



WorldYWCA

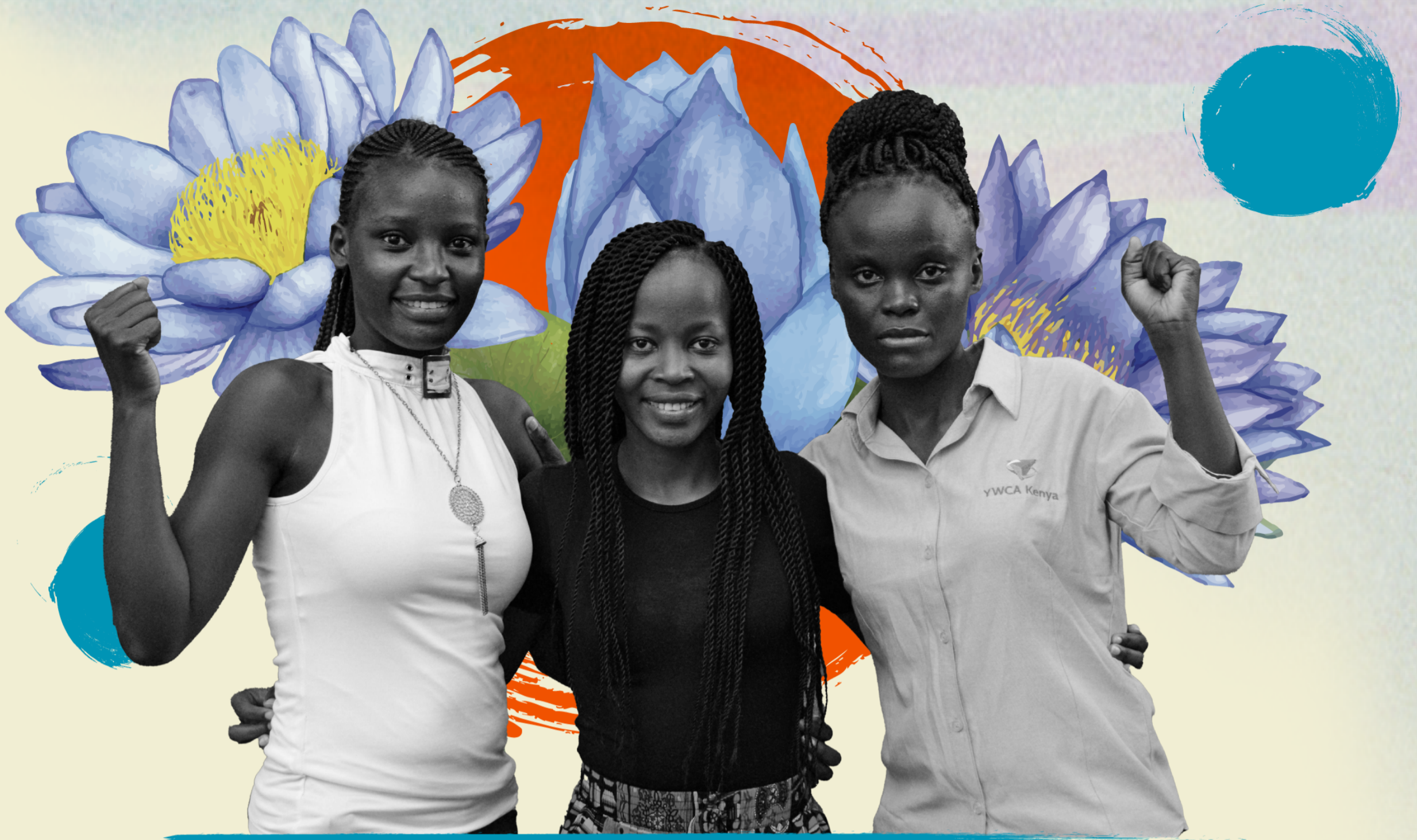
**WEEK WITHOUT  
VIOLENCE TOOLKIT**

**NOT ON OUR  
SCREENS NOT IN OUR  
STREETS**

**A MOVEMENT TOWARDS  
VIOLENCE-FREE COMMUNITIES**

[#WEEKWITHOUTVIOLENCE2023](https://www.ywca.org/week-without-violence)





During the third week of October, YWCAs worldwide observe the Week Without Violence, advocating for a violence-free world. This year, join the movement to end gender-based violence in all spaces it occurs. We acknowledge the deep connection between online and offline hate speech and violence against women, girls, and gender-diverse individuals. Everyone deserves the right to be their true selves, to explore and express themselves safely and free from violence, whether in digital spaces or communities. This toolkit aims to stand in solidarity with survivors of technology-facilitated and gender-based violence while providing guidance on taking action to end violence on screens and streets.

