and/or report harmful comments, listen when someone says they feel unsafe, and hold ourselves and others accountable for the words we use online.

[#16DaysOfActivism](#) [#familyviolenceawareness](#)

[#familyviolenceprevention](#)

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“ The truth is, violence against women begins long before it becomes physical.

It begins with words, with jokes, with disrespect, and that is something every single one of us has the power to change. ”

Ingrid Clarke
Advocate for Change



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DAY 9

Inside this breadbasket sit the words many victim-survivors hold tight: independence, equality, empathy, sensitivity, strength. A quiet reminder of everything they're navigating beneath the surface.

Listen to victim-survivors. Believe them. Support them.

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DAY 10

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When someone is tiptoeing through their own phone, deleting messages, or monitoring every move to avoid anger, they're not 'overreacting.' That's walking on eggshells in the digital world, a sign of digital abuse.

Victim-survivors must be able to reach out safely for support when they experience digital abuse. Perpetrators must be held accountable.

[#familyviolenceprevention #16DaysOfActivism](#)

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Tech should connect us, not control us.

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DAY 11

This is not just Amanda's experience.

Victim-survivors must be able to reach out safely for support when they experience tech abuse.

We must build accessible, lived expertise led resources that help us understand and respond better to tech abuse.

Let's stop asking "Why didn't she just leave?" and start asking "How can we help her feel safe enough to?"

[Read Amanda's story here -](#)

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“

If I'd known more about tech abuse and how perpetrators use it to control, I would have updated my passwords.

I would have checked.

We need to recognise that technology can be used for harm, and to protect ourselves.

”

Amanda
Advocate for Change



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DAY 12

Women who have been in prison and survived violence have unique, valuable knowledge about how our systems operate and often fail. This is because women who have been in prison often experience intersecting forms of violence, including digital.

Their voices are essential. We must bring them into conversations that shape change across all systems, including our digital ones.

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DAY 13

Digital abuse manifests in subtle and overt ways, each leaving harm behind.

Victim-survivors must be able to reach out safely for support when they experience it.

Listen to victim-survivors. Believe them. Support them.

[#16DaysOfActivismAgainstGenderBasedViolence](#)



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DAY 14

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I was heavily addicted to substances as a coping mechanism to numb and block out trauma that stemmed from family violence and sexual assault.

As a result of that I began selling the substances I was using to support my addiction which then led me to incarceration.

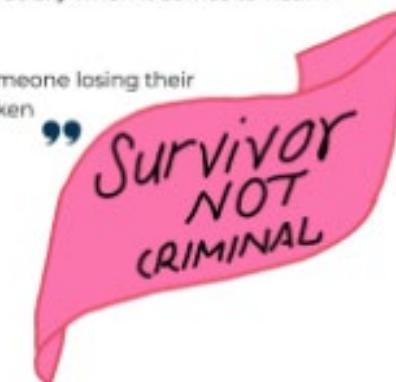
So much was happening in my life due to the trauma my perpetrator had left me with, it seemed that he was able to move on with his life whilst I was still suffering.

I am out of prison now, but the systems harm is still having a detrimental impact on my life.

Our system needs a lot of work especially when it comes to victim-survivors of family violence.

It should not get to the point of someone losing their life to family violence for it to be taken seriously.

Kianna Whaling
Advocate for Change



Believe victim-survivors.

Hold family violence perpetrators accountable.

Hold all systems that enable abuse, including tech platforms, accountable.

Stand with us in a unified effort to end gender-based violence, both online and offline.

#16daysofactivism #familyviolenceprevention

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DAY 15

As we near the end of 16 Days of Activism, we want to extend our heartfelt thanks to our incredible volunteer, Akhila Shaha, for creating these beautiful pieces bringing awareness to the impacts of digital abuse and reaffirming the importance of victim-survivor led advocacy.

Victim-survivor-led advocacy is key to creating real, lasting change. Let's keep working together to listen to, believe, and include victim-survivors in every conversation about societal and systemic change to end gender-based violence.

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DAY 16

As the 16 Days of Activism come to a close, let us not stop advocating to end gender-based violence.

We must continue urging governments to pass and enforce laws that protect personal information and hold the tech sector accountable.

We must keep pushing tech platforms and social networks to prioritise user safety, remove harmful content, enforce codes of conduct, and publish transparent reports.

We must build accessible, lived-experience-led resources that help us understand and respond to digital forms of violence.

Ending gender-based violence, both online and offline, requires a collective and ongoing commitment. Let's keep the momentum going.

[#16DaysOfActivismAgainstGenderBasedViolence](#)

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