

## Mothers' Union's 16 Days of Activism

Hold a 1-minute silence, at home or in groups, at 1.03pm to remember the 1 in 3 Women affected by Domestic Violence.

Share the no more 1 in 3 hashtag (#NoMore1in3) on your social media profile, or ask a friend or family member to do so instead.

- Mothers' Union's Global Day of Action is our response to the 16 Days of Activism against Gender-Based Violence campaign. This year we are continuing to build on our No More 1 in 3 campaign, which is taking place on Saturday 30th November. This is when branches and members around the world hold events to show that Mothers' Union believes domestic abuse is unacceptable.
- Our No More 1 in 3 campaign highlights the fact that 1 in 3 women around the world will suffer from some form of violence throughout their lifetime. Mothers' Union are raising awareness of and calling for an end to gender-based violence and abuse in all its forms.
- In 2024, members throughout the world will gather, where possible, at 1.03pm on Saturday 30th November and hold a one minute's silence praying for those affected by domestic abuse. If you are unable to gather with other MU members, please observe the 1-minute silence at home if at all possible.
- You can leave your ribbons or hearts symbolising # 1 in 3 in public places, such as on park benches or in churches and attach a label explaining our campaign.
- Please do take a photo of your members gathering, or your ribbon/knitted hearts and share it on social media with the following tags: **#NoMore1in3, @MothersUnion #16DaysofActivism.**
- If you are not on social media perhaps you could ask a family member, friend or tech savvy grandchild to do this for you.

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To find out more, please visit:

[www.mothersunion.org/MUGlobalDay](http://www.mothersunion.org/MUGlobalDay)