



Resources for activism against gender-based violence

**Educational resources
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**Canadian Centre for Diversity and Inclusion
Centre canadien pour la diversité et l'inclusion**

www.ccdi.ca

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Resources for activism against gender-based violence: From the International Day for the Elimination of Violence Against Women to broader conversations

Content warning: We recognize that the content in this guide may be triggering, distressing or bring up unwanted memories for survivors of gender-based violence; please see a list of supports below that may help you navigate this resource in safer ways and access ongoing support. Remember, you are not alone.

To help ground and guide survivors as they engage with this material, we have compiled the following resources to offer support and practical tools.

Resources to help ground and guide survivors

- [How to Ground Yourself When Triggered and Overwhelmed](#), Woven Together Trauma Therapy
- [Grounding](#), Rape Crisis England & Wales
- [Offerings, Resources & Tools for Survivors](#), Dandelion Initiative

Survivor resources and crisis lines

- [Safety Planning for People who Experience Domestic Violence](#), Centre for Research & Education on Violence against Women and Children
- [Ending Violence Association of Canada](#), Ending Violence Association of Canada
- [Assaulted Women's Helpline](#) at 1-866-863-0511
- Finding Shelter near you by contacting [Shelter Safe](#)
- Seek legal, counselling and interpretation support at [Barbra Schlifer Commemorative Clinic](#)
- [Sexual Harassment at Work: What can I do about it?](#), Legal Education Action Fund
- [YWCA National Emergency Survivor Support Fund](#), YWCA
- [iHEAL app](#): A free, private and secure app to help Canadian women who have experienced abuse from a current or past partner to find personalized ways to stay safe and be well.
- [Find family violence resources and services in your area](#), Government of Canada
- [Beendigen's Talk4Healing Helpline](#) offers help, support, and resources 24/7 through talk, text, and chat to Indigenous women and their families in diverse Indigenous languages.
- [2Spirited Peoples of the First Nations](#) support Two-Spirit peoples and First Nations, Métis, and Inuit community members who are at risk of or living with HIV, hepatitis C, and related co-infections.
- Run by and for trans people, [Trans Lifeline](#) provides trans peer support for our community that's been divested from police since day one.

- [Fem'aide](#) is a provincial helpline for francophone women in Ontario dealing with violence.
- [Aide aux Trans du Québec](#) supports trans, non-binary and questioning people.
- [Mental Health Crisis Line](#) is a 24/7 helpline to assist people experiencing a mental health challenges or crisis.
- There are resources available in each province to help you find the support that best fits your needs. For example, in Ontario, you can use [Mulberry Finder](#).
- [National Action Plan to End Gender-Based Violence](#), Government of Canada
- [Donate to Women in Canada](#), Canada Helps
- The [Canadian Women's Foundation](#) strives to prevent violence against women, lift low-income women out of poverty, and empower girls.
- Managed and made by women with disabilities, [DisAbled Women's Network Canada \(DAWN Canada\)](#) aims to empower and stop stereotypes that disempower women with disabilities.
- The [Feminist Alliance for International Action \(FAFIA\)](#) is a coalition of over 75 Canadian women's equality-seeking and allied organisations promoting women's equality in Canada through domestic implementation of international human rights commitments.
- [Native Women's Association of Canada](#) is a national Indigenous organization representing political voices of Indigenous women, girls, and gender diverse people in Canada.
- [Women's Shelters Canada](#) is a national, collaborative network of provincial and territorial shelter associations that aims to provide a strong, unified, pan-Canadian voice on the issue of violence against women.

Gender-based violence affects women, girls, non-binary, Two-Spirit, and trans individuals across the world, in every community. Despite its alarming prevalence, gender-based violence is preventable. Raising awareness and fostering meaningful action are crucial steps in combating this issue. To highlight this global crisis and inspire action, November 25 has been designated by the United Nations as the International Day for the Elimination of Violence Against Women.

Learn more about the International Day for the Elimination of Violence against Women from the [United Nations](#).

