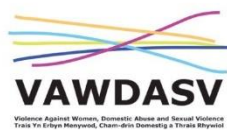


# Gwent White Ribbon Day 2020

#149Challenge





## **Get involved with the #149Challenge!**

This year, White Ribbon Day takes place on Wednesday 25 November and we need your help.

White Ribbon Day is an annual event that marks the United Nation's International Day for the Elimination of Violence Against Women and aims to raise awareness and work towards ending male violence towards women.

Incidents of domestic abuse affect thousands of women and their families and, in many cases, this has been exasperated this year due to lockdown restrictions. It is now more important than ever to raise awareness of violence against women by showing support on White Ribbon Day.

### **What is the #149Challenge?**

In 2018, 149\* women were killed by men in the UK. More than half were killed by a former spouse or partner, and almost all of them were committed by a man known to the victim.

We are running a community challenge and are encouraging people to raise awareness among friends, colleagues and families. People, schools, organisations, sports teams and community groups across Gwent are being encouraged to complete a challenge this November that focuses on the number 149. This could be seconds, minutes or whatever you like. Once you complete the challenge, highlight it on your social media accounts and use @GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse.

The challenge could take place on 25 November or anytime during the 16 days of action which ends on 10 December.

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\* Femicide Census report states that 149 women were killed by men in the UK in 2018. To read the report and find out more: <https://femicidescensus.org/reports/>

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Your #149Challenge could be something you do alone, with a few people from your household, or as part of a group relay (**in-line with any social distancing rules at the time**). For example, you could:

- Walk or run for 149 minutes
- Walk up the stairs 149 times.
- Cycle 149 kilometres, solo or in a relay with friends.
- Turn the daily mile at your school into a #149Challenge.
- Get a sweat on with circuits comprising of 149 seconds of each exercise, eg star jumps, burpees, planks...
- 149 minutes doing something you love or even hate, be it playing a musical instrument (fun!) or doing household chores (not so fun!).
- How about a virtual relay? Get your family or community group involved. Have fun doing your chosen task, film yourself completing the challenge and virtually 'pass the baton' to someone else via social media.
- If sport's not your thing, why not use your imagination? You could bake 149 cakes between your group or organisation, try and stay silent for 149 minutes (great idea for the kids!), or write a poem 149 words in length.

Whatever you do, make it challenging to you. Completed your #149Challenge? Then show your support on social media. You can even let your fingers do the talking:



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**Can't think of a #149Challenge for you?**

That's fine, you could also get creative and design your own White Ribbon for your window and your social media channels! You could print out the template that is with this pack or make your own in school or at home by following the picture instructions below. Feel free to put your own messages about White Ribbon Day in the background or just doodle to make the white ribbon stand out. Take a photo for social media, or put them in your window to show your support.





## Social media

Too physically or mentally tired from your #149Challenge? Here are a selection of tweets in English and Welsh that you could post on your channels about your challenge if you're short of inspiration. You don't have to use these, but please use @GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse when posting pictures, videos and messages.

<p>I've signed up to the #149Challenge.</p> <p><a href="https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/">https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/</a></p> <p>I pledge my support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse</p>	<p>Rwyf i wedi cofrestru ar gyfer #Her149.</p> <p><a href="https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/">https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/</a></p> <p>Rwyf i'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #DiwrnodYRhubanGwyn #DimEsgusDrosGamdrin</p>
<p>I've completed the #149Challenge.</p> <p><a href="https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/">https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/</a></p> <p>I pledge my support to end male violence against women.</p>	<p>Rwyf i wedi cwblhau #Her149.</p> <p><a href="https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/">https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/</a></p> <p>Rwyf i'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p>

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<p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse</p>	<p>@GwentVAWDASV @GwentPCC @GwentPolice #DiwrnodYRhubanGwyn #DimEsgusDrosGamdrin</p>
<p>We have completed the #149Challenge.</p> <p><a href="https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/">https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/</a></p> <p>We pledge support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse</p>	<p>Rydym ni wedi cwblhau #Her149.</p> <p><a href="https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/">https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/</a></p> <p>Rydym ni'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #DiwrnodYRhubanGwyn #DimEsgusDrosGamdrin</p>
<p><i>Insert Organisation</i> has completed the #149Challenge.</p> <p><a href="https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/">https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/</a></p> <p>We pledge support to end male violence against women</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse</p>	<p>Mae <i>Insert Organisation</i> wedi cwblhau #Her149.</p> <p><a href="https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/">https://www.gwent.pcc.police.uk/cy/amdanom-ni/partneriaethau/diwrnod-rhuban-gwyn-2020/</a></p> <p>Rydym ni'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #DiwrnodYRhubanGwyn #DimEsgusDrosGamdrin</p>



<p>I promise to never commit, excuse or remain silent about male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse</p>	<p>Rwy'n addo na fyddaf i byth yn cymryd rhan, esgusodi nac aros yn dawel am drais gan ddynion yn erbyn menywod</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #DiwrnodYRhubanGwyn #DimEsgusDrosGamdrin</p>
<p>There's no excuse for any abuse. Help is available. <a href="http://www.gwentsafeguarding.org.uk">www.gwentsafeguarding.org.uk</a></p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay #NoExcuseForAbuse</p>	<p>Nid oes unrhyw esgus dros unrhyw gamdrin. Mae help ar gael. <a href="http://www.gwentsafeguarding.org.uk">www.gwentsafeguarding.org.uk</a></p> <p>@GwentVAWDASV @GwentPCC @GwentPolice. #DiwrnodYRhubanGwyn #DimEsgusDrosGamdrin</p>

### Concerned about someone you know?

Abuse can come in many forms, including stalking and harassment, financial, physical, sexual and psychological. Please share the Live Fear Free 24/7 helpline on your channels and with anyone who may be affected by abuse. The helpline supports victims, survivors and those close to them. Helpline: 0808 8010 800 Text: 078600 77333.

