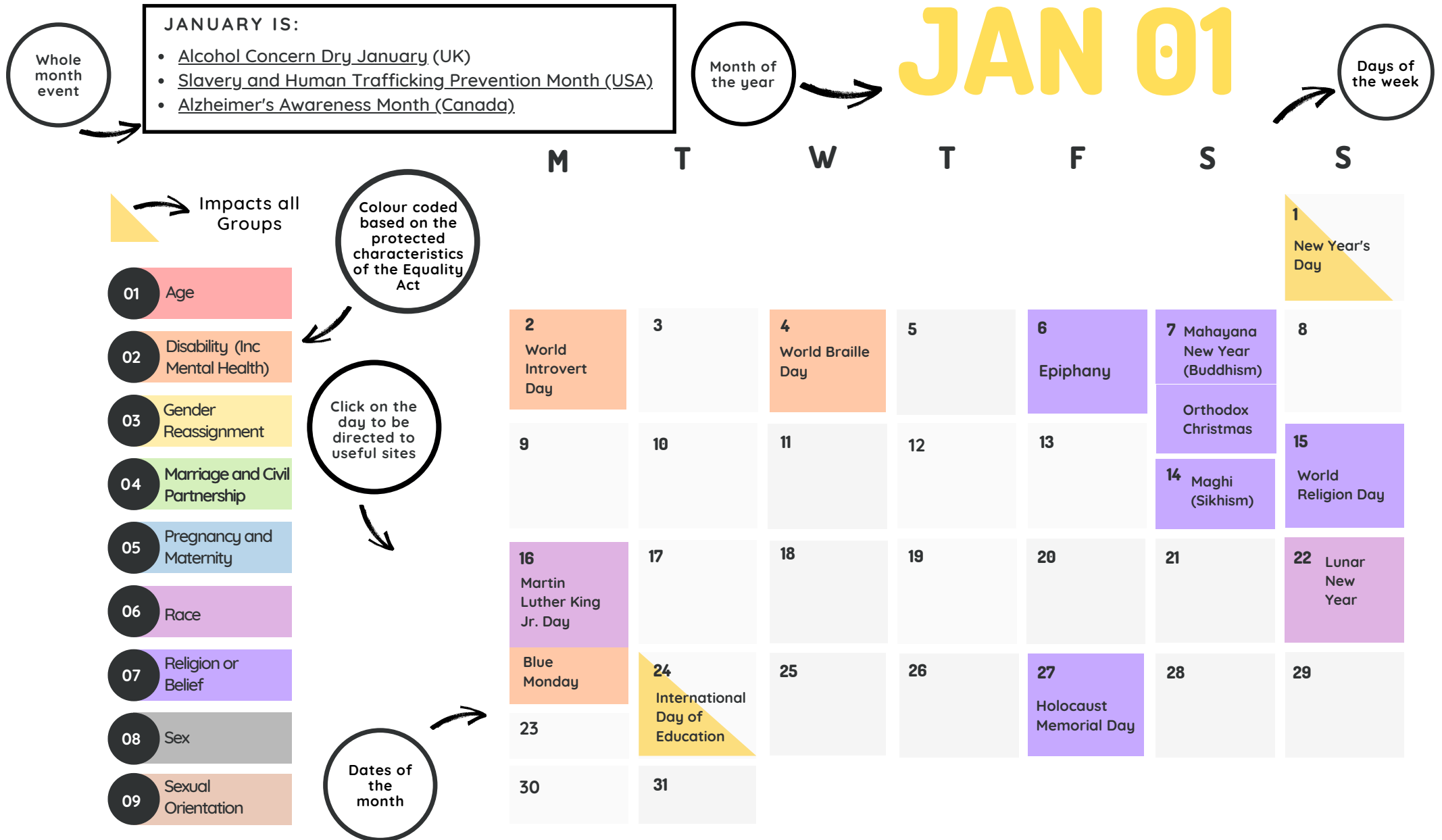


# Interactive Equality, Diversity and Inclusion Calendar 2023

\*This is an interactive PDF - click the date to be directed to the wiki page or website for more info