The first step to ending this violence is to believe survivors' stories and implement comprehensive policies. These policies should also address the broader societal structures that enable violence, ensuring that responses are both inclusive and intersectional. These efforts should address the root causes, including harmful gender norms, inequality, transphobia, and sexual and gender-based violence, while also empowering women, girls, and gender-diverse individuals.

This educational guide aims to inform readers about the various forms of gender-based violence that exist worldwide, helping to foster understanding and encourage meaningful discussions in the workplace and beyond. It provides essential tools and practical guidance to approach these conversations with sensitivity and care. With a survivor-centred approach, we aim to equip you with the knowledge and resources needed to support survivors and contribute to ending gender-based violence.



CCDI WEBINARS

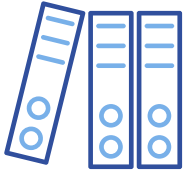
The following webinars were delivered previously, and recorded versions can be accessed via CCDI's Knowledge Repository. If your organization is a [CCDI Employer Partner](#), you and your colleagues can visit the [Knowledge Repository portal](#) to register for access (using a work email address) and login credentials will be sent via e-mail (check Inbox and Junk Mail folder just in case).

Log into Knowledge Repository and click on the links below to view each webinar:

Bilingual

- [Webinaire du CCDI : Équité entre les genres : la Journée internationale des femmes et au-delà / CCDI Webinar: Gender equity: International Women's Day and beyond \(2024\)](#)

Please view a [schedule and descriptions of our upcoming webinars](#) to be delivered live (recorded versions will be accessible via CCDI's Knowledge Repository shortly thereafter). If your organization is a CCDI Employer Partner, you and your colleagues can register and attend for free. If your organization is not currently a CCDI Employer Partner and you are interested in joining, you can [learn more about partnership and submit an inquiry here](#).



ARTICLES, REPORTS, AND TOOLS

Starting the conversation

Violence against women

Bilingual

- [Violence against women](#) / [Violence à l'encontre des femmes](#), World Health Organization
- [Violence against women](#) / [Violences faites aux femmes](#), The Organisation for Economic Co-operation and Development (OECD)
- [Ending violence against women and girls \(PDF\)](#) / [Mettre fin à la violence envers les femmes et les filles \(PDF\)](#), UN Women
- [Ending violence against women: From words to action \(PDF\)](#) / [Mettre fin à la violence à l'égard des femmes: Des paroles aux actes \(PDF\)](#), UN Women
- [Facts and figures: Ending violence against women](#) / [Quelques faits et chiffres : la violence à l'égard des femmes et des filles](#), UN Women

English

- [Violence against women is a shadow pandemic – we must take action to stop it](#), World Economic Forum

French

- [Violence à l'égard des femmes](#), Fédération des Maisons d'Hébergement pour Femmes

Gender-based violence (GBV)

Bilingual

- [Facts, stats and WAGE's impact: Gender-based violence / Faits, statistiques et incidence de FEGC : Violence fondée sur le sexe](#), Government of Canada
- [What is gender-based violence? / Qu'est-ce que la violence fondée sur le sexe?](#), Government of Canada
- [Gender-based violence guiding principles and commitments / Violence fondée sur le sexe : principes directeurs et engagements](#), Government of Canada
- [What is Gender-based violence? / Qu'est-ce que la violence fondée sur le genre](#), Council of Europe
- [The Facts about Gender-Based Violence / La violence fondée sur le genre: les faits](#), Canadian Women's Foundation
- [The importance of intersectional responses to gender-based violence / L'importance d'une approche intersectionnelle en matière de violence fondée sur le genre](#), Courage to Act
- [The Policing of Black and Indigenous Women in Canada / Les interventions policières excessives auprès des femmes noires et autochtones au Canada](#), Community Foundations of Canada

English

- [Gender-based violence](#), Institute for Gender and the Economy
- [The value of intersectionality in understanding violence against women and girls \(PDF\)](#), UN Women

French

- [Violence sexuelle](#), Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke
- [Définition des formes d'agression sexuelle](#), Gouvernement du Québec

