

# 16 DAYS OF ACTIVISM



The 16 Days campaign raises awareness about gender-based violence and promotes safety, respect, and equality.

Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the first Peoples of Australia. We acknowledge the Bunurong and Wadawurrung Peoples as Traditional Owners of the lands on which Wyndham City operates.

# **GENDER-BASED VIOLENCE: AN EPIDEMIC**

Over 60 women and more than 20 children lost their lives this year in Australia due to domestic and family violence according to Femicide Watch.

Note: Information shared today is for awareness only—seek professional help for your situation.



# WHY THIS CAMPAIGN IS IMPORTANT

- The campaign highlights physical, emotional, sexual, and financial abuse.
- It encourages prevention, advocacy, and safer communities.





# **SUPPORT SERVICES IN AUSTRALIA**

**1800RESPECT – 24/7 support**

**Lifeline 13 11 14**

**MensLine Australia 1300 78 99 78**

**Local DV services & legal aid  
(Orange Door, Safe Steps, Gen  
West)**

**Kids Helpline 1800 55 1800 or  
1300 775 160**

**Emergency: Call 000**

# IDENTIFYING VIOLENCE & ENCOURAGING HELP

- Signs include injuries, withdrawal, control, isolation, manipulation.
- Encourage help with empathy and no pressure.
  - Encourage the person to take action or leave only if it is safe for them, understanding that many people have children, pets, or other responsibilities that make leaving a complex and emotional decision.
  - Show empathy and provide the right resources, ensuring they are connected to support services such as The Orange Door, Safe Steps, or 1800RESPECT for professional guidance and referrals.
  - Ensure your own safety before getting involved, and if the person's life is at immediate risk, encourage them to call 000 and wait for police assistance before attempting to leave.



# SPEAKERS



**MARYAM NALEEMUDEEN**  
PRINCIPAL SOLICITOR – MARYAM MIGRATION LAWYERS  
DUAL-QUALIFIED IN SRI LANKA & AUSTRALIA | TRILINGUAL – ENGLISH, TAMIL, SINHALA  
SPECIALIST IN COMPLEX VISA MATTERS, SKILLED MIGRATION, APPEALS, AND MINISTERIAL INTERVENTION  
OFFICES IN MELBOURNE CBD & WERRIBEE  
TOPIC: YOUR RIGHT TO AUSTRALIAN RESIDENCY AND LEGAL PROTECTION IF YOU ARE IN A VIOLENT RELATIONSHIP.



**KABINGA MAZABA**  
NEW BEGINNINGS COACH FOR LEADERS & TEAMS  
AWARD-WINNING AUTHOR & SPEAKER  
TOPIC: BUILDING INNER STRENGTH AND RESILIENCE: EMPOWERING WOMEN TO RECLAIM THEIR CONFIDENCE AFTER ADVERSITY



**NIDHI TRIVEDI**  
MOTIVATIONAL SPEAKER & TRAINER  
WELLBEING OFFICER AND AUTHOR  
TOPIC: MENTAL HEALTH AWARENESS AND SUPPORT SERVICES FOR DOMESTIC VIOLENCE PREVENTION



**DEBORAH SUGIRTHAKUMAR**  
FOUNDER, RESILIENT PROJECT  
INTERNATIONAL AWARD WINNING AUTHOR  
WELLBEING EDUCATOR & COMMUNITY RADIO BROADCASTER  
TOPIC: SHAPING THE NEXT GENERATION: STEPS TO CREATE PEACEFUL HOMES



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