## GLOSSARY

**Violence Against Women and Girls (VAWG):** **act of gender discrimination** against women and girls because they are female. This creates harm and suffering that may be physical or emotional, for example in reaction to threats of such acts, coercion or arbitrary deprivation of liberty. Violence can happen at home, work, school or in public places.

**Gender-Based Violence (GBV):** **refers** to physical, emotional, psychological, economic and/or political violence levied against people based on their gender.

**Online Gender-Based Violence (OGBV):** also **referred** to as technology-facilitated gender-based violence (TFGBV), is any form of violence that is enabled by or perpetrated by using technology or a digital interface - specifically the internet or smart devices. It can target one's gender, sex, or sexual orientation.

## FACT INFORMATION AND DATA

**Global Online Harassment:** The World Wide Web Foundation **reported** that over 50% of the global population experiences or witnesses an online space that allows harassment and violence without consequences.

**Disrupted Focus:** A study by Amnesty International in 2017 **found** that 56% of women stated that online abuse or harassment had disrupted their ability to focus for extended periods.

**Physical Safety Threat:** According to an Amnesty International **survey**, 41% of women who encountered online abuse or harassment reported feeling that their physical safety was threatened at least once due to these online experiences.

**COVID-19:** The pandemic has **exacerbated** OGBV. There was a 50-70% increase of internet usage globally during lockdowns, and as a consequence OGBV increased as well.

**Mental Health:** 35% of women suffered mental health issues due to their encounters with online violence according to an **Economic Intelligence Unit (EIU) study** titled 'Measuring the prevalence of online violence against women.' According to the same **study** by the Economist, 92% of women shared that OGBV harms their sense of wellbeing

**Sexual Harassment:** **Studies** show that sexual harassment is prevalent in public spaces. Approximately 93% of respondents reported experiencing harassment in public spaces, emphasizing the widespread nature of this issue

**Severity:** Harassment in public spaces varies in severity, ranging from catcalling to unwanted touching. However, **only 16%** of women who experienced harassment reported seeking help from the police during or after the incident.

**Everyday Occurrence:** Sexual harassment is an **everyday occurrence** for women in both urban and rural settings, highlighting the need to create safe and empowering public spaces.



## IDEAS ON HOW TO ENGAGE IN THE CAMPAIGN



**Promote Awareness:** Share the statistics and information provided in this toolkit on your social media platforms, websites, or local community gatherings to raise awareness about the gravity of tech-facilitated gender-based violence.



**Educate:** Organize webinars, workshops, or seminars to educate your community about online safety, recognizing signs of abuse, and promoting digital literacy. Encourage discussions on consent and respectful online behavior.



**Support Survivors:** Establish support networks for survivors of tech-facilitated gender-based violence. Collaborate with your local organizations to provide resources and assistance for survivors.



**Advocacy:** Advocate for stronger legislation and policies that address online harassment and violence. Engage with local and national authorities to ensure the legal protection of survivors.



**Safe Reporting Channels:** Create and promote safe and anonymous reporting channels for online abuse. Encourage tech companies and social media platforms to implement stricter policies against cyberbullying and harassment.



**Community Dialogue:** Facilitate open dialogues within your community about the impact of online harassment and gender-based violence. Foster empathy and support for survivors.



**Digital Literacy Programs:** Develop and implement digital literacy programs in schools and communities to equip individuals with the skills needed to navigate online spaces safely and responsibly.



**Collaborate Globally:** Connect with organizations like YWCA in your region to share experiences, strategies, and resources. Strengthen the global movement against tech-facilitated gender-based violence.



## SAFETY TIPS FOR STREET HARASSMENT

**Stay Alert:** Pay attention to your surroundings and trust your instincts. If you feel unsafe, try to find a well-lit and populated area.

**Use Technology:** Keep your phone handy. You can use it to call for help or document the incident if it's safe to do so.

**Make Noise:** If you feel threatened, don't hesitate to make noise to attract attention. Shout, scream, or use a personal alarm if you have one.

**Change Your Route:** If you sense someone is following you, change your route and head toward a public place or a police station.

