DAY16·THURSDAY, DECEMBER 10, 2026

HUMANRIGHTS DAY

16 SAFETY IS A HUMAN RIGHT.



December 10 is Human Rights Day, marking the United Nations' adoption of the Universal Declaration of Human Rights in 1948. It also closes the 16 Days of Activism.

UNDERSTANDING THE TOPIC

Article 3 of the Universal Declaration states: "Everyone has the right to life, liberty and security of person." Gender-based violence denies people safety, dignity and the freedom to make their own choices.

Protecting those rights takes more than awareness. It takes accessible services, safe housing, prepared workplaces and communities that share responsibility for change.

To stay involved, keep and share these sheets, keep the support numbers below handy, and support community services all year.

OVER 16 DAYS, WE'VE EXPLORED

- Recognizing abuse in its less visible forms.
- Respecting survivors' choices and responding with care.
- Removing barriers to housing, services and support.
- Sharing responsibility for prevention and change.

ONE PRACTICAL ACTION

CARRY ONE COMMITMENT FORWARD.

Choose one thing to keep doing after today: a better response to a disclosure, a conversation about respect with a young person, support for community services, or taking part in advocacy. Write it down.

KEY TAKEAWAY

The 16 days end. Our responsibility continues.

LEARN MORE

United Nations — Human Rights Day
un.org/en/observances/human-rights-day
Women and Gender Equality Canada — 16 Days of Activism
canada.ca/en/women-gender-equality/commemorations-celebrati ons/16 -days.html

NEED SUPPORT?

You don't have to work out next steps alone.
Women's Habitat 24-hour crisis line: 416-252-5829
Assaulted Women's Helpline (24/7): 1-866-863-0511 · #SAFE (#7233) on a Bell, Rogers, Fido or Telus mobile
In immediate danger, call 911.