



White Ribbon Day 2026 ‘Tiny Tasks’ Challenge

It Takes All of Us – Tick off as many actions as you can during the campaign.

- ☐ 1. Sign the White Ribbon Promise here [Make the White Ribbon Promise — White Ribbon UK](#)
- ☐ 2. If you're a White Ribbon Ambassador or Champion wear your White Ribbon badge
- ☐ 3. Share one White Ribbon social media post
- ☐ 4. Follow White Ribbon on social media
- ☐ 5. Learn the contact details of one local support service
- ☐ 6. Add a White Ribbon message to your email signature
- ☐ 7. Display a White Ribbon poster - [Download - Donate - Display : Free White Ribbon Promise Poster — White Ribbon UK](#)
- ☐ 8. Start a conversation about healthy relationships
- ☐ 9. Learn one warning sign of an unhealthy relationship
- ☐ 10. Read your organisation's domestic abuse policy
- ☐ 11. Challenge a harmful stereotype when you hear one
- ☐ 12. Listen fully when someone is sharing their experience
- ☐ 13. Share a support resource with a colleague or friend
- ☐ 14. Wear white on White Ribbon Day 25th November 2026

- ☐ 15. Mention White Ribbon in a team meeting
- ☐ 16. Thank someone who models respectful behaviour
- ☐ 17. Encourage one other person to get involved
- ☐ 18. Make a positive comment online promoting respect
- ☐ 19. Read one fact about violence against women and girls
- ☐ 20 Talk to a young person about respect and equality

Optional, but helpful

Name: _____ Team/Organisation: _____

Completed actions: ____ / 20

Remember: Change starts with small actions. Every conversation, every challenge to harmful behaviour, and every act of support helps create a safer community.

If you're happy to, please return to: daprojects@kent.gov.uk