# HOW THE CALENDAR WORKS



\*We have done our best to colour code against the Equality Act - many days will impact those with intersectional identities which will cross multiple protected characteristics of the Equality Act

\*We encourage everyone to find out more by researching various sources, beyond the initial links provided, which cannot be endorsed by Dual Frequency

# The Equality Act

[CLICK HERE](#)



The Equality Act 2010 makes sure that people with particular characteristics are protected from discrimination. It is your right that you should not be treated differently based on:

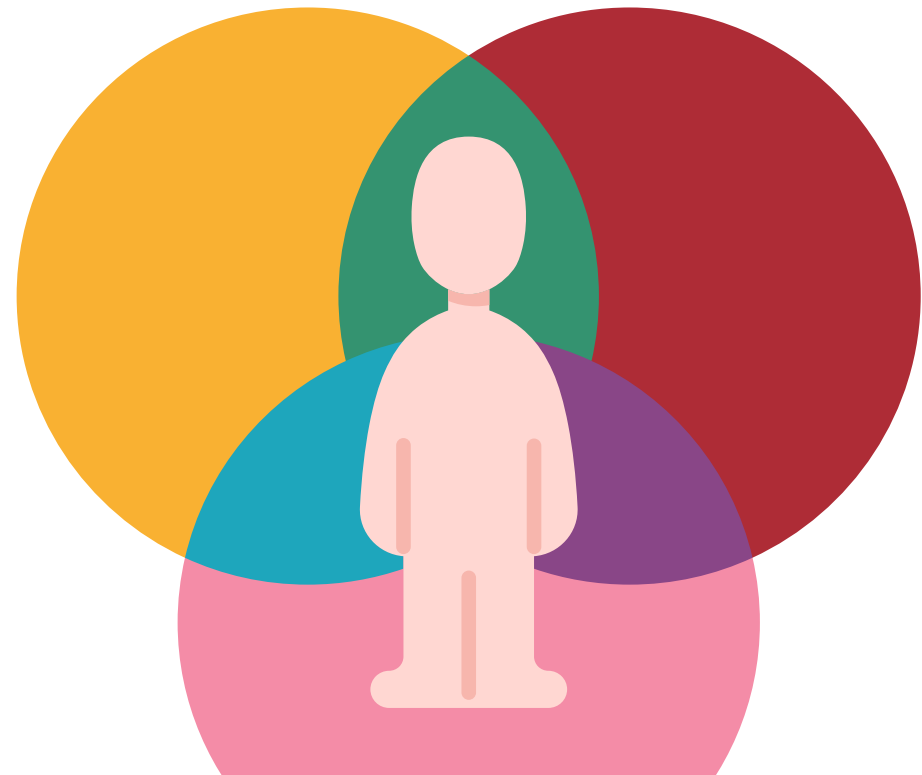
- Age
- Disability
- Gender reassignment
- Marriage and civil partnerships
- Pregnancy or maternity
- Race
- Religion or belief
- Sex
- Sexual orientation

Discrimination means unfair treatment of somebody based on a particular characteristic.

Your rights are things you are born with that belong to you that nobody can take away.

# Intersectionality

We recognise the importance of intersectionality, and how different experiences have shaped the lives of people. Although we have colour coded the awareness days into protected characteristics of the Equality Act, it is important to be mindful that aspects of a person's identity combine and this means they may face discrimination based on a number of characteristics that make up their identity.





