



16 Days of Activism Against Gender-Based Violence

**Forth Valley
Programme of Events 2024**

November 25th - December 10th

FALKIRK COUNCIL



Clackmannanshire
Council



Imagine a Forth Valley without Gender Based Violence

We invite everyone in the Forth Valley to join us in standing together against gender-based violence. This year's 16 Days of Activism Programme centres on community, creativity, and inclusivity. Our events will highlight the transformative power of the arts and amplify the voices of young people and those with lived experiences.

Supporting events throughout the campaign:

- Launch of 'THAT GUY' Police Scotland Campaign in Forth Valley
- Comms support throughout the 16 Days of Activism
- Support from Central FM Radio
- Local survivor led arts exhibition at the Resilience Learning Partnership
- Raising challenges faced by migrant and ethnically diverse women through publishing <https://migrantwomenpress.com/>
- Equally Safe Falkirk's Women Unite Group are showcasing their song: Won't Back Down



Public Events Programme

25th November

- 09:30 - 12:00 Alloa Town Hall **Launch Event** Official launch event for the 16 Days of Activism Forth Valley 2024. Includes Guest speakers, White Ribbon Announcement, Local Councillor Pledge Signing Ceremony and a youth led workshop followed by a local march in Alloa Town centre. **This will be invite only for professionals and open to everyone in the community.**
- Reach Out with Arts in Mind, Alloa **Animated Film Workshop** 10 participants will undergo four creative workshops in which they design, produce and edit an animated film informed by survivor experience. The film will be displayed following the 16 Days of Activism. **Closed Workshop – public showing of film to follow.**

26th November

- 09:00 - 17:00 Stirling Train Station **White Ribbon Train Station Event** Awareness-raising event at Stirling Train Station to promote the White Ribbon campaign, encouraging men and boys to actively prevent GBV. **Open to everyone.**
- 10:00 - 12:00 University of Stirling **Women and Non-Binary Bike Ride** Join us for a fun and empowering bike ride and coffee around the beautiful surroundings of Stirling. This event is open to all women and non-binary individuals who love cycling or want to cycle as part of a group.
This bike ride aims to increase visibility of women and non-binary cyclists and celebrate a free and independent mode of transport available to women and NB people everywhere.
Sign up via eventbrite link:
<https://www.eventbrite.co.uk/e/women-and-non-binary-bike-ride-tickets-1054954751059?aff=oddtcreator>
This is for University of Stirling students and staff only
- 12:00 - 14:00 Go! Youth Trust, 22 Bank Street, Falkirk, FK1 1NB **Equally Safe Falkirk are having an open day** Equally Safe Falkirk are having an open day to raise awareness of the service and promote the 16 Days of Activism campaign. **This is open to everyone**
- 13:00 – 15:00 Online **No Recourse to Public Funds Session** is being held by Shakti Women's Aid. No recourse to public funds is one of the biggest barriers faced by migrant women and children when fleeing domestic abuse. This is open to professionals. Contact sweety@shaktiedinburgh.co.uk for joining details.



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| 14:00 - 16:30 | Ben Cleuch Centre,
Room 1, Tillicoultry | <p><u>Community Empowerment Training</u> Clackmannanshire Council, Women's Aid, FVRC. Empowering the community to respond to disclosures of gender-based violence. If you would like to attend this event, please use the following link to sign up:
 https://www.eventbrite.co.uk/e/1075541937889?aff=oddtcreator
 Open to everyone – free tickets (Eventbrite)</p> |
| 12:30 - 14:00 | Forth Valley College
Falkirk Campus | <p><u>Pop Up Stalls at Forth Valley College Falkirk Campus</u>
Organisations will set up stalls to promote awareness and services related to gender-based violence. This is for Forth Valley College students only.</p> |

27th November

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| 12:00 - 15:00 | University of Stirling | <p><u>GBV Support and Awareness Raising Showcase</u> Organisations will set up stalls to increase awareness and promote services related to gender-based violence. University of Stirling students and staff.</p> |
| 11:00 – 13:00 | Shakti Women's Aid | <p><u>Poetry Session</u> is being held for people open for support with Shakti Women's Aid to support understanding of violence against women and girls.</p> |
| 12:30 - 14:00 | Forth Valley College
Stirling Campus | <p><u>Pop Up Stalls at Forth Valley College Stirling Campus</u>
Organisations will set up stalls to promote awareness and services related to gender-based violence. This is for Forth Valley College students only.</p> |
| 11:00 - 13:00 | Online | <p><u>Recognising and Responding to Domestic Abuse</u> An online session by Stirling and District Women's Aid on how to recognise and respond to domestic abuse.

