



MYANMAR 2023

16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE

16 Days of Activism against Gender-Based Violence is a campaign to prevent and end violence against women and girls, which is the most pervasive human rights violation worldwide.

The campaign takes place every year. It starts on **25 November**, which is the International Day for the Elimination of Violence Against Women, and ends on Human Rights Day, on **10 December**.

In 2023, the campaign theme is: **UNiTE!-Invest to Prevent Violence Against Women and Girls**.

The **Myanmar United Nations Country Team Gender Theme Group** has developed this series of social media posts to help you advocate for ending and preventing gender-based violence in Myanmar during the 16 Days campaign. Feel free to use these messages as they are, or to adapt them to suit your specific audience, activities and priorities.

For visual assets and links to relevant editorial content and knowledge products to go with your posts, visit the [2023 Myanmar 16 Days of Activism Trello Board](#). And for more tips and resources, see the [2023 Myanmar Partner Toolkit for the 16 Days of Activism Against Gender-Based Violence](#).

HASHTAGS

The main campaign hashtags are:

- **#NoExcuse (English)**
- **#မည်သည့်အကြောင်းပြချက်မှမရှိ (Myanmar)**
- **#16Days (English)**
- **#၁၆ရက်တာလှုပ်ရှားမှု (Myanmar)**

When you have space, you can also add:

- **#OrangeTheWorld (English)**
- **#လိမ္မော်ရောင်လွှမ်းသောကမ္ဘာဆီသို့ (Myanmar)**



SOCIAL MEDIA POSTS

Most of the messages are under 280 characters, so appropriate for X (formerly twitter). Where indicated, we've included some longer messages you can use on Facebook, Instagram and LinkedIn.

Announcing the campaign and general messages		
	Message	Good time to post
1	<p>What is #16Days of Activism?</p> <p>It is a campaign to prevent and end violence against women and girls – the most pervasive human rights violation worldwide.</p> <p>There is #NoExcuse – let's end violence now!</p> <p>https://bit.ly/InvestInEVAW</p>	Anytime from 19 November
2	<p>NOT. EVEN. ONCE.</p> <p>There is #NoExcuse for gender-based violence.</p> <p>Learn more about this year's #16Days campaign: https://bit.ly/InvestInEVAW</p>	Anytime from 19 November
3	<p>This #16Days of Activism, we invite everyone to share our message:</p> <p>There is #NoExcuse for gender-based violence.</p> <p>ADD A LINK</p> <p>#16Days</p>	Anytime from 19 November
4	<p>Gender-based violence is everybody's business.</p> <p>We must act when we witness it! #NoExcuse</p> <p>Learn more about the signs of relationship abuse and how to help: https://bit.ly/FAQsSignsOfAbuse</p> <p>#16Days</p>	Anytime from 25 November
5	<p>There is #NoExcuse for violence – not at home, not in the workplace, not in public, not online. Nowhere.</p> <p>ADD A LINK</p> <p>#16Days</p>	Anytime from 25 November
6	<p>On the International Day of Persons with Disabilities we are calling for a world free from violence and discrimination for all women & girls with disabilities.</p>	3 December, International Day of People with Disabilities



	RT if you're with us! #16Days #IDPD #NoExcuse	
7	Women's rights are human rights. There is #NoExcuse for gender-based violence. Learn more: ADD A LINK #16Days	10 December, Human Rights Day
8	LONGER MESSAGE Violence against women & girls is the most pervasive human rights violation worldwide. Nearly 1 in 3 women and girls globally have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both at least once in their life. Get the facts: https://bit.ly/EVAWGfactsandfigures #NoExcuse	Anytime from 25 November




The importance of women's rights organizations for ending gender-based violence

	Message	Good time to post
9	During #16Days and beyond, we recognize the vital role of women's organizations in Myanmar in: <ul style="list-style-type: none"> • Providing social and gender-based violence services • Bolstering women's empowerment • Reaching those at risk of being left behind #NoExcuse	Anytime from 25 November
10	Women's rights organizations in Myanmar need greater support to continue their critical role in preventing and eliminating violence against women and girls. There is #NoExcuse for lack of support. #16Days	Anytime from 25 November
11	Investment in Myanmar women's rights organizations is more important than ever for: <ul style="list-style-type: none"> ✓ Gender equality ✓ Poverty reduction ✓ Effective humanitarian response 	Anytime from 25 November



