

## **White Ribbon Day 2020 - Monday 23<sup>rd</sup> November 2020**

White Ribbon Day is on Wednesday 25<sup>th</sup> November 2020.

White Ribbon Day is held on November 25th, also known as the International Day for the Eradication of Violence against Women, and is an annual day to raise awareness of family violence. The day is run by the White Ribbon Campaign.

White Ribbon Day has been running for 17 years, and was founded by a group of men in Canada who felt that they had to raise awareness and work towards prevention of violence against women. The White Ribbon Campaign spread through Canada, with hundreds of thousands of people joining the event in the first year, and wearing white ribbons to oppose violence against women.

The event then spread beyond Canada, becoming international, and the UK branch of the White Ribbon Campaign was founded in 2004 and has continued to grow since then.

The wearing of the white ribbon stands for never taking part in, condoning or staying silent about violence against women. And on White Ribbon Day, men and boys are encouraged to wear the white ribbon on November 25th and for a week or two afterwards to support and highlight that pledge.

The White Ribbon Campaign runs all year round, and raises awareness in schools and workplaces, of violence against women, and to raise money for the White Ribbon Campaign. The campaign distributes awareness information to schools, maintains a website and runs events, and works tirelessly to prevent violence against women, undoubtedly saving lives and preventing injuries as it does.

This also includes different forms of family violence such as forced marriage, female genital mutilation and so called “honour crimes” that are perpetrated primarily by family members, often with multiple perpetrators.

This year is more important than ever with a significant increase in violence, harassment and abuse towards women during the coronavirus pandemic. It’s vital to work together to prevent violence and make sure our communities and homes are safe for everyone.

### **What is domestic abuse?**

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember that domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended
- both men and women can be abused or abusers.

### **Types of domestic abuse**

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

- kicking, hitting, punching or cutting
- rape (including in a relationship)
- controlling someone's finances by withholding money or stopping someone earning
- controlling behaviour, like telling someone where they can/cannot go and what they can/cannot wear
- not letting someone leave the house
- reading emails, text messages or letters
- threatening to kill someone or harm them
- threatening to another family member or pet.
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## Signs of domestic abuse

It can be difficult to tell if domestic abuse is happening and those carrying out the abuse can act very different when other people are around. Children and young people might also feel frightened and confused, keeping the abuse to themselves.

Signs that a child has witnessed domestic abuse can include:

- aggression or [bullying](#)
- anti-social behaviour, like vandalism
- [anxiety, depression or suicidal thoughts](#)
- attention seeking
- bed-wetting, nightmares or insomnia
- constant or regular sickness, like colds, headaches and mouth ulcers
- [drug or alcohol use](#)
- eating disorders
- problems in school or trouble learning
- tantrums
- withdrawal.

## A victim of an abusive relationship might want to:

- Find somewhere safe to stay (could be with relatives or friends or a refuge)..or private accommodation.
- stay in her own home and get the person who is harming to leave
- report the violence to the police
- get a court order to stop the abusive partner from harming or threatening you
- take legal action
- get help from a charity or another organisation

Whatever you want to do, there are organisations that can give you advice and help.

## Effects of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on a child or young person's [mental](#) and physical wellbeing, as well as their behaviour. And this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

*A woman may believe her partner when he says he is sorry and it won't happen again; she may be frightened for her life or for the safety of her children if she leaves; she may have nowhere to go; she may have no financial independence. Abusers often isolate their partners from family and friends in order to control them, making it even more difficult for an abused woman to leave a relationship.*

## A few statistics

- One in seven children and young people under the age of 18 will have lived with domestic violence at some point in their childhood.
- a woman is killed by her male partner or former partner every four days in the UK England and Wales.
- On average the police in England and Wales receive over 100 calls relating to domestic abuse every hour

**If anyone or anyone's family is experiencing domestic abuse during lockdown, it is okay to leave your home.**

The police can also remove the person harming you and/or other family members from your home.