If you would like to attend, please contact info@stirlingwomensaid.co.uk and you will then be sent a confirmation email and training link. Open to everyone.</p> |
| 19:00 - 20:30 | Dumyat Centre,
Menstrie | <p><u>Arts Included are holding a 'Phenomenal Women'</u> Discussion and stories of the amazing strength and resilience of women with poet Maya Jeffery. Open to everyone.</p> |

28th November

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| 10:00 - 11:30 | University of Stirling
Forth Valley College
Alloa Campus | <p><u>Understanding Coercive Control, the Dark Heart of Domestic Abuse</u> This event is hosted by Stirling and District Women's Aid and aims to increase the understanding of coercive control and to raise awareness of their service.

If you would like to attend, please contact info@stirlingwomensaid.co.uk and you will then be sent a confirmation email and training link. This is for University of Stirling staff only.</p> |
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12:30 - 14:00	Forth Valley College Alloa Campus	<u>Pop Up Stalls at Forth Valley College Stirling Campus</u> Organisations will set up stalls to promote awareness and services related to gender-based violence. This is for Forth Valley College students only.
14:00 - 16:00	Steeple Suite, Forth Valley College, Falkirk Campus Option to join online	<u>Sextortion Awareness Event</u> Hosted by Police Scotland and supported by Stirling and District Women's Aid, Clackmannanshire Women's Aid and Victim Support Scotland. This event aims to raise awareness of sextortion and what to do if someone experiences it. If you would like to attend, please email rileyc@stirling.gov.uk to secure a place. Please include your name, email address and the organisation you work for. If you would like to attend online, please email rileyc@stirling.gov.uk to receive a meeting link. This event is open to professionals, practitioners and those in a position to support someone who has experienced sextortion.
All Day	-	<u>Thursdays in Black</u> Supporters are encouraged to wear black on Thursdays during the 16 Days and share photos on social media to raise awareness. Open to everyone.

29th November

16:00 - 18:00	Queen's Court, University of Stirling	<u>United Steps, Strong Voices</u> A walk around campus with students led by Feminist for Equity Movement Society to raise awareness of GBV. No booking required. Meet in front of Student's Union. This is open to University of Stirling staff and students only.
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30th November

12:00 - 16:00	Unit 8, Elmbank Mill, The Charrier, Menstrie	Arts Included are hosting the <u>Scapecoat' Exhibition</u> Join a safe group of women talking and making a 'coat of experiences', with all manner of things pinned or stitched to it that acts as a statement of how women are scapegoated, to celebrate their endurance and survival. Open to everyone.
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2nd December

	HMP Stirling	<u>HMP Stirling and SDWA & Clacks Women's Aid Event</u> A workshop raising awareness of gender-based violence for women at HMP Stirling. For HMP Stirling women only.
17:30 - 20:00	Ludgate Resource Centre, Alloa	<u>Community Empowerment Training</u> Clackmannanshire Council, Women's Aid, FVRC. Empowering the community to respond to disclosures of gender-based violence. If you would like to attend this training, you can sign up at the following link: https://www.eventbrite.co.uk/e/1075543071279?aff=oddtcreator Open to everyone – free tickets (Eventbrite)



3rd December

- 11:00 - 12:00 Online [The Police Role in Domestic Abuse Safeguarding Session](#) Police Scotland (Forth Valley Public Protection Unit) will provide an input specifically targeted towards professionals from statutory agencies, and the third sector, who have any involvement in the response to VAWG and GBV. The input will cover an array of topics including MARAC/MATAC, Disclosure Scheme for Domestic Abuse Scotland, and the work of the Domestic Abuse Safeguarding team in Forth Valley Police Division. Please contact forthvalleyequalitydiversity@scotland.police.uk **This is a closed invite for professionals.**
- 13:00 Online [Misogyny & Media Session](#) Online session hosted by Stirling and District Women's Aid, focusing on the role of misogyny in media. If you would like to attend this event, please contact info@stirlingwomensaid.co.uk and you will then be sent a confirmation email and training link. **Open to everyone.**
- 13:30 - 16:00 Forth Valley Rape Crisis Centre [Open Afternoon at Forth Valley Rape Crisis Centre](#) This will be a chance to see the space and meet some of the team to learn more about Forth Valley Rape Crisis services. **Open to everyone.**

