

2025

**AWARENESS
DAYS
CALENDAR**



Don't forget to use these awareness days to create some kick-ass content and get ahead with your 2025.






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01 | 2025 JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 1 New Years Day	2	3	4 World Braille Day
5	6 Epiphany	7	8	9	10	11
12	13	14	15	16	17	18
 19 World Religion Day	20 Martin Luther King Jr. Day	21	22	23 World Introvert Day	24 International Day of Education	25 Burns Night
26 World Leprosy Day	27 Holocaust Memorial Day	28	 29 Chinese New Year	30	31	

AWARENESS MONTHS

- DRY JANUARY
- VEGANUARY
- CERVICAL HEALTH AWARENESS MONTH
- GLAUCOMA AWARENESS MONTH
- NATIONAL BLOOD DONOR MONTH
- THYROID AWARENESS MONTH

AWARENESS WEEKS

- CERVICAL CANCER PREVENTION WEEK: JAN 26TH - FEB 1ST

02 | 2025 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Groundhog Day	3	4 World Cancer Day	5	6 Reclaim Social Day & Time to Talk Day	7	8
9	10	11 National Safer Internet Day	12	13	14 Valentine's Day	15
16	17	18	19	20 National Love Your Pet Day	21 International Mother Language Day	22
23	24	25	26	27	28	

AWARENESS MONTHS

- BLACK HISTORY MONTH
- LBGT+ HISTORY MONTH
- LIBRARY LOVER'S MONTH

AWARENESS WEEKS

- RANDOM ACTS OF KINDNESS WEEK: FEB 14-20
- RACE EQUALITY WEEK: FEB 3-9
- NATIONAL STORYTELLING WEEK: FEB 3-9
- NATIONAL APPRENTICESHIP WEEK: FEB 10-16

03 | 2025 MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Zero Discrimination Day
2	3 World Hearing Day	4 Shrove Tuesday (Pancake Day)	5 Ash Wednesday	6 World Book Day	7	8 International Women's Day
9	10	11	12	13 National Red Nose Day	14 Good Friday	15
16	17 St. Patrick's Day	18	19	20 National Pet Day	21 World Sleep Day	22 Earth Hour Day
23	24	25	26	27	28	29


AWARENESS MONTHS

- MULTIPLE SCLEROSIS AWARENESS MONTH
- NATIONAL ENDOMETRIOSIS AWARENESS MONTH
- WOMEN'S HISTORY MONTH
- CROSS MONTH
- NATIONAL NUTRITION MONTH
- BRAIN INJURY AWARENESS MONTH
- SAVE YOUR VISION MONTH
- NATIONAL SOCIAL WORK MONTH

AWARENESS WEEKS

- BRITISH PIE WEEK: MAR 3-9
- BRITISH SCIENCE WEEK: MAR 7-15
- MS AWARENESS WEEK: 9-15
- NATIONAL GARDENING WEEK: MAR 16-22
- NATIONAL TREE WEEK: MAR 23-29

04 | 2025 APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Mother's Day	31	1 April Fool's Day	2 World Autism Awareness Day	3 National Stress Awareness Day	4 National Burrito Day 	5
6	7 World Health Day 	8	9	10 Siblings Day	11 World Parkinson's Day	12
13	14	15 World Art Day 	16 National Denim Day	17	18 Good Friday	19
20 Easter 	21 National Tea Day 	22	23 St George's Day 	24	25	26
27	28	29	30			

AWARENESS MONTHS

- NATIONAL AUTISM AWARENESS MONTH
- NATIONAL POETRY MONTH
- NATIONAL FINANCIAL LITERACY MONTH
- NATIONAL PARKINSON'S DISEASE AWARENESS MONTH
- NATIONAL STRESS AWARENESS MONTH
- NATIONAL VOLUNTEER MONTH

AWARENESS WEEKS

- NATIONAL AUTISM AWARENESS WEEK: APRIL 6-12
- NATIONAL CHOCOLATE WEEK: APRIL 13-19

05

2025 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 World Password Day	2 National Donut Day	3
4 National Star Wars Day	5 National Cinco de Mayo	6	7	8 World Ovarian Cancer Day	9	10 Fair Trade Day
11	12 International Nurses Day	13	14	15	16	17 Day Against Homophobia and Transphobia
18 International Museum Day	19	20 National Rescue Dog Day	21	22	23	24 World Schizophrenia Day
25	26 National Barbecue Day	27	28 National Hamburger Day	29	30	31

