

Suggestions for planning your own activity

What can I do on December 6?

The following is a list of suggestions to help you organize an activity to mark the *National Day of Remembrance and Action on Violence against Women*. In order to ensure the success of your event, make sure to choose an activity that suits your audience's interests and concerns. These activities can be adapted for the classroom or various community groups.

YOU COULD...

- & Join all Canadians by observing a **Minute of Silence** on December 6 at 11:00 a.m. to remember those whose lives have been touched by violence and to consider what you can do personally to help end gender-based violence.
- & Review one of the Web sites listed in this information kit.
- & Invite students and teachers at school, or colleagues at work, to take a pledge of non-violence by signing a giant scroll or drawing on a giant mural. Display the scroll or mural in the school lobby, at city hall or any other public place.
- & Spread the word about the *National Day of Remembrance and Action on Violence against Women* and about the *Minute of Silence*. **How?** Send out an e-mail message to your colleagues and friends, put a special message on your fax cover sheet, your voice mail, your Web site, in your computer screensaver or in the employees' pay envelopes.
- & Put up anti gender-based violence signs, banners and posters on the walls in your work place or school.
- & Hold a vigil or silent remembrance ceremony in commemoration of women who have died as a result of deliberate acts of violence.
- & Write an article on violence against women and submit it for publication in your organization's newsletter, school paper or local newspaper.
- & Organize a lunch time discussion on gender-based violence.
- & Set up an information fair with displays featuring local resources for crimes' victims and material on violence against women such as the material produced by Status of Women Canada for the *National Day of Remembrance and Action on Violence Against Women*.
- & Show a video on violence against women and hold a discussion afterwards. It may be helpful to have the discussion moderated by a special resource person such as a psychologist, social worker or counselor.
- & Wear a white ribbon or a purple ribbon to show your commitment to end violence against women.

- & Organize a conference, a round table, or a panel discussion with guests speakers affiliated with a Sexual Assault Crisis Centre, a women's shelter, the police service, the Crown Attorney's Office, etc. Invite a woman who has survived abuse to talk about her experience.
- & Present a show, a concert or a play relating to the theme of violence and donate the proceeds to a local organization helping women in your community.
- & Organize a fundraising event for a local crisis centre or a shelter for abused women.

IN THE CLASSROOM, YOU COULD...

- & Ask students to work on a project about gender-based violence. They could write a composition, a book report, a speech, or do a research paper.
- & Invite them to create murals, or to start a petition denouncing gender-based violence.
- & Lead a discussion around male and female stereotypes and their impact on violence.
- & Run photography, drawing, poetry or essay contests on the theme of "a world without fear, a world without violence". Perhaps a local store could offer a prize.

DON'T FORGET! NO MATTER WHERE YOU ARE, FEEL FREE TO...

- & Copy this information kit and distribute it **free of charge** to as many people as possible.
- & Visit the "Calendar of Events" section on the Status of Women Canada Web site to find out what activities are happening across the country to mark the *National Day of Remembrance and Action on Violence against Women*.
- & Stretch your creativity and come up with your own way to mark this special day.

FOR MORE INFORMATION, CONTACT

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Video suggestions

The **National Film Board** (NFB), Health Canada's **National Clearinghouse on Family Violence** and **Vidéo Femmes** offer a selection of videos dealing with the problem of violence against women.

Many of the **NFB** films are available through your local public library as well as a number of sales outlets across the country. Check the **NFB** collection on their Web site at www.nfb.ca/E/4/5 (English) or www.nfb.ca/F/4/5 (French). You can also order videos directly from the NFB by calling their toll free number 1-800-267-7710 or (514) 283-9900 (Montreal region only).

Also consult the Web site for the **National Clearinghouse on Family Violence** at www.hc-sc.gc.ca/nc-cn. For a copy of their catalogue, call 1-800-267-1291 or (613) 957-2938.

Last but not least, visit www.clic.net/~videofem to check **Vidéo Femmes'** collection. For more information on renting their videos, contact **Vidéo Femmes** by telephone at (418) 529-9188, fax at (418) 529-4891 or e-mail at videofem@qbc.clic.net.