Consent is important

Bilingual

- [Sexual violence and consent / La violence et le consentement](#), Government of Canada
- [Five things you need to know about consent / Cinq choses à savoir sur le consentement](#), United Nations Population Fund
- [Only 1 in 3 Canadians Know What Sexual Consent Means / 1 seul canadien sur 3 sait ce qu'est le consentement sexuel](#), Canadian Women's Foundation

English

- [Defining sexual consent is crucial](#), The Guardian
- [Consent is Key: A Module on Violence Against on Women](#), Amnesty International

French

- [Le consentement](#), Info-aide violence sexuelle
- [Qu'est-ce que le consentement ?](#), Mon parcours handicap

Recognize these forms of violence and their impacts against women, girls, non-binary, Two-Spirit, and trans individuals today

Child marriage

Bilingual

- [Child Marriage / Mariage d'enfants](#), Plan International Canada
- [Child marriage / Le mariage d'enfants](#), UNICEF
- [Gender-based violence and child marriage / Mariage des enfants et violences basées sur le genre](#), Girls Not Brides
- [Why is child marriage a form of violence against women and girls? / Pourquoi le mariage des enfants est-il une forme de violence à l'égard des femmes et des filles?](#), Girls Not Brides

English

- [The health consequences of child marriage: a systematic review of the evidence](#), BMC Public Health
- [Child Marriage: The Devastating End of Childhood](#), Save the Children

French

- [Les causes et conséquences des mariages précoces](#), World Vision France
- [Comment le mariage précoce impacte négativement la santé des mères lors de grossesses d'adolescentes à travers le monde](#), Humanium

Domestic violence

Bilingual

- [Domestic violence and the workplace: A bargaining guide / La violence conjugale dans le milieu de travail : Un guide pour la négociation](#), Canadian Union of Public Employees
- [Can Work Be Safe, When Home Isn't? Initial Findings of a Pan-Canadian Survey on Domestic Violence and the Workplace \(PDF\) / Peut-on être en sécurité au travail quand on ne l'est pas à la maison? Premières conclusions d'une enquête pancanadienne sur la violence conjugale et le milieu de travail \(PDF\)](#), Canadian Labour Congress
- [Stop Family Violence / Arrêtons la violence familiale](#), Government of Canada

- [Domestic violence in the workplace – for departments and separate agencies / Violence familiale en milieu de travail – pour les ministères et les organismes distincts](#), Government of Canada
- [Find family violence resources and services in your area / Trouver des services et des ressources de la violence familiale dans votre région](#), Government of Canada

English

- [Quick Guide for Employees: Domestic Violence and the Workplace \(PDF\)](#), WOMENACT
- [Warning Signs for Domestic Violence in the Workplace](#), Westerns University
- [Family Violence and the Workplace \(PDF\)](#), Government of Alberta
- [Examining Domestic Violence Around the World: The Cost of Doing Nothing](#), United Nations
- [Relationships, Safety, and Violence \(PDF\)](#), The Office on Women's Health

French

- [Guide de bonnes pratiques en milieu de travail : soutenir les employées victimes de violence conjugale \(PDF\)](#), Milieu de travail allés contre la violence conjugale
- [Mieux comprendre la violence conjugale](#), Regroupement des maisons pour femmes victimes de violence conjugale
- [Guide d'intervention et des ressources en violence conjugale et familiale \(PDF\)](#), Gouvernement du Quebec

Female genital mutilation

Bilingual

- [FGM in Canada / La MGF au Canada](#), Ontario Human Rights Commission
- [The Truth About the Secretive Practice of 'FGM' in Canada / Les MGF au Canada : comment mettre fin à cette forme cachée de violence envers les femmes](#), Global Citizen
- [Female genital mutilation / Mutilations sexuelles féminines](#), UNICEF Canada
- [Measures against female genital mutilation / Mesures contre les mutilations génitales féminines](#), Federal Office of Public Health

English

- [Female genital mutilation in Canada and the limits to criminalization](#), Canadian Dimension
- [Female Genital Mutilation/Cutting \(FGM/C\)](#), CDC
- [Female Genital Mutilation: Procedure and Guidance](#), Burkinhamshire Safeguarding Children Partnership