**Trust Your Gut:** If a situation doesn't feel right, trust your instincts and take steps to protect yourself.

**Learn Self-Defense:** Consider taking self-defense classes to empower yourself with techniques to fend off an attacker if necessary.

## SAFETY TIPS FOR OGBV

**Preventive Measures:** To safeguard your online presence, carefully consider whether you want your social media life to be public or private. If you opt for public, exercise caution regarding the amount of personal information you share.

**Security Measures:** Manage your passwords and privacy settings diligently, updating them regularly. Be vigilant about the security of your webcam to prevent unauthorized access and avoid placing it in personal spaces at home. Additionally, consider implementing security measures like antivirus programs and two-factor authentication across all your digital devices to ensure comprehensive protection.

**Immediate Actions:** If you are targeted by tech-facilitated violence, consider reporting the incident to the platform or website where it occurred. Block the perpetrator and document evidence. In serious cases, involve law enforcement to ensure your safety and seek legal action against the perpetrator.

## TAKE ACTION

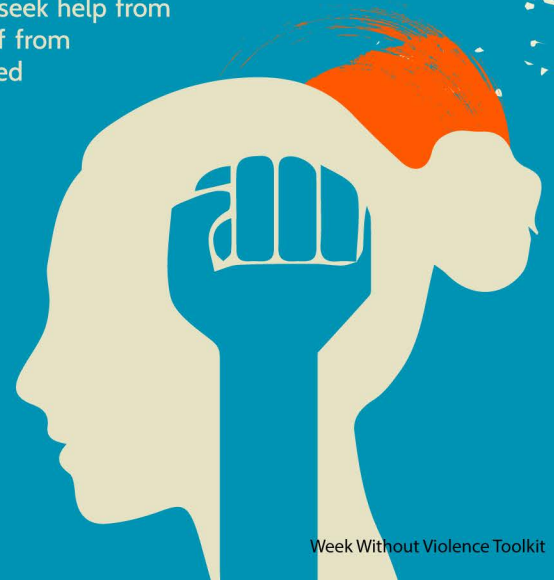
**Hold Safe Spaces:** Establish safe spaces online or in your community where survivors of harassment can share their stories, find support, and access resources. Check out our [safe spaces guide](#) for reference.

**Self Care:** It's crucial not to retaliate in the moment. Don't blame yourself; seek help from trusted friends, family, or relevant organizations. To cope, distance yourself from technology and spend time engaging in alternative activities with trusted individuals.

**Support Groups:** Form or join a group of young women who can provide emotional support, share safety tips, and raise awareness about the issue.

**Share Your Story:** Sharing your experience can help create awareness for other women and reduce the stigma associated with sexual harassment. **Use your voice** to empower others.

**Advocate for Safety Mechanisms:** Advocate for better safety mechanisms in your community and on social media platforms, such as improved lighting, increased police presence, or public awareness campaigns.



## REPORT INCIDENTS



**Online Reporting:** Reporting incidents of online gender-based violence (GBV) can vary depending on the platform you use. However, it's important to know that on most platforms, when you report an incident, your privacy is typically respected, and your personal information is not disclosed or shared. Find more information on how to report online [here](#) and [here](#).



**Call the Police:** If you're in immediate danger or have been sexually harassed, call your local police emergency number. Reporting incidents of sexual harassment in the streets and OGBV is a crucial step towards ensuring your safety and seeking justice. Remember, your safety is the top priority, so if you feel unsafe during an incident or when considering reporting it, try to find a safe location or call for immediate assistance. Find resources [here](#).



**CSOs and Hotlines:** Seeking support from Civil Society Organizations (CSOs) or hotlines dedicated to preventing and responding to sexual harassment and online gender-based violence (OGBV) can be a crucial step in your journey towards safety and recovery. These organizations are staffed with trained professionals who can offer guidance, emotional support, and practical advice. Whether you need someone to talk to, information on your rights, or assistance in navigating legal procedures, CSOs and hotlines are there to help.



**Seek Support:** From an advocate, lawyer, or advocacy organization if needed, as they can provide valuable guidance throughout the reporting process for both street harassment and online GBV. Remember, reporting not only seeks justice for survivors but also helps raise awareness and combat these issues in our communities and online spaces.

## CALL TO ACTION



Raise your voice against online and street-based gender violence! Together, we can create a world where women, young women, girls, and gender-diverse individuals are safe both online and on the streets. Share your stories, advocate for change, support one another, and report harassment when you see it online or on the street.