New Year's Day  
1st January

# JANUARY





## JANUARY IS:

- Alcohol Concern Dry January (UK)
- Slavery and Human Trafficking Prevention Month (USA)
- Alzheimer's Awareness Month (Canada)

# JAN 01

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1  
New Year's Day

01 Age

02 Disability (Inc Mental Health)

03 Gender Reassignment

04 Marriage and Civil Partnership

05 Pregnancy and Maternity

06 Race

07 Religion or Belief

08 Sex

09 Sexual Orientation

2  
World Introvert Day

3

4  
World Braille Day

5

6  
Epiphany

7 Mahayana New Year (Buddhism)

8

Orthodox Christmas

9

10

11

12

13  
Maghi (Sikhism)

14

15  
World Religion Day

16  
Martin Luther King Jr. Day

17

18

19

20

21

22 Lunar/ Chinese New Year New Year

Blue Monday

24  
International Day of Education

25

26

27  
Holocaust Memorial Day

28

29

23

30

31



# FEBRUARY

World Day of Social Justice  
20th February

## FEBRUARY IS:

- LGBT History Month
- National Heart Month
- Black History Month (USA)

# FEB 02

	M	T	W	T	F	S	S
			1 World Hijab Day Imbolc (Pagan) begins eve	2 Time to Talk Day Imbolc / Candlemas	3	4 World Cancer Day	5
01 Age							
02 Disability (Inc Mental Health)	6 Children's Mental Health Week	7	8	9	10	11 Women and Girls in Science Day	12
03 Gender Reassignment	International Day of Zero Tolerance to FGM						
04 Marriage and Civil Partnership	Race Equality Week begins	14 St Valentine's Day	15 International Childhood Cancer Day	16	17 Random Acts of Kindness Day	18 Lailat al Miraj (Islam)	19
05 Pregnancy and Maternity	13					Care Day	
06 Race	20 World Day of Social Justice	21 International Mother Language Day	22 Ash Wednesday	23	24 Stand Up to Bullying Day	Mahashivaratri/ Shiva Ratri (Hinduism)	26
07 Religion or Belief		Shrove Tuesday	Lent begins (Christianity)			25	
08 Sex	27 Fairtrade Fortnight begins						
09 Sexual Orientation	Eating Disorders Awareness Week begins	28					

Impacts all Groups



Ramadan begins  
Eve of the 22nd March

# MARCH



## MARCH IS:

- Ovarian Cancer Awareness Month (UK)
- Prostate Cancer Awareness Month (UK)
- Endometriosis Action Month (UK)

# MAR 03

	M	T	W	T	F	S	S
			1 Zero Discrimination Wheelchair Day	2	3 World Hearing Day	4	5
01 Age			St. David's Day	9	10	11	12
02 Disability (Inc Mental Health)	6	7 Purim (begins Eve of) Holi (Hinduism, begins Eve of)	8 International Women's Day Hola Mohalla begins (Sikhism)				
03 Gender Reassignment		14	15 International Day to Combat Islamophobia	16	17 St. Patrick's Day	18	19 Mothering Sunday
04 Marriage and Civil Partnership	13 Neurodiversity Celebration Week		21 Elimination of Racial Discrimination World Down Syndrome Day	23 Ramadan begins* (Islam)	24	25 Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade	26 World Purple Day (Epilepsy Day)
05 Pregnancy and Maternity	20 Day of Happiness Ostara - Spring Equinox (Pagan)		22 World Water Day	30 World Bipolar Day	31 International Trans Day of Visibility		
06 Race	27	28	29				
07 Religion or Belief							
08 Sex							
09 Sexual Orientation							

\*Subject to the official sighting of the moon - check with your local Mosque for official date.



Lesbian Visibility Week  
24th - 30th

# APRIL





## APRIL IS:

- [Autism Awareness Month](#)
- [Stress Awareness Month](#)
- [Parkinson's Awareness Month](#)

# APR 04

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- 01 Age
- 02 Disability (Inc Mental Health)
- 03 Gender Reassignment
- 04 Marriage and Civil Partnership
- 05 Pregnancy and Maternity
- 06 Race
- 07 Religion or Belief
- 08 Sex
- 09 Sexual Orientation

