



Make your stand against domestic abuse

The global COVID-19 pandemic has wreaked havoc on all aspects of society across the globe. Social structures, health systems and economies have all buckled as the world turns itself inside-out in it's efforts to contain the virus's spread.

And yet... some of the greatest impacts of the pandemic have occurred out of sight - behind the closed doors of households all around the world.

Domestic abuse - the world's most pervasive breach of human rights

Since the start of the COVID pandemic, cases of abuse against women, men and non-binary individuals alike have escalated dramatically around the world as isolation, social frustrations, and financial pressures fuel domestic tensions like never before.

Domestic abuse isn't just about physical or sexual violence - it includes any type of threatening, controlling, coercive, violent or degrading behaviour - usually by a partner or ex-partner.

Take a stand!

This month sees the annual [16 Days of Activism against Gender-Based Violence campaign](#) - a global platform calling for the elimination of domestic abuse.

It starts on **25th November**, the International Day for the Elimination of Violence against Women and runs through to **10th December** - Human Rights Day. During this time organisations, employers, and individuals like you can take a public stand against domestic abuse.

You can start right now by **oranging your social media**...! Orange is the campaign colour so let your community know you are there for support and share information about support services and resources.

Simply head to the **SayNO - UNiTE** social media sites to get going...

[Facebook](#) [Twitter](#)

Support is out there...

[Women's Aid](#) is England's largest support organisation for women and girls experiencing - or at risk of experiencing - any form of domestic abuse. You can email or have a live chat with an expert support worker or speak to others in your position on the community forum - or simply check out the extensive Survivor's Handbook for a wealth of information and advice.

For men experiencing domestic abuse, [The ManKind Initiative](#) provides a confidential helpline for listening, informational and practical support from a trained helper.

Non-binary and trans-gender people experience huge levels of abuse but can find lots of help at [Switchboard](#) who provide a free telephone helpline as well as email and live chat lines.