

# 16 DAYS IN 16 WAYS CALENDAR



NAME: \_\_\_\_\_



## Thinking Thursday

**THURSDAY 25TH NOV**

**ACTIVITY:**

- Think of an outdated stereotype about gender
- Think of a time, a person or an event that challenged or changed that tradition (e.g, men being the stay at home parent, a woman astronaut, gender free clothing)
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today



## Feel-good Friday

**FRIDAY 26TH NOV**

**ACTIVITY:**

- Create a social media post for a person you are grateful to know, who represents a positive role model in regard to fairness and encouraging equal opportunities for all (an example might be a person who holds a position in a sports club that advocates for equal rights for all players)
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

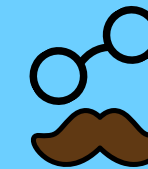


## Subtle Saturday

**SATURDAY 27TH NOV**

**ACTIVITY:**

- Take a few minutes to assess your surroundings, wherever you may be. What subtle gender stereotypes do you see? In the supermarket, toy store, sports store, local retail stores. Can you notice or identify the subtle differences and are they positive or negative?
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today



## Silly Sunday

**SUNDAY 28TH NOV**

**ACTIVITY:**

- What is something that you want to do but you're scared to try because that is normally an activity for a gender other than the one you identify as?
- Why do you feel that way? And what can you do to get past this fear?
- Make list of the 16 New Things To Try. Pick a random number and do it!
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today



## Motivation Monday

**MONDAY 29TH NOV**

**ACTIVITY:**

- Start a conversation with a school or work mate, friend or family member who you think needs motivation to get involved in the 16 Days of Activism.
- Tell them what it is all about and how you think they could be involved. (They can join the 16 Days in 16 Ways challenge)
- Take a selfie of you both (from onscreen if not possible IRL), draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today



# 16 DAYS IN 16 WAYS CALENDAR



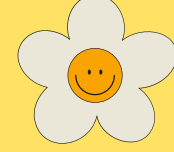
NAME: \_\_\_\_\_



**Gratituesday**



**Wellness Wednesday**




**Throwback Thursday**



**Free to be me Friday**




**Sound off Saturday**

**TUESDAY 30TH NOV** 


**ACTIVITY:**

- What is something that you are grateful for in your life? Reflect, is this something all women have access to? Is this something you take for granted? Can you chose to wear the clothes you want? Are you grateful you have a job? Are you grateful for your education?
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**WEDNESDAY 1ST DEC** 


**ACTIVITY:**

- Being an advocate and being active in trying to make changes to community attitude and culture can be exhausting. It's time for a Self-care activity
- Make a list of 5 things you do for looking after yourself
- Pick a random number and do it!
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**THURSDAY 2ND DEC** 


**ACTIVITY:**

- Find a photo of yourself as a baby, toddler, or teen.
- Find a picture of either your parent/s, carers or your child/niece or nephew, friends child.
- What are some of the things you notice about clothing, toys, activity or environment that might show gender stereotypes and have these changed over time?
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**FRIDAY 3RD DEC** 

**ACTIVITY:**

- We are all made up of so many different things. We may identify as a part of a race, a class, a culture, a part of a family structure, a gender and so much more. At times we may be treated differently (often worse) because one or more of these things. This is called intersectionality.
- Draw yourself or use a picture and write positive words that describe your identity, place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**SATURDAY 4TH DEC** 

**ACTIVITY:**

- Music lyrics and videos don't always portray women and relationships in ways that are respectful. Sometimes they encourage violence against women.
- Find a song from the past or from todays charts and either highlight the positive lyrics or have fun and change the lyrics to bring in the themes of the 16 Days of Activism.
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today



# 16 DAYS IN 16 WAYS CALENDAR



NAME: \_\_\_\_\_


## Safety Sunday

## Mates on Monday

## Techno Tuesday


## Wiser Wednesday

## Thankful Thursday

**SUNDAY 5TH DEC** 


**ACTIVITY:**

- What is your safe place?
- Do you have somewhere where you can be yourself, feel free from judgement and pressures?
- Where possible take yourself to this place, if not in the real world, go there virtually, look at photographs or websites or close your eyes and imagine you are there.
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**MONDAY 6TH DEC** 


