



# BREAK THE SILENCE ON DOMESTIC VIOLENCE

# 1

## REGISTER

In solidarity for women who are living in silence, go silent for 24 hours on November 24 to raise awareness and essential funding to support women impacted by domestic violence. Set a goal, build a team, and win prizes!

Share your campaign with your networks. Raising awareness about violence against women in your community will make a difference – not only are you raising essential funds, you are also sharing our resources to a broader network. Those in abusive relationships may not be able to connect with Nova Vita directly, which is why your posts and shares are important. Your participation in #BreakTheSilenceBrant could save a life.

## SPREAD THE WORD

# 2

# 3

## GO SILENT

During your 24 hour commitment to go silent, you may not be able to speak, but there are plenty of ways to communicate. Text, write, sign, pre-record messages, carry a white board – get creative to stay connected.

Break your silence on November 25 in honour of the International Day for the Elimination of Violence Against Women and Girls. Share your experience, share your resources, and share how much you raised to end violence in your community. Your participation helps others to be aware, learn the signs of violence in relationships, become advocates, and learn about the programs and support services available at Nova Vita.

## BREAK THE SILENCE

# 4

**Raise money.**  
**Raise awareness.**  
**Raise your voice.**



**NOVA VITA**  
Help • Hope • Heal

Register Today  
[www.novavita.org](http://www.novavita.org)