16 days of activism is a world wide campaign to oppose violence against women and children. It aims to raise awareness of the negative impact that violence and abuse have on women and children and to rid society of abuse permanently. The 16 Days of Activism Campaign is held from 25 November (International Day for the Elimination of Violence Against Women) to 10 December (International Human Rights Day) every year, however, the success of this campaign rests on our daily individual and collective actions to safeguard our society against this cycle of abuse.

WHAT IS ABUSE?

- Any form of behavior that causes:
  - Fear
  - Bodily harm
  - A person to do things against their will

WHAT IS VIOLENCE AGAINST WOMEN AND CHILDREN?

Violence takes many forms, for example

- Physical violence in the form of domestic violence, terrible violent crime such as murder, robbery, rape and assault.
- Emotional violence and trauma at many levels caused by many factors. Women and children in their homes, at work, at schools, on our streets, in our community suffer this form of violence for various reasons.

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WHAT CAN YOU DO TO STOP VIOLENCE?

- Encourage silent female victims to talk about abuse and ensure that they get help.
- Report child abuse to the police.
- Encourage children to report bully behavior to school authorities.
- Men and boys are encouraged to talk about abuse and actively discourage abusive behavior.
- Seek help if you are emotionally, physically or sexually abusive your partner or children.
- Call the stop gender based violence helpline 0800 150 150.
- Talk to friends, relatives and colleagues to take a stand against abuse of women and children.
- Try and understand how your own attitudes and actions might perpetuate sexism and violence.
- Use the #MeToo on social media to spread the message.

BREAK THE SILENCE, SPEAK OUT, ACT AGAINST ABUSE, DO NOT LOOK AWAY, NO MEANS NO!

EHW WISHES YOU ALL A HAPPY BIRTHDAY!!

BIRTHDAY CORNER!!!

1 NOV– MR KUNENE SS, GEMAMA ME, MZIZI JS, MS BICKERTON JL
3 NOV– MR KHUMALO PM, MADOANE M
5 NOV– MR NDLOVU BI
10 NOV– MR DUMA M, BLOSE GS
11 NOV– MR ZWANE S
13 NOV– MS MALUNGA ZB, CHRISTOPHER C
16 NOV– MR KHATHI MJ
17 NOV– MS BIYELA SZ, MAPHUMULO SG
18 NOV– MR MNGUNI L
19 NOV– MS KHUZWAYO N, LUTHULI NF
22 NOV– MS XABA TF
24 NOV– MR MAKHUBO NL, DISANE MR, MS GUMEDE T
26 NOV– MR MCHUNU DM
28 NOV– MR NKALA HS
29 NOV– MR MNGADI BR, ADOM DK
30 NOV– MR BHENGU M

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