4th December

- 11:00 - 13:00 Online [Understanding the Impact of Financial Abuse](#) Stirling and District Women's Aid will host an online session about the impact of financial abuse. If you would like to attend this event, please contact info@stirlingwomensaid.co.uk and you will then be sent a confirmation email and training link. **Open to everyone.**
- 16:00 - 18:00 Atrium in front of Students' Union, University of Stirling [Crafting Voices](#) Come along to get crafty with button making, positive pebble painting, patch sewing, and jewellery to raise awareness of GBV. No sign up required. **This is for University of Stirling students only.**
- 19:00 Online [The Police Role in Domestic Abuse Safeguarding Session](#) If you would like to attend this event, please contact forthvalleyequalitydiversity@scotland.police.uk to secure a place. **This is open to everyone.**

5th December

- 13:00 - 13:30 Online [What can Sexual Violence and Misconduct Liaison Officers do?](#) Want to know more about Sexual Violence and Misconduct Liaison Officers (SVMLOs)? Open to students and staff you can learn more about the SVMLO network and the support they can provide. **This is for University of Stirling students and staff only.**
- 11:00 - 14:00 Stirling and District Women's Aid [Stirling and District Women's Aid Open Day](#) An open day to learn more about Stirling and District Women's Aid's services and initiatives. **Open to everyone.**



All Day -

Thursdays in Black Supporters are encouraged to wear black and share photos on social media to raise awareness of gender-based violence. **Open to everyone.**

6th December

09:30 - 11:30
Scott McDonald,
Senior Manager
Clacks Criminal
Justice
Paton's Building,
Alloa

Criminal Justice in Clackmannanshire An overview of the local justice landscape and of the prevention work taking place in Clackmannanshire. Discussion time at the end.

If you would like to attend this event, please contact jsanchez@clacks.gov.uk

Len Pennie Performance and Workshop Performance and Q&A session, followed by a poetry workshop with Len Pennie. **Closed invite.**

9th December

10:00 - 11:30 Online

First Responder and Student Welfare Referral Training Our live MS Teams sessions will give staff an outline of the role of a First Responder in a HE context, provide information about how to manage confidentiality and data sharing, student referral pathways and how to make an urgent referral. Specific areas covered are:

- Mental Health
- Gender-based violence (GBV)
- Bullying and harassment
- Accessibility and Inclusion
- Safeguarding (Prevent, human trafficking)

This is open to University of Stirling staff only

10:30 - 15:00 Spiers Centre

Women's Domestic Abuse Workshop Workshop by Clacks Women's Aid for service users to gather insights on service development and engage in activities. **For Clacks Women's Aid service users only.**

10th December

12:45 - 1:30 Online

White Ribbon Speaker Information Session for Forth Valley College White Ribbon Scotland are providing an online information session on becoming a White Ribbon Speaker for Forth Valley College staff and students. **This is for Forth Valley College staff and students only.**

14:00 - 15:30
Cottrell Building
2B88, University of
Stirling

White Ribbon Bystander Training This training is open to anyone new to the 'Bystander' concept and will be facilitated by White Ribbon Scotland (WRS). WRS encourages men and boys to get involved in preventing and eradicating Violence Against Women and Girls.

If you would like to attend this event, you can sign up at the following link: <https://forms.office.com/e/vKmNsTEXje>
University of Stirling car park is free for 2 hours. **This is open to anyone new to the 'Bystander' concept.**



Events in Schools for Young People

Events for school pupils only and not open to the public

Further details of events within school settings can be provided by individual schools.

