

# Mental Health Improvement Team



## 16 days of Activism Against Gender Based Violence

25<sup>th</sup> November - 10<sup>th</sup> December 2025

### 16 days of Activism Against Gender Based Violence

Globally, almost **1 in 3 women** have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both, at least once in their life. Gender-based violence has a profound and lasting negative impact on mental health, significantly increasing the risk of conditions like depression, anxiety, and Post-Traumatic Stress Disorder. It can also lead to other mental health issues such as sleep disorders, eating disorders, substance abuse, and suicidal ideation, while eroding self-esteem and causing social isolation.



This year's theme is “**End digital violence against all women and girls**”. The campaign focuses on addressing online abuse and creating safer digital spaces, aligning with the broader goal of ending gender-based violence.



**National Violence Against Women Network** have developed a toolkit of resources to add value to local 16 Days of Activism Against Gender-Based Violence campaigns across Scotland. This toolkit supports a number of activities which can be progressed locally and nationally to maximise the impact of the campaign.

*click on images to download information*

### Key Themes

Violence Against Women and Girls (VAWG)	Domestic Violence	Types of Harmful Actions
<ul style="list-style-type: none"><li>VAWG refers to all forms of violence and abuse experienced disproportionately by women and girls, or because of their gender.</li><li>This includes rape, domestic violence, forced marriage, female genital mutilation (FGM), and sexual harassment.</li><li>VAWG is rooted in gender inequality and is neither acceptable nor inevitable.</li></ul>	<ul style="list-style-type: none"><li>Defined as abuse from a current or former partner, involving patterns of control, coercion, and threats.</li><li>Forms of abuse include physical (assault), emotional (intimidation), sexual (rape), psychological (isolation), and financial (control of money).</li><li>Domestic violence can also involve wider family or community violence, including gang-related abuse and so-called ‘honour’-based violence.</li></ul>	<ul style="list-style-type: none"><li>Physical, sexual, and psychological violence within families, communities, or institutions (e.g. domestic abuse, rape, incest, child sexual abuse).</li><li>Sexual harassment and intimidation at work or in public.</li><li>Commercial sexual exploitation (prostitution, pornography, trafficking).</li><li>Honour-based violence, dowry-related violence, Female Genital Mutilation , forced and child marriages, and ‘honour’ crimes.</li></ul>

### Learning Opportunities

<p><b>Tackling Economic Abuse in Scotland:</b> Taking place on Economic Abuse Awareness Day, this free webinar will focus on Economic Abuse in Scotland and will feature speaker inputs around the prevalence and impact of this abuse. The session will feature examples of work tackling this issue and key learning and reflections.</p>	<p><b>When:</b> Wednesday 26<sup>th</sup> November <b>Where:</b> Online <b>Time:</b> 10am - 11.30pm <b>Organiser:</b> National Violence Against Women Network <b>Register:</b> <a href="#">here</a></p>
<p><b>Invisible Chains: Unwinding Economic Abuse and Promoting Financial Empowerment:</b> a free virtual training session to support practitioners to understand economic abuse, and with practical tips to promote financial empowerment.</p>	<p><b>When:</b> Thursday 27<sup>th</sup> November <b>Where:</b> Online <b>Time:</b> 1pm - 4.30pm <b>Organiser:</b> Scottish Women’s Aid <b>Register:</b> <a href="#">here</a></p>
<p><b>Recognising &amp; responding to commercial sexual exploitation:</b> a free webinar for NHS professionals involved in frontline care, safeguarding, public protection, sexual health, mental health and specialist health services to strengthen their understanding of the role of the NHS in addressing commercial sexual exploitation.</p>	<p><b>When:</b> Tuesday 2<sup>nd</sup> December <b>Where:</b> Online <b>Time:</b> 11am - 1pm <b>Organiser:</b> Public Health Scotland <b>Register:</b> <a href="#">here</a></p>
<p><b>TURAS Learn:</b> hosts a suite earning resources on gender-based violence (GBV). It is suitable for a range of healthcare professionals, and includes eLearning modules Domestic Abuse and Coercive Control.</p>	<p><b>TURAS Learn</b> is an online platform that provides learning resources for health and social care staff in Scotland. Anyone with an email address can access TURAS Learn. <b>Access:</b> <a href="#">here</a></p>

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Children & Young People



NHS Staff



Adults



Digital



- **Equally Safe at School: A whole school approach to preventing gender based violence.** An online intervention which supports secondary schools across Scotland to take a whole school approach to addressing gender-based violence.

- **Relationships, Sexual Health and Parenthood (RSHP).** A national resource that can be used in early learning settings, schools, colleges and community-based learning with the overall aim of equipping CYP with the knowledge and skills to make informed, healthy and respectful choices through their lives.

- **Ensuring zero tolerance to sexual harassment – what you can do.** The **Cut it Out** campaign supports the NHS GGC zero tolerance approach to sexual harassment in all its forms.

- **Disclosure Scheme for Domestic Abuse Scotland.** Helps find information about whether a person has an abusive past. This information can be used to prevent someone from experiencing domestic abuse in the future.

- **Endgender.** The Delivering Equally Safe project highlights the importance of mainstreaming primary prevention throughout all areas of public policy, including those beyond education, justice and equalities where work on VAWG has typically been concentrated.

- **Refuge.** Support survivors, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.

- **Scottish Women’s Rights Centre.** Hosts a range of **Legal Guides** containing information about legal processes relevant to cases of abuse and violence against women, and about your rights when reporting the abuse to the Police.

- **Online Harms Helplines, Websites and Reporting Mechanisms.** A comprehensive overview of helplines, websites, apps, and information on appropriate reporting mechanisms for a variety of harms.

Helplines and Online Support

**Amina.** Free and confidential helpline for Muslim and Minority Ethnic women in Scotland. Call **0808 801 0301** Mon-Fri, 10am - 4pm.

**Breathing Space.** For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87.** Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.

**National Stalking Helpline.** Provide advice for victims of stalking and next steps. Call **0808 802 0300**, 9.30 am – 8.00 pm Monday and Wednesday. 9.30 am – 4.00 pm Tuesday, Thursday, Friday.

**NHS 24.** Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.

**Rape Crisis Scotland.** Support for anyone aged 13+ who have been affected by sexual violence. Call **08088 01 03 02**, text **07537 410 027** or webchat **www.rapecrisisscotland.org.uk** available 5pm – midnight.

**Samaritans.** Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123.**

**NHS Scotland Sexual Assault Response Co-ordination service (SARCS).** Call the service on **0800 148 88 88.** Calls are free from landlines and mobiles. Available 24 hours a day, 7 days a week.

**Scotland’s Domestic Abuse and Forced Marriage Helpline.** Call **0800 027 1234** or Message the text/WhatsApp service on **07401 288 595.** Available 24hrs a day, 365 days of the year.

**In immediate danger**

If you feel you are in immediate danger, call the Police on 999.