French

- [Les mutilations génitales et ses risques pour la santé](#), DW
- [Journée mondiale de lutte contre les mutilations génitales féminines](#), RFI

Femicide

Bilingual

- [#CallItFemicide: Understanding sex/gender-related killings of women and girls in Canada \(PDF\) / #Cestunfémicide : Comprendre les meurtres de femmes et de filles liés au sexe et au genre au Canada \(PDF\)](#), Canadian Femicide Observatory for Justice and Accountability
- [Remembering Women and Girls Killed by Violence / Se souvenir des femmes et des filles tuées par la violence](#), Canadian Femicide Observatory for Justice and Accountability

English

- [2021 Global 16 Days Campaign Advocacy Guide: End Femicide Now \(PDF\)](#), Centre for Women's Global Leadership
- [Gender-related killings of women and girls \(femicide/feminicide\) \(PDF\)](#), UN Women
- [Femicide](#), European Institute for Gender Equality
- [We Count Femicide Because...](#), Ontario Association of Interval and Transition Houses

French

- [Homicide conjugal](#), Gouvernement du Québec
- [En ce temps des fêtes, « se souvenir des femmes qui ne sont plus là »](#), Radio-Canada
- [Feminicide \(PDF\)](#), Citoyennes engagées

Human trafficking

Bilingual

- [Trafficking of Indigenous Women and Girls in Canada \(PDF\)](#) / [La traite des femmes et des filles autochtones au Canada \(PDF\)](#), Native Women's Association of Canada
- [Trafficking in persons in Canada, 2021](#) / [La traite des personnes au Canada, 2021](#), Government of Canada

English

- [The nexus between gender-based violence and human trafficking \(PDF\)](#), Coalition to End Violence Against Women and Girls Globally
- [Human Trafficking and Gender: Differences, Similarities and Trends](#), The Counter Trafficking Data Collaborative

French

- [L'application d'approches sensibles au genre dans le cadre de la lutte contre la traite des êtres humains](#) (PDF), Organisation pour la sécurité et la coopération en Europe
- [Femmes et enfants victimes de la traite ou du trafic sexuel](#), Mouvement contre le viol et l'incest

Intimate partner violence

Bilingual

- [Fact sheet: Intimate partner violence/ Fiche d'information : Violence entre partenaires intimes](#), Government of Canada
- [Intimate partner violence in Canada, 2018: An overview/Violence entre partenaires intimes au Canada, 2018 : un aperçu](#), Statistics Canada

English

- [Recognizing and Responding to Intimate Partner Violence: An Update](#), Canadian Psychiatric Association
- [Failure to protect: the criminalization of survivors of intimate-partner violence](#), Policy Options

French

- [Violence entre partenaires intimes : les femmes en sont les principales victimes et subissent les actes et les conséquences les plus graves](#), Institut de la statistique du Québec
- [Savoir détecter l'exposition des enfants à la violence entre partenaires intimes, qu'elle soit présumée ou divulguée, et savoir intervenir](#), Société canadienne de pédiatrie

Missing and murdered Indigenous Women and Girls

Bilingual

- [Missing and murdered Indigenous women, girls and 2SLGBTQI+ people / Femmes, filles et personnes 2ELGBTQI+ autochtones disparues et assassinées](#), Government of Canada
- [Murdered and Missing Indigenous Women and Girls / Femmes et Filles Assassinées et Disparues](#), Canadian Femicide Observatory for Justice and Accountability
- [Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls / Réclamer notre pouvoir et notre place : le rapport final de l'Enquête nationale sur les femmes et les filles autochtones disparues et assassinées](#), National Inquiry into Missing and Murdered Indigenous Women and Girls

Online or digital violence

Bilingual

- [The Facts about Gendered Digital Hate, Harassment, and Violence / Les faits sur la haine, le harcèlement et la violence en ligne fondés sur le genre](#), Canadian Women's Foundation
- [No space for violence against women and girls in the digital world / Pas de place pour la violence à l'égard des femmes et des filles dans le monde numérique](#), Council of Europe
- [Infographic: Online violence / Document infographique : Violence en ligne](#), Government of Canada
- [A quick guide on sexual image based abuse / Guide éclair sur la violence sexuelle liée à des images intimes](#), YWCA Canada