Support is also available from the Connect Gwent victims' hub on 0300 1232133.



## **Show support with White Ribbon accreditation**

You could also show your continued support for the White Ribbon cause by becoming a White Ribbon accredited organisation. Visit [www.whiteribbon.org.uk](http://www.whiteribbon.org.uk) for more info.

## **Press release**

### **Residents urged to take on the Gwent White Ribbon Day #149Challenge**

This year, White Ribbon Day takes place on Wednesday 25 November and your help is needed.

White Ribbon Day is an annual event that marks the United Nation's International Day for the Elimination of Violence Against Women and aims to raise awareness and work towards ending male violence towards women.

In 2018, 149 women were killed by men in the UK. More than half were killed by a former spouse or partner, and almost all of them were committed by a man known to the victim.

Normally there is a community walk of one mile in Gwent to mark White Ribbon Day; however, due to Covid-19, this will not be possible this year. Instead, it is being replaced with the #149Challenge and is open to everyone.

The Police and Crime Commissioner for Gwent, Jeff Cuthbert, explained: "Covid-19 means the traditional walk to mark White Ribbon Day cannot take place; however, it is essential that we continue to do everything we can to raise awareness of abuse and the need for it to stop.

"Because of this, we are trying something new this year. We are encouraging people and organisations to take part in a #149Challenge and post their achievements online. People, schools, organisations, sports teams and community groups can set their own challenges focusing on the number 149. This could be seconds, minutes or





whatever you like. You could even bake 149 cakes, climb 149 stairs or write a 149-word poem. It's your challenge, you set it.

“The important part is that you share this message, support others to take a stand against violence against women, and encourage anyone experiencing abuse to speak out. Please don't suffer in silence, help is available.”

The #149Challenge is being organised by Gwent Regional VAWDASV Partnership Board, which is a multi-agency collaboration that works across Gwent to prevent violence against women, domestic abuse and sexual violence. It is being supported in the #149Challenge by the Office of the Police and Crime Commissioner for Gwent and Gwent Police.

The #149Challenge could be something you do alone, with a few people from your household, or as part of a group relay (**in-line with any social distancing rules at the time**). For example, you could:

- Walk or run for 149 minutes.
- Climb 149 stairs.
- Cycle 149 kilometres.
- Get a sweat on with circuits comprising of 149 seconds of each exercise, star jumps, burpees, planks – it's totally up to you!
- If sport's not your thing, why not use your imagination? You could bake 149 cakes between your group or organisation, try and stay silent for 149 minutes, or write a poem 149 words in length.

The challenge can either take place on 25 November or anytime during the 16 days of action which ends on 10 December.

Deputy Chief Constable Amanda Blakeman said:

“Tackling domestic abuse and protecting victims remains a priority for Gwent Police. It's important to remember that domestic abuse does not discriminate - anyone can be a victim regardless of age, gender, sexuality or social background.



“It is not always a crime that is clearly visible, it can be hidden, so we all need to really look out for and help those in need. No one should suffer in silence and I would urge anyone suffering or witnesses this form abuse to report it.

“I know it can be difficult to come forward and I want to reassure those who are suffering there is excellent support and advice available through our Connect Gwent victim’s hub, where we have specially trained support staff on hand to help.

“We also need to encourage people to speak out against these types of crimes and raise awareness of the terrible impact that they can have on people’s lives. Everyone can play a part in this.

“November 25th is our opportunity to shine a light on the impact domestic abuse and violence has on individuals, families and communities.”

An online support pack is available to download:

<https://www.gwent.pcc.police.uk/en/about-us/working-together/white-ribbon-day-2020/> and this includes ideas, art templates and suggested content for social media channels. Business and organisations can also show their continued support by becoming a White Ribbon accredited organisation. Visit [www.whiteribbon.org.uk](http://www.whiteribbon.org.uk) for more information.

Janice Dent, regional lead advisor for Gwent VAWDASV, said: “We hope that as many people as possible take part in this event to show their support and commitment to creating a world without violence towards women and girls.

“Sadly, too many people live in fear and suffer in silence. We know that victims find it hard to come forward, but it is vital that they do. I urge anyone who is experiencing abuse, or knows someone who is, to speak out.”

The Live Fear Free 24/7 helpline is available for anyone affected by abuse and supports victims, survivors and those close to them. Call 0808 8010 800 or text 07860 077333.



ENDS

Notes to editors:

The most recent Femicide Census report states that 149 women were killed by men in the UK in 2018. To read the report and find out more: <https://femicidescensus.org/reports/>