'Wear It Purple Awareness Day'	Alloa Academy, Alva Academy & Lornshill Academy	Wear purple to raise awareness of gender based violence.
Self Defense Demonstration & Taster Sessions	Alloa Academy, Alva Academy & Lornshill Academy	School pupils will get the opportunity to try out self-defense techniques from the perspective of gender-based violence.
White Ribbon Assembly	Dunblane High School	Two White Ribbon Speakers from Dunblane High School in Stirling will be holding an Assembly for S1 and S2 pupils.
PSE Classes on Domestic Abuse	Alva Academy	Clacks Courage will facilitate PSE classes for S1 pupils, focusing on domestic abuse awareness.
PSE Class: Healthy Relationships	Alva Academy	Clacks Courage will facilitate a PSE class for S2 pupils on healthy relationships.
PSE Classes: Peer Pressure	Alva Academy	Clacks Courage will lead two PSE classes for S1 pupils, focusing on understanding peer pressure.
PSE Class: Healthy Relationships	Alva Academy	Clacks Courage will facilitate a PSE class on healthy relationships for S2 pupils.
Bold Voices Lesson Plans	Stirling High Schools	This will take place throughout the 16 Days of Activism.
Mentors in Violence Prevention Programme	Stirling High Schools	Continued delivery of MVP programme across Stirling secondary schools
Sticker competition for junior school	Dunblane High School	The winning sticker will get made and be handed out during the 16 days
White Ribbon Promise Banner	Dunblane High School	We will have a large white banner with the white ribbon promise on it which pupils can sign if they wish, this will then get displayed during the 16 days. Our main Aim of this is to raise as much awareness as we can.
Assemblies on Gender Based Violence	Balfron High School	There will be assemblies for all year groups that aim to raise awareness of Gender Based Violence.
Human Rights Day Event	Balfron High School	There will be an empowering all school event on Human Rights Day for students.
Whole School focus on 16 Days of Activism	Lornshill Academy	Throughout the campaign, students at Lornshill will be engaged in the following activities:



		<ul style="list-style-type: none"> • #NoExcuse banner to be signed then displayed • Classroom lessons for all through PSE and Social Subjects • Video created by male staff delivered to male pupils in all male assembly • Social media campaign. Facts shared everyday • '16' Artistic display for all senior pupils • "Bloody Amazing" period workshop to be delivered to certain year groups- involvement of the period warriors who can then take this workshop into PSHE classes for further education. Possible focus group which could also include senior male pupils • Social subjects lessons- PG to develop • QR Codes to be displayed by pupil parliament with facts/statistics • Pupil parliament stall in hub during days of action
Whole School focus on 16 Days of Activism	Alva Academy	<p>Throughout the campaign, pupils at Lornhill will be engaging in the following activities and more:</p> <ul style="list-style-type: none"> • Mediation and Mindfulness drop in sessions • Film Club • Empowering Gender Messages Wall • Special Assemblies • Self Defence Sessions
Whole School focus on 16 Days of Activism	Alva Academy	<p>Throughout the campaign, pupils at Alloa Academy will be engaging in the following activities and more:</p> <ul style="list-style-type: none"> • Gender based violence assemblies • Author Alan Bisset 'Lads: a guide to respect and consent' • Author Len Pennie – Feminist poetry • Self defence demonstration • Science focus on hormones impacted crime



Showcasing Young Peoples Involvement

This banner was designed by the collective input of members of Autistic 'n' Awesome, a group of young people with Autism Spectrum Disorder (ASD) supported by Central Advocacy Partners.



It captures several ideas, focusing on the recognisable "16 Days" concept, with it reaching across the globe. Instead of continents, there are 16 images of chains being broken, symbolising 16 opportunities during the campaign to break the chain of violence and gives gender identity to the 16 Days campaign. The background recognises the support of the three local authorities of Forth Valley, the green of Stirling, the maroon/purple of Clackmannanshire and the blue of Falkirk, taken from their logo.



Forth Valley 16 Days Against Gender-Based Violence 2024

Information on Gender Based Violence

What is Gender-Based Violence?

Gender-Based Violence (GBV) refers to harmful acts directed at individuals based on their gender. It is a serious violation of human rights and includes various forms of abuse, such as:

- Physical violence: Assault, domestic abuse, and physical harm.
- Emotional or psychological abuse: Intimidation, manipulation, and threats.
- Sexual violence: Sexual harassment, assault, and exploitation.
- Economic abuse: Controlling someone's access to resources or financial independence.
- Coercive control: Behaviours intended to dominate or isolate someone, leading to fear and dependency.