English

- [Digital violence against women: what needs to be done now](#), Heinrich Böll Stiftung Brussels
- [Online violence: real life impacts on women and girls in humanitarian settings](#), International Committee of the Red Cross
- [Tech-facilitated gender-based violence is an international, human rights concern, finds new research](#), Centre for International Governance Innovation

French

- [Les femmes issues de groupes marginalisés, LGBTQ2S+ et Autochtones qui sont plus touchées par la violence en ligne](#), Cyberintimidation.info

Reproductive violence

Bilingual

- [Ending gender-based violence in a world of 8 billion: How a new term, reproductive violence, helps confront an old problem / Éliminer la violence basée sur le genre dans un monde à 8 milliards d'individus : comment le nouveau terme de « violence reproductive » aide à lutter contre un problème séculaire](#), United Nations Population Fund
- [Investigating reproductive coercion and violence towards women with disabilities / Enquête sur la coercition et la violence à l'égard des femmes en situation de handicap en matière de procréation](#), Social Sciences and Humanities Research Council

English

- [Reproductive abuse](#), 1800Respect
- [Reproductive Coercion: What it is, and How to Stop it](#), Canadian Women's Foundation

French

- [La coercition reproductive en contexte conjugal](#), Institut national de santé publique du Québec
- [La coercition reproductive: une forme de violence à connaître et reconnaître](#), Observatoire des réalités familiales du Québec

Sexual assault and harassment

Bilingual

- [The Facts About Sexual Assault and Harassment / Agression sexuelle et harcèlement : les faits](#), Canadian Women's Foundation
- [What is sexual violence? / Qu'est-ce que la violence sexuelle?](#), Marie-Vincent Foundation

English

- [How women are penalized at work for reporting sexual harassment](#), Gender and the Economy
- [Stop the victim-blaming](#), Canadian Women's Foundation
- [Street Harassment Isn't a Compliment](#), Canadian Women's Foundation
- [Victim Blaming](#), Sexual Assault Centre of Edmonton

French

- [Le harcèlement sexuel dans le cadre du travail](#), Institut national de santé publique du Québec
- [Harcèlement sexuel](#), République française

Taking action in the workplace

Prevention

Bilingual

- [Requirements for employers to prevent harassment and violence in federally regulated workplaces / Obligations des employeurs pour prévenir le harcèlement et la violence en milieu de travail sous réglementation fédérale](#), Government of Canada
- [Women and the workplace: How employers can advance equality and diversity \(PDF\) / Les femmes et le milieu de travail Comment les employeurs peuvent faire progresser l'égalité et la diversité \(PDF\)](#), Government of Canada

English

- [Anti-sexual harassment training: does it work?](#), Gender and the Economy
- [Guarding against workplace sexual harassment](#), Gender and the Economy
- [Guide to Gender Diversity in Employment \(PDF\)](#), Atlantic Ministers Responsible for the Status of Women
- [Your Role in Preventing Sexual Assault](#), RAINN

French

- [Prévention de l'agression sexuelle](#), Centre d'expertise et de référence en santé publique
- [Prévention](#), Viol-secours

Support

Bilingual

- [What is Gender-based Analysis Plus? / Qu'est-ce que l'Analyse comparative entre les sexes plus?](#), Government of Canada
- [How to support someone facing abuse: a survivor's story / Comment soutenir une personne confrontée à de la violence : histoire d'une survivante](#), Canadian Women's Foundation
- [How to support women of colour in your workplace / Comment soutenir les femmes racisées sur votre lieu de travail](#), Randstad
- [Signal for Help / Appel à la aide](#), Canadian Women's Foundation

English

- [A Guide to Better Understanding and Supporting Domestic Violence Survivors in our Workplace: When 'Safer-at-Home' is Not Actually Safe \(PDF\)](#), Institute for Women's Leadership Marquette University
- [How to communicate with an employee at risk](#), Western University



