

TAKE ACTION FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

20 THINGS YOU CAN DO TO **MAKE A DIFFERENCE**

1. Join your community co-ordinating committee to fight violence against women.
2. Share information with women and men about abuse.
3. If you know a woman who's being abused, tell her about shelters and resource centres in your community.
4. If you find a television commercial or a magazine sexist/offensive, write a letter to the station manager/editor.
5. Write an article on violence against women for your community bulletin.
6. Don't purchase magazines that portray women in demeaning ways.
7. Don't watch television shows and advertisements where women are portrayed in sexist roles, and talk to your children about them.
8. Talk to your children about solving problems in non-violent ways.
9. Write to your MPP/MP about cuts to women's programs.
10. Volunteer at a women's shelter.
11. Donate clothing, household belongings or money to shelters for women and children.
12. Be a friend to a woman living with abuse.
13. Offer child care to women who can't access child care.
14. Learn more about abuse by reading, taking a course, or asking questions.
15. Don't tell or listen to jokes that put women down.
16. Challenge other peoples' incorrect beliefs about abuse, and share facts and information.
17. Join or start a social action group to prevent violence in your community.
18. Write a letter to the editor in your local newspaper expressing your views about violence in our society.
19. During elections, ask the political candidates what they plan to do to fight violence against women.
20. Participate or attend community activities that celebrate women's accomplishments in your community.

Read the full *United Steelworkers' Guide to Violence Prevention* online at:
<http://1944.fyi/7yHowl>

