

HOW YOU CAN BECOME A

GBV ALLY!



PCAWA
PEEL COMMITTEE AGAINST WOMEN ABUSE

YOU can be part of PCAWA's commitment to a comprehensive and effective response to gender-based violence (GBV) in the Region of Peel by being a GBV Ally.

YOU have a role in ending gender-based violence!

1 REFLECT

Being a GBV ally starts with critical self-reflection and learning about the impacts of patriarchal systems.

It is important to unlearn harmful internalized biases and attitudes that reinforce gender stereotypes and normalize gender-based violence.

Podcasts

The Canadian Women's Foundation
Alright, Now What? Podcast



Webinars

The Learning Network
Webinar Series



Videos

Kimberlé Crenshaw - TEDWomen
The Urgency of Intersectionality



Books

Charis Books & More
Your Independent Feminist Bookstore
We Believe You: A Feminist Book List on Sexual Violence, Consent and Masculinity



Amazing resources are available that you can review and reflect on!

2 TAKE ACTION

If you come across content, like images or comments, on social media platforms that are harmful or hateful towards girls, women and gender-diverse folks flag the content as inappropriate.

Flag harmful content on social media when you see it!

Don't just scroll by harmful content!

Allyship means taking an active step towards getting it removed!



3 ADVOCATE

Advocacy efforts are critical in challenging the dominant beliefs, values, and social norms that perpetuate gender-based violence and harmful gender power dynamics. There are many ways to engage in meaningful advocacy!

Engaging in Advocacy: Campaigns & Events

Social Media Campaigns

#16DaysOfActivism

#WeCountFemicideBecause

#AfterMeToo

Community Events

Take Back the Night

December 6th Vigil

Consent Week

4 DONATE

PCAWA consists of many incredible member organizations that you can support in many ways.

Visit www.pcawa.net for a full list of our incredible members!



Time

There are many different ways to volunteer your time.

A good place to start is reaching out to an organization and inquiring about their opportunities.



Money

Making a financial donation is a good way to ensure the sustainability of support service organizations.

Donations fund the important work GBV organizations do to support survivors.



In-Kind

There are many different products and supplies organizations are often in need of.

Asking about "Wish Lists" or desired items is a great idea!

About PCAWA

Founded in 1984, PCAWA is a cross-sectoral community collaborative of 28 community members and organizations in Peel that have a shared goal of ending gender-based violence. For more information about PCAWA visit www.pcawa.net