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

Bilingual

- The second sex / Le Deuxième Sexe (Simone de Beauvoir)
- Declaration of the Rights of Woman and of the Female Citizen / Déclaration des droits de la femme et de la citoyenne (Olympe de Gouges)
- Restless River / Rivière sans repos (Gabrielle Roy)

English

- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Bessel van der Kolk M.D.)
- Our Bodies, Their Battlefield: War Through the Lives of Women (Christina Lamb)
- Letters for my sisters: transitional wisdom in retrospect (Andrea James and Deanne Thornton)
- A Walk Across the Sun (Corban Addison)
- Breathing Underwater (Alex Flinn)
- Trauma, Stress, and Resilience Among Sexual Minority Women: Rising Like the Phoenix (Kimberly Balsam)
- Combating Violence Against Women: A Reality in the Making (Smita Nayak)
- I Am Still Alive: Journey of Acid Attack Victims (Aman Kapur)
- Mayada: Daughter of Iraq (Jean Sasson)
- Nobody's Victim: Fighting Psychos, Stalkers, Pervs, and Trolls (Carrie Goldberg)
- Resilience is Futile (Julie LaLonde)
- Speak (Laurie Halse Anderson)
- The Colour Purple (Alice Walker)

French

- La Mémoire de l'air (Caroline Lamarche)
- La Robe blanche (Nathalie Léger)
- Le Consentement (Vanessa Springora)
- Le jour où j'ai dit non (Samia Jaber)
- Tropique de la violence (Nathacha Appanah)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

Some items on this list contain challenging themes including violence, suicide, and self-harm. Please use your own discretion when selecting from this list.

Bilingual

- [Restless River / Rivière sans repos](#) (Apple TV)

English

- [Namrata](#) (National Film Board Collection)
- [The Girls of Meru](#) (National Film Board Collection)
- [16 Days 16 Films](#)
- [American Murder: The Family Next Door](#) (Netflix)
- [Bombshell](#) (Netflix)
- [I May Destroy You](#) (HBO)
- [Lost Girls](#) (Netflix)
- [The Body Remembers When the World Broke Open](#) (Crave, Amazon Prime Video, YouTube)

French

- [La femme cachée](#) (CINEPLEX)
- [À la recherche de Dawn](#) (National Film Board Collection)

English

- [Missing & Murdered Indigenous Women & Girls, a Canadian Responsibility](#) (Sophie Kiwala)
- [The Unsaid Reality of Sexual Violence](#) (Carlotta Menozzi)
- [Violence against women and girls: let's reframe this pandemic](#) (Alice Han)
- [How online abuse of women has spiraled out of control](#) (Ashley Judd)
- [Why domestic violence victims don't leave](#) (Leslie Morgan Steiner)
- [Why women stay silent after sexual assault](#) (Inés Hercovich)

French

- [Arrêter l'hémorragie des violences faites aux femmes?](#) (Fatou Baldet Yansane)
- [Violences sexistes et sexuelles en politique](#) (Fiona Texeire)
- [Privilèges et violences masculines : aux hommes de changer](#) (Didiel Charuel)
- [Le corps des femmes est un objet politique](#) (Maïmouna Coulibaly)



PODCASTS

English

- [Crimes Against Women](#)
- [Alright, Now What?](#)
- [I'm a Survivor](#)
- [Missing & Murdered: Finding Cleo](#)
- [Spotlight: Justice for Women](#)

French

- [Amour sous tension](#)
- [Maman, arrête de mourir : survivre aux féminicides](#)
- [Les immigrantes et la violence conjugale](#)
- [Belado FemAnVi](#)



INSTAGRAM ACCOUNTS

CCDI is not responsible for the content posted by any of these accounts.

English

- [@untrustfundevaw](#)
- [@womenagainstabuse](#)
- [@evawuk](#)

French

- [@cfvfemmes](#)
- [@noustoutesorg](#)
- [@sosviolenceconjugale](#)

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