16 Days. 16 Talks.

Day 1 – Domestic abuse: understanding the reality
Why domestic violence victims don't leave
Leslie Morgan Steiner
A powerful survivor account challenging the question of why women stay in abusive relationships. Explores fear, manipulation and the complexity of leaving.
Content warning: Domestic abuse, threats and trauma.
Watch on YouTube

Day 2 – Coercive control
It's All Coercive Control
Dr Christine Cocchiola
A more recent talk about the ways coercive control operates, including gaslighting, victim-blaming and the impact on children.
Content warning: Domestic abuse and psychological manipulation.
Watch on YouTube

Day 3 – Sexual violence and rape culture
Your Vagina Is Not a Car
Clementine Ford
A challenging talk about rape culture, sexual entitlement, women's bodies and the attitudes that underpin sexual violence.
Content warning: Rape culture and sexual violence.
Watch on YouTube

Day 4 – Violence against women is everyone's issue
Violence Against Women – It's a Men's Issue
Jackson Katz
One of the most important talks for engaging men and boys. Challenges the idea that violence against women is solely a women's issue and explores male responsibility and bystander intervention.
Content warning: Violence against women and sexual assault.
Watch on YouTube

Day 5 – Everyday sexism and misogyny
Everyday Sexism
Laura Bates
A British perspective on the everyday experiences of sexism, harassment and gender inequality, and how seemingly small behaviours contribute to a wider culture.
Content warning: Sexism and sexual harassment.
Watch on YouTube

Day 6 – Forced marriage and honour-based abuse
Fighting Forced Marriages and Honour-Based Abuse
Jasvinder Sanghera
A British survivor and campaigner shares her experiences of escaping forced marriage and her work supporting others. Particularly relevant to safeguarding in the UK.
Content warning: Forced marriage, family abuse and honour-based violence.
Watch on YouTube

Day 7 – Female genital mutilation
Countering Myths About FGM/C
Dr Jasmine Abdulcadir
Explores female genital mutilation, the myths surrounding it, the impact on women's lives and the importance of informed, sensitive healthcare.
Content warning: FGM and its physical and psychological consequences.
Watch on YouTube

Day 8 – Human trafficking and sexual exploitation
Human Trafficking
Rachel Lloyd
Explores the trafficking and sexual exploitation of girls and young women, including vulnerability, grooming and the commercial sexual exploitation of children.
Content warning: Sexual exploitation and trafficking of children.
Watch on YouTube

Day 9 – Intersectionality and inequality
The Urgency of Intersectionality
Kimberlé Crenshaw
An important talk about how gender, race and other forms of discrimination overlap. Helps audiences understand why women do not all experience violence and inequality in the same way.
Content warning: Racism, discrimination and violence.
Watch on YouTube

Day 10 –Technology-facilitated abuse and online misogyny
How Online Abuse of Women Has Spiralled Out of Control
Ashley Judd
A particularly relevant talk for the technology-facilitated abuse agenda. Ashley describes her experiences of online harassment, threats and misogynistic abuse, and explains why online violence must be taken seriously because of its real-world consequences.
Content warning: Online harassment, threats of violence and misogyny.
Watch on TED

Day 11 –Childhood trauma, addiction and recovery
How Childhood Trauma Leads to Addiction
Dr Gabor Maté
An illustrated presentation exploring the relationship between childhood trauma, emotional pain and addiction. Particularly useful for understanding how adverse experiences, including exposure to violence and abuse, can affect coping mechanisms and behaviour later in life.
Content warning: Childhood trauma, addiction and substance misuse.
Watch on YouTube

Day 12 – Challenging harmful masculinity
A Call to Men
Tony Porter
A thought-provoking talk about how boys are socialised into particular ideas of masculinity, how this can contribute to violence and inequality, and why men need to be part of the solution.
Content warning: Gender stereotypes and violence.
Find on YouTube

Day 13 Understanding domestic abuse
Understanding the Complexities of Domestic Violence
Nurul Ashiqin Shamsuri
Explores how social expectations, victim-blaming and cultural attitudes contribute to domestic abuse against women.
Content warning: Domestic abuse.
Find on YouTube

Day 14 – Trauma-informed care and understanding survivors
How Trauma Informed Care Saved My Life
Adrienne Rouan
A personal account of the importance of trauma-informed care and how understanding the impact of trauma can transform the way people are supported. Particularly relevant to professionals working with survivors of gender-based violence.
Content warning: Trauma and personal experiences of harm.
Watch on YouTube

Day 15 – Childhood trauma and its lifelong impact
How Childhood Trauma Affects Health Across a Lifetime
Dr Nadine Burke Harris
Explores how adverse childhood experiences and prolonged exposure to trauma can affect physical and mental health throughout a person's life. An important talk for understanding the impact of domestic abuse and violence on children, families and future generations.
Content warning: Childhood trauma, abuse and neglect.
Watch on TED

Day 16 – How we talk about sexual assault online
How We Talk About Sexual Assault Online
Ione Wells
A powerful talk about the language used when discussing sexual assault, victim-blaming and the importance of changing the way society responds to survivors. Particularly relevant to online conversations and public attitudes towards sexual violence.
Content warning: Sexual assault and victim-blaming.
Watch on TED