Gender-based violence often stems from power imbalances, discrimination, and deeply ingrained societal norms. It can affect anyone, but women, girls, and marginalised groups are disproportionately impacted. Addressing GBV requires a community-wide effort to change attitudes, support survivors, and promote equality.

16 Days of Activism Against Gender-Based Violence in Forth Valley

The 16 Days of Activism is an annual international campaign that begins on **November 25th**, the International Day for the Elimination of Violence Against Women, and ends on **December 10th**, Human Rights Day. The campaign calls for an end to all forms of gender-based violence, uniting people across the globe in solidarity and action.

In **Forth Valley**, the 16 Days are marked by a diverse programme of events that encourage awareness, engagement, and change. This year's programme emphasises community involvement, creative expression, and amplifying the voices of those with lived experiences. Through workshops, art installations, theatre, film, and more, we aim to inspire action and spark important conversations.

Theme: "Imagine a Forth Valley Without Gender-Based Violence"

This year's theme, "*Imagine a Forth Valley Without Gender-Based Violence*," is a call to envision a future where everyone, regardless of gender, can live safely and freely without the fear of violence or discrimination. It is a future where respect, equality, and understanding are the norm, and communities work together to support, uplift, and protect each other.

Imagining this future means:

- **Challenging harmful stereotypes and attitudes:** We need to actively address the societal norms that perpetuate gender-based violence, such as toxic masculinity and victim-blaming.
- **Supporting survivors:** Creating safe spaces for survivors to share their stories, access support, and reclaim their power.
- **Promoting education and awareness:** Engaging young people, families, and communities in conversations about consent, healthy relationships, and equality.
- **Building solidarity:** Recognising that gender-based violence affects everyone and that change requires a collective effort.

By coming together during these 16 Days, we can take concrete steps toward making this vision a reality.

How You Can Get Involved

- **Attend Events:** Join workshops, art exhibitions, film screenings, and more. Each event offers an opportunity to learn, express, and take action.
- **Volunteer:** Be part of the movement by helping at events, supporting local organisations, or sharing your skills (e.g., art, social media, photography).
- **Engage Online:** Follow the campaign on social media, use the hashtag **#ImagineFVWithoutGBV**, and share your thoughts, artwork, or experiences. Spread the word and raise awareness!
- **Start Conversations:** Encourage discussions about gender-based violence within your community, school, workplace, or social circle. Challenging stigmas and myths can pave the way for change.
- **Support Local Services:** Donate to or volunteer with local organisations that provide vital services to survivors of gender-based violence, including shelters, helplines, and advocacy groups.

Contact Information

If you would like more information about the 16 Days of Activism, want to attend or volunteer at an event, or need support, please reach out:

Clackmannanshire:
Stirling:
Falkirk:

Jenny
Courtney
Sarah

jsanchez@clacks.gov.uk
rileyc@stirling.gov.uk
sarah.finnegan@falkirk.gov.uk



Forth Valley 16 Days Against Gender-Based Violence 2024

16 Movies for 16 Days

Here's a diverse list of 16 films that you could watch over the 16 Days of Activism. These films have varying degrees of age ratings, themes and genres.