						1	2 World Autism Awareness Day Palm Sunday
	3	4	5 International Day of Conscience Passover begins (eve, Judaism)	6 Lent Ends	7 World Health Day	8	9 Easter Sunday (Christianity)
	10	11	12	13 Passover ends (evening)	14 Vaisakhi (Sikhism)	15	16
	17	18 Birthday of Guru Angad Dev (Sikhism)	19	20 Chinese Language Day	21 World Creativity and Innovation Day	22 Mother Earth Day	23 Spanish Language Day St George's Day English Language Day
24 International Day of Multilateralism and Diplomacy for Peace (UN) Lesbian Visibility Week (24-30th) World Immunisation Week Global Intergenerational Week		25 World Malaria Day	26	27	Eid al Fitr* Begins / Ramadan Ends (eve)	28	29
							30

\*Subject to the official sighting of the moon - check with your local Mosque for official date.

Deaf Awareness Week  
Begins 2nd May

# MAY



## MAY IS:

- Mental Health Awareness Month (USA)
- Asian Pacific American Heritage Month (USA)
- Tourette Syndrome Awareness Month begins 15 May

# MAY 05

	M	T	W	T	F	S	S
01 Age	1 Beltane - May Day (Pagan)	2 Deaf Awareness Week begins	3 World Press Freedom Day	4 Youth Day (China)	5 World Portuguese Language Day Cinco de Mayo	6	7 International Family Equality Day
02 Disability (Inc Mental Health)	8 Black Inclusion Week	9	10	11	12 Vesak* subject to full moon	13 World Fair Trade Day	14 Mothering Sunday (USA)
03 Gender Reassignment	15 International Day of Families Mental Health Awareness Week	16	17 International Day Against Homophobia, Transphobia and Biphobia	18 Global Accessibility Awareness Day Ascension Day	19 Agender Pride Day	20	21 World Day for Cultural Diversity for Dialogue and Development
04 Marriage and Civil Partnership	22 Harvey Milk Day	23	24 Pansexual and Panromantic Awareness Day	25 Shavout begins (eve of) George Floyd's Anniversary	26 Buddha's Birthday	27 Shavout ends (eve of)	28
05 Pregnancy and Maternity	29	30	31				
06 Race							
07 Religion or Belief							
08 Sex							
09 Sexual Orientation							

\*Dates may vary



International Women in Engineering Day  
23rd June

# JUNE



## JUNE IS:

- LGBTQ+ Pride Month (UK)
- Tourette Syndrome Awareness Month ends 15 June
- Gypsy, Roma and Traveller Month

# JUN 06

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- 01 Age
- 02 Disability (Inc Mental Health)
- 03 Gender Reassignment
- 04 Marriage and Civil Partnership
- 05 Pregnancy and Maternity
- 06 Race
- 07 Religion or Belief
- 08 Sex
- 09 Sexual Orientation

			1 Global Day of Parents Volunteers' Week	2	3	4
5 World Environment Day	6 Russian Language Day	7 Tourette's Awareness Day	8	9	10 Global Wellness Day	11 Race Unity Day
12 Pulse Remembrance Day	13	14 World Blood Donor Day	15	16 Neurodiversity Pride Day	17	18 Autistic Pride Day
19 Juneteenth Learning Disability Week	20 World Refugee Day	21 Summer Solstice (Pagan) World Humanist Day	22	23 International Women in Engineering Day	24	25
26 World Wellbeing Week	27 Day of Arafat (Islam, begins eve)	28 Stonewall Riots Anniversary Eid al Adha* (Islam, begins eve)	29	30		

\*Subject to the official sighting of the moon - check with your local Mosque for official date.