AWARENESS MONTHS

- NATIONAL WALKING MONTH
- NATIONAL BIKE MONTH
- NATIONAL CYBERSECURITY AWARENESS MONTH
- NATIONAL STROKE AWARENESS MONTH
- CELIAC AWARENESS MONTH

AWARENESS WEEKS

- NATIONAL ASTHMA AWARENESS WEEK: MAY 4-10
- NATIONAL TEACHER APPRECIATION WEEK: MAY 4-10
- NATIONAL NURSES WEEK: MAY 6-12
- MENTAL HEALTH AWARENESS WEEK: MAY 11-17
- NATIONAL VEGETARIAN WEEK: MAY 18-24
- NATIONAL COMPOSTING WEEK: MAY 25-31

06 | 2025 JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Cancer Survivor's Day ¹	²	³	⁴	World Environment Day ⁵	⁶	National Chocolate Ice Cream Day ⁷
World Oceans Day ⁸	⁹	¹⁰	¹¹	¹²	¹³	World Blood Donor Day ¹⁴
Father's Day ¹⁵	¹⁶	¹⁷	¹⁸	¹⁹	National Flip Flop Day ²⁰	National Selfie Day ²¹
²²	International Women in Engineering Day ²³	²⁴	²⁵	²⁶	National PTSD Awareness Day ²⁷	²⁸
²⁹	International Day of Friendship ³⁰					





AWARENESS MONTHS

- NATIONAL SAFETY MONTH
- PRIDE MONTH
- CARIBBEAN-AMERICAN HERITAGE MONTH
- MEN'S HEALTH MONTH

AWARENESS WEEKS

- NATIONAL VOLUNTEER WEEK: JUNE 2-8
- LEARNING DISABILITY WEEK: JUNE 16-22
- NATIONAL MEN'S HEALTH WEEK: JUNE 16-22
- NATIONAL SUN SAFETY WEEK: JUNE 22-28

07 | 2025 JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 1 International Joke Day	2 World UFO Day	3	4	5
6	 7 World Chocolate Day	8	9	10	11	12
13	14 Bastille Day	15 National Give Something Away Day	16 World Snake Day	17 World Emoji Day	18 Nelson Mandela International Day	19
20 International Chess Day	21	22	23	 24 National Hot Dog Day	25	26
27	28 World Hepatitis Day	29	 30 National Tequila Day	31		






AWARENESS MONTHS

- NATIONAL PARKS AND RECREATION MONTH
- NATIONAL ICE CREAM MONTH
- SARCOMA AWARENESS
- UV SAFETY MONTH
- NATIONAL PICNIC MONTH
- PLASTIC FREE JULY
- MARCH FOR MEN
- INDEPENDENT RETAILER MONTH

AWARENESS WEEKS

- NATIONAL DOG WEEK:
JULY 20-26

08 | 2025 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 National Watermelon Day 	4	5	6 Feast of the Transfiguration	7	8 International Cat Day 	9 Book Lovers Day
10 National Bowling Day 	11	12 International Youth Day	13	14	15 Assumption of Mary	16
17	18	19 National Aviation Day 	20	21	22	23
24	25	26 International Dog Day 	27 Ganesh Chaturthi	28	29	30

AWARENESS MONTHS

- NATIONAL DOG MONTH
- NATIONAL BLACK BUSINESS MONTH
- NATIONAL BREAST CANCER AWARENESS MONTH
- NATIONAL BACK TO SCHOOL MONTH
- CHILDREN'S EYE HEALTH AND SAFETY MONTH
- NATIONAL IMMUNISATION AWARENESS MONTH

AWARENESS WEEKS

- NATIONAL CHECK YOUR BLOOD PRESSURE WEEK: AUG 24-31

09

2025 SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 World Letter Writing Day	2	3	4 World Sexual Health Day	5 National Food Bank Day	6
7	8 International Literacy Day	9	10 World Suicide Prevention Day	11	12 Stand up to Cancer Day	13
14	15 International Day of Democracy	16	17	18 International Equal Pay Day	19	20
21 International Day of Peace	22	23 International Day of Sign Languages	24	25 World's Biggest Coffee Morning	26	27
28	29 National Coffee Day	30				

