

16 DAYS ACTIVIST CHALLENGE

An initiative of Women's Health West and Preventing Violence Together

16 ways you can participate in the 16 Days Activist Challenge

1. Register for the challenge
2. Create a team with family or friends and register to do the challenge together
3. Read the frequently asked questions on the campaign website, to learn more about the campaign
4. Take photos after each challenge action you complete and share them on social media
5. Display posters at your workplace to promote the challenge
6. Print out a challenge poster and ask your favourite café to display it in their window.
7. Tell your colleagues about the challenge at your next work meeting
8. Share your experience of the challenge on facebook, twitter or Instagram
9. Nominate a friend to do the challenge and send them a challenge invitation
10. Use your email signature to promote the 16 Days Activist Challenge by inserting a link to the campaign
11. Print out a sign for the 16 Days Activist Challenge and take a photo to share your activist journey
12. Visit the 16 days activist Facebook page and see how other people are taking on the challenge
13. Write a newsletter article about your experience of the challenge for your workplace, sports club, community group etc.
14. Create an accountability buddy—do the challenge with a friend and commit to supporting each other through the challenge!
15. Tell us how what you think by completing the evaluation survey sent to all participants when the campaign ends
16. And keep doing as many of the actions as you can after December 10th!

To find out more and take the challenge, visit <http://16daysactivist.whwest.org.au> or contact Women's Health West Health Promotion Coordinator, Susan Timmins - susan@whwest.org.au, or phone (03) 9689 9588 or for media enquiries contact Women's Health West Communications Manager, Kelly Ventress - kelly@whwest.org.au