**ACTIVITY:**

- Send a text, email or call a mate today. Talk to them about your 16 Days in 16 Ways Challenge and what you have learnt so far.
- Encourage them to find out about one thing that as a MATE they can do to be someone that does something ([www.matebystander.edu.au](http://www.matebystander.edu.au))
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**TUESDAY 7TH DEC** 

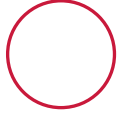
**ACTIVITY:**

- Technology is fast moving and has assisted people in being able to access more than they have been able to in the past.
- Pick a technological advancement like the mobile phone, or the internet that has helped women improve their lives, their opportunities and their roles in the community.
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**WEDNESDAY 8TH DEC** 

**ACTIVITY:**

- Research a law or restriction that negatively impacts women. Is there a movement or an action group that is working toward changing that law?
- Join an active group or campaign or write a letter to your local member or council representative that addresses the issue you have researched.
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

**THURSDAY 9TH DEC** 

**ACTIVITY:**

- 2021 Grace Tame became Australian of the Year. Find out about Grace, what her award was for and what she has achieved.
- Send an email, create a social media post and tag Grace Tame to thank her for something she has done that you are thankful for.
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

# 16 DAYS IN 16 WAYS CALENDAR



NAME: \_\_\_\_\_

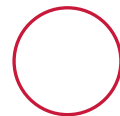
## Fantastic Friday



## RESOURCES

### FRIDAY 10TH DEC

#### ACTIVITY:



- Compliment yourself, you have been active in 16 Ways for 16 Days.
- Write a post and share on your social media about how you feel having made such an effort and commit to taking further action outside of the 16 Days of Activism.
- What has made you feel particularly fantastic over the past 16 Days?
- Take a picture, draw a picture or download a picture and place it on our Instagram tag #GCASA16Days16Ways or in the comments on our Facebook post for today

#### RESOURCES:

- The following resources are some helpful guides to the drivers of Violence against Women. You can find information that may be useful to your participation in the 16 Days in 16 Ways Challenge. There will be many social media sites across Gippsland that will be posting information and resources during this time. Thank you for participating and sharing your thoughts, ideas and stories with us.
- Don't forget to #GCASA16DAYS16WAYS
- [www.1800respect.org.au](http://www.1800respect.org.au)
- [www.ourwatch.org.au/change-the-story](http://www.ourwatch.org.au/change-the-story)
- <https://www.ourwatch.org.au/the-issue/>
- <https://whv.org.au/our-focus/prevention-of-violence-against-women>
- <https://matebystander.edu.au/>
- <https://www.dvrcv.org.au/prevention/resources>
- <https://asiapacific.unwomen.org/en/focus-areas/end-violence-against-women/preventing-violence>
- [https://www.vichealth.vic.gov.au/~/\\_media/ResourceCentre/PublicationsandResources/PVAW/VH\\_VAW%20Research%20Summary\\_Nov2011.pdf?la=en&hash=92361D52E7501C26C90E75644DA3F7B8C1073DF7](https://www.vichealth.vic.gov.au/~/_media/ResourceCentre/PublicationsandResources/PVAW/VH_VAW%20Research%20Summary_Nov2011.pdf?la=en&hash=92361D52E7501C26C90E75644DA3F7B8C1073DF7)
- <https://www.whiteribbon.org.au/>
- <https://plan4womenssafety.dss.gov.au/resources/useful-statistics/>
- <https://www.youtube.com/watch?v=ViDtnfQ9FHc> (Intersectionality)
- <https://youtu.be/mbp2RvsLCSg>
- <https://www.gcasa.org.au/>
- [www.sacl.com.au](http://www.sacl.com.au)

