

## How to Count Actions for Say NO – UNiTE to End Violence against Women

**Say NO – UNiTE** is a global platform that aims to trigger and highlight actions on ending violence against women and girls. It provides tools to initiate or join advocacy and awareness raising activities around the world, and counts and communicates them in real time.

### What are “actions”?

To end violence against women and girls, we must engage people at all levels, transform beliefs and attitudes, and ensure laws, programmes and services are implemented and well resourced. Actions can range from:

- Petition drives for better laws and policies;
- Reaching out to students at schools;
- Volunteering at local shelters or women’s organizations;
- Spreading the message through blogs and tweets;
- Taking and sharing the **Say NO – UNiTE** quiz at [www.saynotoviolence.org/quiz](http://www.saynotoviolence.org/quiz); to
- Donating funds towards programmes that protect women and girls from violence

To get inspired and start an action, visit [www.saynotoviolence.org](http://www.saynotoviolence.org)

### How to count “actions”?

**Every name added** to the **Say NO – UNiTE** global call is an action. By adding your name to Say NO, you are sending a message to governments around the world that you want them to make ending violence against women a top priority.

Start a petition drive for a new law that addresses the issue, and **every signature gathered** is an action. Build your Action Page on [www.saynotoviolence.org](http://www.saynotoviolence.org) and collect signatures offline, as well as online!

You can hold awareness raising events and on your **Say NO – UNiTE** Action Page, add **each attendee** as an action!

When you raise funds or donate to the UN Trust Fund to Eliminate Violence against Women, which supports local organizations and national projects to implement laws and provide critical services to survivors of violence, **your contribution counts as an action!**

If you volunteer at a women’s shelter, or with a local organization to build safe spaces for women and girls, **every hour you volunteer** is an action!

Violence against women and girls is still a silent pandemic. You can make a difference by raising the profile of the issue – **every letter of support you send** to a news agency or every blog entry that you make on the issue is an action!

Remember to communicate your actions through [www.saynotoviolence.org](http://www.saynotoviolence.org).



**To count offline actions that you generate:**

Log in to [www.saynotoviolence.org](http://www.saynotoviolence.org). The **Say NO – UNiTE** website hosts your profile and action pages, where you can upload the number of actions, your action stories, photos and videos. You can also contact the **Say NO – UNiTE** team at [saynotoviolence@unwomen.org](mailto:saynotoviolence@unwomen.org) or contact the nearest [UN Women country/regional office](#) if you are unable to access the website and post your actions. We will collect your action stories and communicate them to a global audience.

**To count online actions that you generate:**

For the initiatives that allow virtual participation, you can use your action page on [www.saynotoviolence.org](http://www.saynotoviolence.org) to collect online signatures/participation. When people add their names in support of your initiative, the **Say NO – UNiTE** website counts and records them automatically through the live action counter on your action page!

These are just some ideas of actions; we know that you have many more activities in mind.  
**Take action now and let us count you in!**