



National Day of Remembrance and Action on Violence Against Women – **Hints and Tips for Stewards**

December 6

What do you need to do to prepare for the National Day of Remembrance and Action on Violence against Women in Canada?

BCNU supports the National Day of Remembrance and encourages you to engage with members in outreach activities at your worksites. Talk to members and raise awareness about violence against women and what members can do to help stop it. Familiarize yourself with the resources that have been provided to support the activities you plan for December 6. We want you to create opportunities for members and stewards to talk about:

- > What the day represents
- > Actions that can be taken
- > What members can do to help

What resources have been provided?

1. A power point presentation with speaker notes and links to resources; available on the BCNU website <https://www.bcnu.org/a-safe-workplace/health-and-safety/occupational-health-and-safety-outreach>
2. Posters, available from the BCNU Printshop

Ideas for Activities

Whether you decide to use the questions on a walkabout or you host a lunch and learn, the main idea is to engage with members and talk about what they can do to stop violence against women. Some suggestions for activities include:

- > Lunch and learn – use the power point and speaker notes to host a presentation
- > Afternoon tea – engage in a group discussion on the issue of violence against women
- > Walkabouts or an information booth – discuss the questions provided in the backgrounder
- > Invite a special guest speaker who can share a story or provide information and resources about stopping violence against women
- > Organize a vigil or organize for a group to attend a local vigil
- > Organize a coat or shoe drive and donate items to a local women's charity/shelter
- > Organize outreach to women's shelters
- > Raffle a Poinsettia (by donation) to raise funds for a local women's charity/shelter
- > Organize a White Ribbon Campaign; collaborate with the Men in Nursing Network

When you decide on what activity you will do at your worksites, make sure to set it up to allow for discussion of the questions.





Backgrounder

On December 6, 1989, a lone gunman entered École Polytechnique de Montreal and shot and killed 14 women because they were female. Canadians reacted with grief and outrage. In 1991, to mark the anniversary of the murders, the Parliament of Canada established December 6 as the National Day of Remembrance and Action on Violence Against Women. The National Day of Remembrance sends a strong message that violence against women won't be tolerated.

Here are some suggested questions to start a conversation with members:

1. Do you remember the Polytechnique massacre?

If YES: What kind of impact did this have on your life? What do you remember about the day?

If NO: Provide backgrounder information above.

2. What can you do to help end violence against women?

- > Familiarize yourself with organizations in your community that help women address violence.
- > Campaign to address the violence facing Aboriginal Women in BC. For more information and resources go to: <https://www.nwac.ca/>
- > Take steps to empower women and strengthen your community by getting involved! Volunteer at a local domestic violence shelter or other agencies and organizations that help victims of abuse and survivors or works to prevent violence. Participate in a campaign or vigil:
 - > YWCA Rose Campaign <http://ywcacanada.ca/en/pages/rose/about>
 - > We Can End All Violence Against Women www.wecanbc.ca
 - > Ending Violence Association of BC <https://endingviolence.org/>
- > Lead by example. Be a role model for your daughters and sons. Speak up against messages that say violence or mistreating women is okay. For more information and resources go to: <http://www.WhiteRibbon.ca>
- > Make a donation to community organizations that help prevent violence or support victims of violence and abuse. Donate money, clothes and toiletries or donate the gift of your time.
- > Support a friend or a family member who may be in an abusive relationship. Learn more about how to help.
- > For more information on what you can do visit www.domesticviolencebc.ca
- > Be informed about your workplace policy on domestic violence. If you are concerned about your safety or the safety of a colleague at work, tell your supervisor or manager. There are things that can be done to keep you safe while at work. There are resources available such as: <https://www.worksafebc.com/en/health-safety/hazards-exposures/violence/domestic-violence>

3. What does wearing a White Ribbon represent?

After the [École Polytechnique massacre](#) on December 6, 1989, a movement formed in Canada to involve men in opposing violence against women and to show their support by wearing the white ribbon. Because of the efforts of political activists, the White Ribbon campaign has become world recognized.

For more information:

- > Status of Women – Federal Government – <https://women-gender-equality.canada.ca/en.html>
- > Battered Women's Support Services – www.bwss.org
- > Call the Free Confidential Domestic Violence Hotline – connect women to resources, transitional housing, victim services and counselling. **1-800-563-0808**