Islamic New Year  
19th July

# JULY





## JULY IS:

- Disability Pride Month (US)
- South Asian Heritage Month (mid July - mid August)

# JUL 07

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- 01 Age
- 02 Disability (Inc Mental Health)
- 03 Gender Reassignment
- 04 Marriage and Civil Partnership
- 05 Pregnancy and Maternity
- 06 Race
- 07 Religion or Belief
- 08 Sex
- 09 Sexual Orientation

					1	2 Eid al Adha* (Islam, ends eve)
3	4	5 NHS Day	6 Omnisexual Visibility Day	7 Kiswahili Language Day	8	9
10 Non-Binary Awareness Week	11 World Population Day	12 Malala Day	13	14 International Non-Binary People's Day	15 World Youth Skills Day	16 International Drag Day
17 World Day for International Justice	18 Nelson Mandela International Day	19 Al-Hijra Islamic New Year	20	21	22	23
24	25	26	27	28 Day of Ashura / Muharram (Islam)	29	30 International Day of Friendship
31						World Day Against Trafficking in Persons

# AUGUST

World Humanitarian Day  
19th August



## AUGUST IS:

- South Asian Heritage Month (mid July - mid August)

# AUG 08

	M	T	W	T	F	S	S
		1 World Breastfeeding Week (1st-7th)	2	3	4	5	6
01 Age		Beginning of Harvest (Pagan)	9 International Day of the World's Indigenous People	10	11	12 International Youth Day	13
02 Disability (Inc Mental Health)	7	8					
03 Gender Reassignment		15	16	17	18	19 World Humanitarian Day	20
04 Marriage and Civil Partnership	14						
05 Pregnancy and Maternity							
06 Race	21 International Day of Remembrance and Tribute to the Victims of Terrorism	22 International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief	23 International Day for the Remembrance of the Slave Trade and its Abolition	24	25 Wear it Purple Day (Australia)	26	27
07 Religion or Belief							
08 Sex	28			31 International Day for People of African Descent			
09 Sexual Orientation		29	30 Grief Awareness Day				

Impacts all Groups



Equal Pay Day  
18th September

# SEPTEMBER



## SEPTEMBER IS:

- East and South East Asian Heritage Month
- World Alzheimer's Month
- Latinx & Hispanic Heritage Month (15th Sept to 15th Oct, U.S.)

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01

Age

02

Disability (Inc  
Mental Health)

03

Gender  
Reassignment

04

Marriage and Civil  
Partnership

05

Pregnancy and  
Maternity

06

Race

07

Religion or  
Belief

08

Sex

09

Sexual  
Orientation

4

5

International  
Day of Charity

6

7

8

International  
Literacy Day

9

10

World Suicide  
Prevention  
Day

11

12

13

14

15

World Afro  
Day  
Rosh Hashanah  
(begins  
sundown)

16

Bisexual  
Awareness  
Week

17

Rosh  
Hashanah  
(ends  
nightfall)

18

International  
Equal Pay  
Day

19

20

21

International  
Day of  
Peace

22

International  
Day of  
Democracy

23

Bi  
Visibility  
Day  
International  
Day of Sign  
Languages

24

Yom  
Kippur  
(begins  
eve)

25 Yom Kippur  
(ends eve)

National  
Inclusion  
Week  
begins

26

Milad un  
Nabi (Islam:  
begins eve)

27

Milad un  
Nabi (Islam:  
ends eve)

28

29

Sukkot  
begins  
(Judaism)

30

Mabon - Autumn  
Equinox

30

International  
Translation  
Day



United Nations Day  
October 24th

# OCTOBER





## OCTOBER IS:

- Menopause Awareness Month.
- Black History Month
- ADHD Awareness Month
- Latinx & Hispanic Heritage Month, US
- Breast Cancer Awareness Month

# OCT 10

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- 01 Age
- 02 Disability (Inc Mental Health)
- 03 Gender Reassignment
- 04 Marriage and Civil Partnership
- 05 Pregnancy and Maternity
- 06 Race
- 07 Religion or Belief
- 08 Sex
- 09 Sexual Orientation