	#NoExcuse #16Days	
12	<p>LONGER MESSAGE</p> <p>This #16Days of Activism, we:</p> <ul style="list-style-type: none"> 📣 Say there is #NoExcuse for gender-based violence. 📣 Call for support and investment in women’s rights organizations. 📣 Challenge gender stereotypes that contribute to a culture of violence against women & girls, online and offline. <p>Are you with us?</p>	Anytime from 25 November
13	<p>Violence against women CAN and MUST be prevented through:</p> <ul style="list-style-type: none"> ✓ Investment in women’s organizations ✓ Prosecution of perpetrators ✓ Services for survivors ✓ Promoting gender equality ✓ Legislation <p>#16Days #NoExcuse</p>	Anytime from 25 November
The need for investment to prevent & end gender-based violence		
	Message	Good time to post
14	<p>Fact:</p> <p>Less than 0.02% of global government aid goes to the prevention of gender-based violence.</p> <p>More sustainable investment is needed to prevent violence against women and girls.</p> <p>There is #NoExcuse.</p> <p>#16Days</p>	Anytime from 25 November
15	<p>Sustained investment in Myanmar is more important than ever to fulfill the promise of a life free from violence for women & girls.</p> <p>It’s time to invest and give #NoExcuse for violence against women and girls.</p> <p>#16Days</p>	Anytime from 25 November



Data on Gender Based Violence		
	Message	Good time to post
16	<p>One in five married women in Myanmar have experienced violence by their intimate partners.</p> <p>There is #NoExcuse for gender-based violence.</p> <p>This #16Days, let's end it.</p>	Anytime from 25 November
17	<p>There is #NoExcuse for violence.</p> <p>Yet, 1 in 3 women experience violence throughout their lifetime.</p> <p>Violence against women and girls is the most pervasive human rights violation worldwide.</p> <p>ADD A LINK</p> <p>#16Days</p>	Anytime from 25 November
18	<p>In conflict settings, intimate partner violence is 2.4 times higher compared to non-conflict settings.</p> <p>Conflict and crisis put women and girls at greater risk.</p> <p>This #16Days, let's put an end to gender-based violence.</p> <p>#NoExcuse</p>	Anytime from 25 November
19	<p>Women with disabilities are at least 2 to 3 times more likely than other women to experience violence.</p> <p>The risk is even higher during conflicts & crises.</p> <p>https://bit.ly/EVAWGfactsandfigures</p> <p>#NoExcuse #16Days #IDPD2023</p>	3 December, International Day of People with Disabilities
20	<p>Conflict puts women & girls at greater risk of violence.</p> <p>This #16Days we call for more investment to end gender-based violence in crises and conflicts!</p> <p>There is #NoExcuse.</p>	Anytime from 25 November
21	<p>LONGER MESSAGE</p> <ul style="list-style-type: none">  Economic crises  Armed Conflicts  Climate change 	Anytime from 25 November



	<p>Violence against women and girls is exacerbated by ongoing and economic crisis, armed conflict, and natural disasters.</p> <p>Investing in sustainable livelihoods and social protection is key to building a safe future for all.</p> <p>#NoExcuse</p>	
22	<p>LONGER MESSAGE</p> <p>Conflict and crises put women and girls at greater risk of sexual violence.</p> <p>Yet, aid for conflict-affected countries and women and girls in crisis settings continues to decline.</p> <p>This #16Days we call for more investment to end gender-based violence in crises and conflicts!</p> <p>There is #NoExcuse.</p> <p>ADD A LINK</p>	Anytime from 25 November

ABOUT THE MYANMAR UNITED NATIONS COUNTRY TEAM GENDER THEME GROUP

This guide was produced by the Myanmar United Nations Country Team Gender Theme Group (UNCT GTG).

The Myanmar UNCT GTG is co-chaired by the UNFPA and UN Women Myanmar .

It is an inter-agency coordination group that helps strengthen gender mainstreaming and empowerment of women into the UN response in Myanmar.

The UN GTG provides inter-agency coordination and accountability for gender mainstreaming into UN response advancing the Sustainable Development Goals agenda.



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