Let's unite to eradicate gender-based violence from our screens and communities. Join us in the fight for a safer, more inclusive world.



For more detailed resources and guidance, visit [YWCA USA](#).

For information and resources specific to Canada, visit [YWCA Canada](#) and check out their toolkit.

Join us in the fight against tech-facilitated gender-based violence. Together, we can build a safer and more inclusive world for all.

# EDITABLE TEMPLATES ARE READY TO DOWNLOAD

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A MOVEMENT TOWARDS  
VIOLENCE-FREE COMMUNITIES

“ ”

#WeekWithoutViolence2023

ENGLISH      FRENCH      SPANISH

Harassment in public spaces varies in severity,  
**ranging from catcalling to  
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**Only 16% of women**  
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**End Gender Based Violence** on your  
screens and our streets.

#WeekWithoutViolence2023

ENGLISH      FRENCH      SPANISH

**We stand in solidarity with the survivors**  
of technology-facilitated and gender-based violence

**We call for an end to violence on screens and streets.**

#WeekWithoutViolence2023

ENGLISH      FRENCH      SPANISH

Today marks the beginning of YWCA's  
**A Week Without Violence**

Let's dedicate this week to ending violence  
on our screens and streets.

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**CALL TO ACTION**

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**Join us in the fight for a  
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WorldYWCA | WEEK WITHOUT VIOLENCE | SEMAINE SANS VIOLENCE | SEMANA SIN VIOLENCIA

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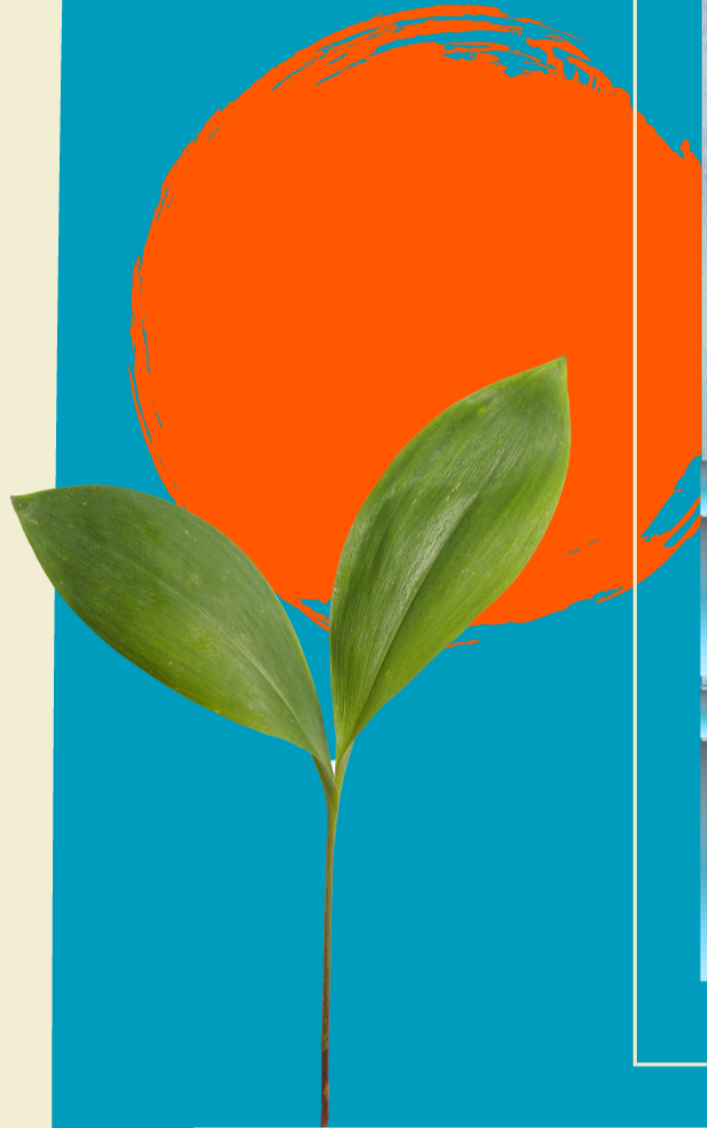
**OCTOBER 16-21, 2023**