2 International Day of Non - Violence	3	4	5 World Teachers Day	6 Sukkot ends (Judaism)	7	8 International Lesbian Day
Dyslexia Awareness Week	10 World Mental Health Day	11 National Coming Out Day	12 World Sight Day	13	14	15
9 Dyspraxia Awareness Week	16 World Food Day	17 International Day for the Eradication of Poverty	18 International Pronouns Day	19 Spirit Day	20 Birth of Guru Granth (Sikhism)	22 International Stammering Awareness Day
Baby Loss Awareness Week	23 Asexual Awareness Week	24 United Nations Day	25	26 Intersex Awareness Day	27 National Mentoring Day	28
	30	31 Samhain - end of Harvest (Pagan)				29

Diwali  
12th November


# NOVEMBER



## NOVEMBER IS:

- Trans Awareness Month
- Islamophobia Awareness Month
- Men's Health Awareness Month, Movember
- UK Disability History Month (begins mid November - mid December)
- 16 Days of Activism against Gender-Based Violence 25th November - 10 December

# NOV 11

	M	T	W	T	F	S	S
 Impacts all Groups			1 All Saints' Day	2	3	4	5 Trans Parent Day
01 Age							
02 Disability (Inc Mental Health)	6	7	8 Intersex Day of Remembrance	9	10	11 Armistice Day	12 Remembrance Sunday
03 Gender Reassignment	13 Trans Awareness Week begins						Diwali / Festival of Lights begins
04 Marriage and Civil Partnership	World Kindness Day	14 World Diabetes Day	15	16 International Day for Tolerance	17	18	Interfaith Week, 12 - 19 Nov
05 Pregnancy and Maternity	Anti-Bullying Week 13-17 November						19 International Men's Day
06 Race	20 Transgender Day of Remembrance	21	22	23 Thanksgiving (USA)	24 Martyrdom of Guru Tegh Bahadur Sahib (Sikhism)	25 International Day for the Elimination of Violence Against Women	26
07 Religion or Belief	World Children's Day						
08 Sex	27 Guru Nanak Birthday (Sikhism)	28	29	30 St. Andrew's Day			
09 Sexual Orientation							



A festive Christmas scene set in a rustic wooden room. On the left, a large Christmas tree is heavily laden with white snow and decorated with red and gold ornaments. At its base, several wrapped gifts in brown paper with red ribbons are stacked. In the center, a wooden fireplace mantel holds three red and white striped stockings hanging from a garland of dried branches. Inside the fireplace, a pile of logs sits on a brick hearth, with warm light emanating from below. The mantel is also decorated with several white candles and red decorative items. The background wall is made of dark wood, and a red plaid blanket is visible on the right side of the frame.

# DECEMBER

Christmas  
25th December



## DECEMBER IS:

- UK Disability History Month (ends 15th December)
- 16 Days of Activism against Gender-Based Violence 25th November - 10 December

# DEC 12

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- 01 Age
- 02 Disability (Inc Mental Health)
- 03 Gender Reassignment
- 04 Marriage and Civil Partnership
- 05 Pregnancy and Maternity
- 06 Race
- 07 Religion or Belief
- 08 Sex
- 09 Sexual Orientation

					1 World AIDS Day	2 International Day for the Abolition of Slavery	3 International Day of People With Disabilities
4	5	6	7 Hanukkah begins (Judaism)	8		9	10 Human Rights Day
11 UNICEF Birthday	12	13	14	15 Hanukkah ends (Judaism)	16	17	
18 International Migrants Day	19	20 International Human Solidarity Day	21 Yule - Winter Solstice (Pagan)	22	23	24	
25 Christmas Day	26 Boxing Day  Kwanzaa begins	27	28	29	30	31 New Year's Eve	



Embedding diversity, equality and inclusion into your spaces is made easier with this handy interactive calendar - click on any of the awareness days to be directed to useful stuff!



We are a grassroots organisation working in our spare time, we are human and can make mistakes from time to time. See something we have missed? Drop us a line at [connect@dualfrequency.co.uk](mailto:connect@dualfrequency.co.uk)

I am an interactive resource intended to be used digitally. Save the environment by not printing me - but if you do - please recycle me.

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