- 1. Barbie (2023) - Age rating 12**
A fun, vibrant film that explores themes of identity, gender roles, and the journey to self-empowerment.
- 2. Prima Facie (2023) - Age rating 15**
A powerful legal drama about a female barrister who specialises in defending men accused of sexual assault but faces her own experience with the system.
- 3. The Colour Purple (2023) - Age rating 12**
A moving portrayal of the struggles of African American women facing gender based violence, oppression and poverty.
- 4. Mulan (1998) - Age rating U**
An animated film about a young woman who challenges gender expectations to save her family and country.
- 5. A Girl Walks Home Alone at Night (2014) - Age rating 15**
A feminist Iranian horror film where a young woman uses her vampire powers to stand up to misogynistic men.
- 6. Bombshell (2019) - Age rating 15**
Based on the true story of the women who brought down a powerful media mogul, this film addresses workplace sexual harassment.
- 7. He Named Me Malala (2015) - Age rating PG**
A documentary about Malala Yousafzai, who survived an assassination attempt by the Taliban and became a global advocate for girls' education.
- 8. Little Women (2019) - Age rating U**
A heartwarming adaptation of the classic novel about four sisters finding their own paths in a world with strict gender norms.
- 9. The Invisible Man (2020) - Age rating 18**
A horror-thriller about a woman who escapes an abusive relationship, only to be terrorized by her invisible ex.
- 10. Whale Rider (2002) - Age rating PG**
A beautiful film about a young Maori girl's struggle to be accepted in a male-dominated community.
- 11. The Hunting Ground (2015) - Age rating 12A**
A documentary about sexual assault on college campuses and the movement for institutional accountability in the U.S.
- 12. Moana (2016) - Age rating PG**
An animated film about a young girl who defies gender expectations and sets out on a journey to save her people.
- 13. Lady Bird (2017) - Age rating 15**
A coming-of-age drama that explores the complexities of female identity, self-worth, and societal pressures.
- 14. On the Basis of Sex (2018) - Age rating 12**
A biopic about Ruth Bader Ginsburg's early career as a lawyer and her fight for gender equality.
- 15. The Breadwinner (2017) - Age rating 12**
An animated film about an Afghan girl who disguises herself as a boy to support her family under the Taliban regime.
- 16. Hidden Figures (2016) - Age rating PG**
An inspiring story of three African American women whose work at NASA challenged racial and gender-based discrimination during the 1960s.



16 Books for 16 Days

Here's a list of 16 book suggestions for the 16 Days of Activism, covering various lengths, genres, and suitable for different ages:

- 1. POYUMS by Len Pennie – Poetry**
A collection of poems in Scots that celebrate language, identity, and empowerment.
- 2. I Am Malala by Malala Yousafzai – Memoir**
The inspiring autobiography of a young girl who stood up for education and was shot by the Taliban.
- 3. The Handmaid's Tale by Margaret Atwood – Dystopian Fiction**
A chilling novel about a dystopian society where women are stripped of their rights and autonomy.
- 4. Girls Like Us by Rachel Lloyd – Memoir/Nonfiction**
The true story of a survivor of commercial sexual exploitation and her fight to empower young girls at risk.
- 5. Dear Ijeawele, or A Feminist Manifesto in Fifteen Suggestions by Chimamanda Ngozi Adichie – Nonfiction**
A short but powerful guide on raising girls with a feminist perspective.
- 6. A Good Time to Be a Girl by Helena Morrissey – Nonfiction**
A book that reimagines the role of women in the workplace and challenges the traditional narrative of success.
- 7. Moxie by Jennifer Mathieu – Young Adult Fiction**
A fun, empowering story of a high school girl who starts a feminist revolution, inspiring her classmates to challenge unfair treatment.
- 8. The Colour Purple by Alice Walker – Fiction**
A powerful story about the lives of African American women in early 20th-century America, facing abuse, sexism, and racism.
- 9. Know My Name by Chanel Miller – Memoir**
A memoir by the survivor of the Stanford sexual assault case, highlighting the emotional toll of being a victim in the justice system.
- 10. Matilda by Roald Dahl – Children's Fiction**
A classic children's book about a young girl who uses her intelligence and resilience to overcome abuse and neglect.
- 11. The Princess Saves Herself in This One by Amanda Lovelace – Poetry**
A collection of poems that tells a story of resilience, survival, and self-empowerment.
- 12. Women, Race & Class by Angela Y. Davis – Nonfiction**
A historical analysis of the intersections of gender, race, and class struggles, highlighting the contributions of Black women to the feminist movement.
- 13. Shout by Laurie Halse Anderson – Memoir/Poetry**
A poetic memoir by the author of Speak, reflecting on sexual assault, survival, and activism.
- 14. The Hate U Give by Angie Thomas – Young Adult Fiction**
A gripping novel that explores racial injustice and activism, centering around a young girl who witnesses police brutality.
- 15. A Room of One's Own by Virginia Woolf – Essay/Nonfiction**
A classic feminist essay that argues for women's access to education, space, and financial independence to write and create.
- 16. The Breadwinner by Deborah Ellis – Children's Fiction**
The story of a young girl in Afghanistan who disguises herself as a boy to provide for her family under Taliban rule.

This list provides a broad mix of poetry, memoirs, fiction, and children's literature to reach readers of different ages and interests during the 16 Days of Activism.





16 Days of Action