AWARENESS MONTHS




- NATIONAL PREPAREDNESS MONTH
- NATIONAL CHOLESTEROL EDUCATION MONTH
- NATIONAL SUICIDE PREVENTION MONTH
- BLOOD CANCER AWARENESS MONTH
- NATIONAL HONEY MONTH
- NATIONAL ADDICTION RECOVERY MONTH
- NATIONAL SCHOOL SUCCESS MONTH
- SICKLE CELL AWARENESS MONTH

AWARENESS WEEKS

- NATIONAL CLINICAL NURSE SPECIALIST RECOGNITION WEEK: SEP 1-7
- VASCULAR NURSES WEEK: SEP 10-16
- ENVIRONMENTAL SERVICES WEEK: SEP 8-14
- NURSING PROFESSIONAL DEVELOPMENT WEEK: SEP 11-17
- NATIONAL SURGICAL TECHNOLOGISTS WEEK: SEP 15-21
- SECURITY OFFICER APPRECIATION WEEK: SEP 15-21
- NATIONAL REHAB WEEK: SEP 15-21

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2025 OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 1 World Financial Planning Day	2 International Day of Non-Violence	3	 4 World Animal Day
 5 World Teachers Day	6 World Cerebral Palsy Day	7	8 International Podiatry Day	9	10 World Homeless Day	11 LGBTQ+ Awareness Day
12 World Arthritis Day	13 International Day for Disaster Risk Reduction	14 World Standards Day	15 Global Handwashing Day	16	17 National Pasta Day	18
19	20 International Chefs Day	21	22	23	24	25
26 National Pumpkin Day	27 National Mentoring Day	28	29 World Stroke Day	30	 31 Halloween	



AWARENESS MONTHS

- NATIONAL BREAST CANCER AWARENESS MONTH
- NATIONAL BULLYING PREVENTION MONTH
- NATIONAL CYBERSECURITY AWARENESS MONTH
- STOPTOBER
- BLACK HISTORY MONTH (UK)

AWARENESS WEEKS

- NATIONAL FIRE PREVENTION WEEK: OCT 4-10
- OCD AWARENESS WEEK: OCT 10-16

11 | 2025 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 World Vegan Day
2	3	4	5 	6	7	8 World Urbanism Day
9 	10 International Accounting Day	11 Armistice Day	12	13 World Kindness Day	14 	15 National Philanthropy Day
16	17 International Students' Day	18	19 International Men's Day	20 World Children's Day	21	22
23	24	25	26	27	28 Buy Nothing Day	29

AWARENESS MONTHS

- MOVEMBER
- MEN'S MENTAL HEALTH AWARENESS MONTH
- NATIONAL VETERANS AND MILITARY FAMILIES MONTH
- ENVIRONMENTAL AWARENESS MONTH
- NATIONAL HEALTHY SKIN MONTH
- NATIONAL CAREER DEVELOPMENT MONTH
- NATIONAL FAMILY CAREGIVERS MONTH

AWARENESS WEEKS

- INTERNATIONAL STRESS AWARENESS WEEK: NOV 4-8
- TRANS AWARENESS WEEK: NOV 13-19

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2025 DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 World AIDS Day	2 Giving Tuesday	3 International Day for Disabilities	4 Wildlife Conservation Day 	5 International Volunteer Day	6
7 National Christmas Tree Day 	8	9	10 Human Rights Day	11 Christmas Jumper Day 	12	13
14	15	16	17	18 International Migrants Day	19	20 International Human Solidarity Day
21 Winter Solstice	22	23	24	25 Christmas 	26 Boxing Day	27
28	29	30	31 New Year's Eve			

AWARENESS MONTHS

- NATIONAL IMPAIRED DRIVING PREVENTION MONTH
- UNIVERSAL HUMAN RIGHTS MONTH
- SAFE TOYS AND GIFTS MONTH
- DECEMBEARD
- NATIONAL CAR DONATION MONTH

AWARENESS WEEKS

- CROHN'S AND COLITIS AWARENESS WEEK: DEC 1-7
- OLDER DRIVER SAFETY AWARENESS WEEK: DEC 1-7
- NATIONAL HAND WASHING AWARENESS WEEK: DEC 1-7
- HANUKKAH: DEC 18-25