ENGLISH      FRENCH      SPANISH

# SUGGESTIONS FOR SOCIAL MEDIA

Downloadable ready to use banners for campaign

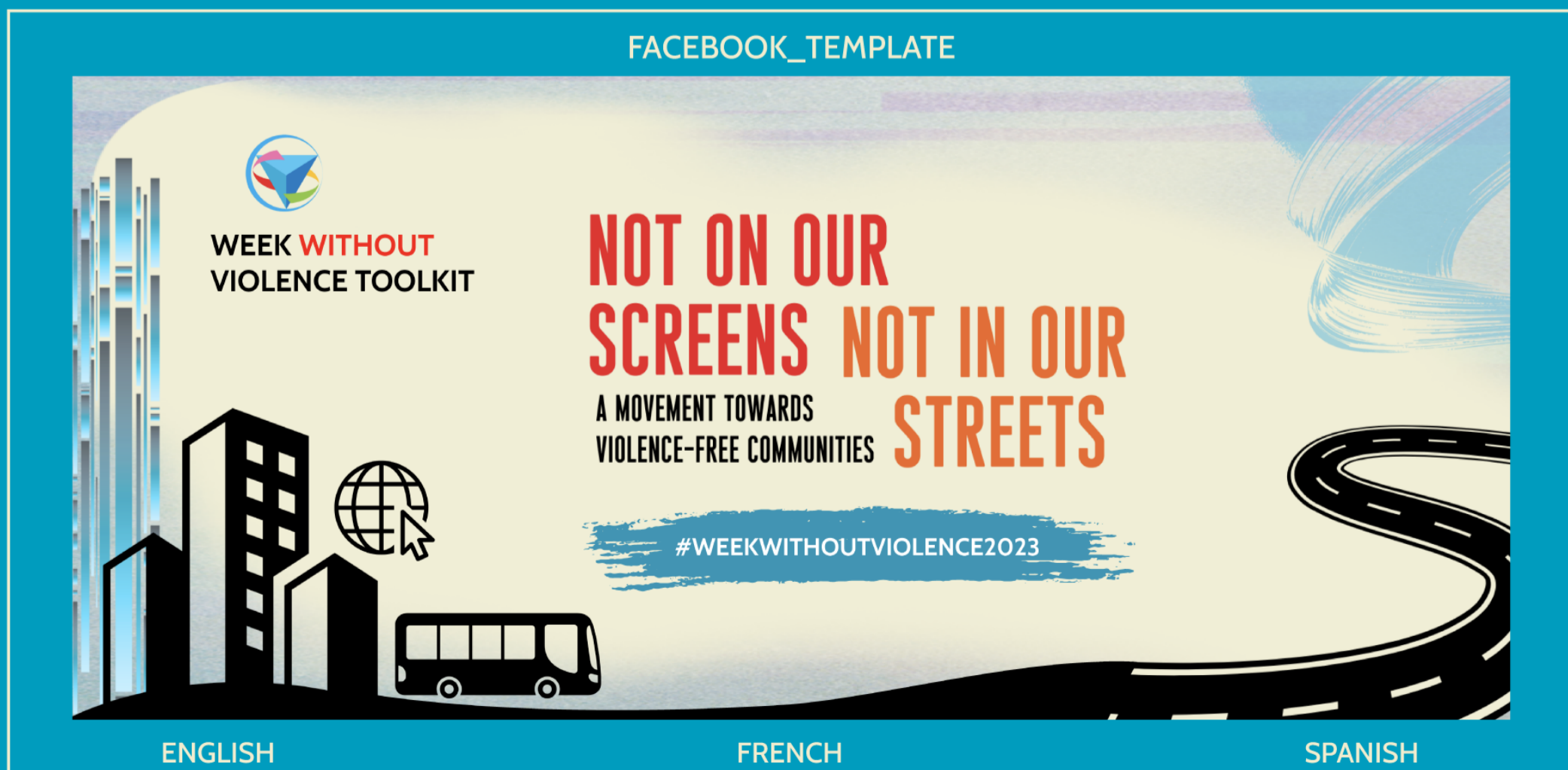
INSTAGRAM\_TEMPLATE



TWITTER\_TEMPLATE



FACEBOOK\_TEMPLATE





**NORWEGIAN CHURCH AID**  
actalliance

**Support women's and young women's transformative leadership to fight SGBV.**  
Take action by donating to the **World YWCA** today!

Scan code to donate



Contact the world YWCA for more information at [worldoffice@worldywca.org](mailto:worldoffice@worldywca.org)

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