The Network hosted a retreat in July this year. Over 65 activists and practitioners from the Horn, East and Southern Africa gathered in Entebbe, Uganda for 3 days. Did you miss the retreat? This issue will connect you to all of the activities and learning from the 2nd to 4th of July so you can feel like you were really there! Through the Take Action section you will explore the revised Get Moving! process that was launched at the retreat, and join our call to action for strengthening violence against women work across the region. Also in this issue, you can get inspired from other members’ accomplishments in the Member News section and read entries from our What’s Your Way? Facebook competition. We hope that by the time you’re done reading this issue you’ll be inspired, triggered to action, and well-versed with what’s happening with the Network.

The Network is delighted to announce that we have launched the second edition of Get Moving! We unveiled this powerful initiative as we travelled from our hearts to our heads at the GBV Prevention Network Retreat and it is now available for members.

The new edition of Get Moving! carries the same important meaning as the first, but has been revised and redesigned in order to better meet the needs of Network members. Ten organizations involved in piloting the first edition of Get Moving! provided essential feedback to strengthen the tool, and enabled easy use. The final result is more powerful than ever and has been received with enthusiasm by Network members. Read on for everything you need to know about how you can Get Moving! in the new style.

What is Get Moving?!

Get Moving! is our call to action!

Get Moving! is a transformative process that strengthens organizations and individuals in their violence against women work. The process initiates a journey of heightened commitment to VAW work from participant’s heads to deep within their hearts — it is a life-changing process! Developed for individual staff and organizations, Get Moving! explores ten provocative topics and reveals insights into violence against women that are essential to achieving a higher quality of work. There are several opportunities within the process for intensive self-reflection and self-discovery, leading staff to grow more passionate about and committed to their roles. Highl y interactive and engaging activities and discussions help build a positive organizational culture grounded in core values. Get Moving! facilitates the exploration of not only what the organization does, but how so, how it does it.

Why Get Moving?!

It truly is a gift to have work that not only fulfils our spirit but enables us to leave a positive mark on the world. Get Moving! brings that gift to life. Its exploration of VAW work enriches not only who we are on the job, but who we are at home, in the community, and in our spirit. It starts with enhancing individual staff capacity, and continues on to increase the effectiveness of the organization. As a movement, it then fosters solidarity to multiply our regional impact.

Our work and the way we do it has a direct impact on the wellbeing of women and other vulnerable groups. How we live and how we act transform and transformative as it can be harmful. It is our responsibility to ensure that this work is transformative. Like others affecting personal, wellbeing — doctors, counsellors, counselors, religious leaders, teachers, activists, AMARIC's staff — we need to choose the path that is most effective for our work. Get Moving! helps us to do so by uniting around the foundations of VAW prevention — non-violence, equality, women’s rights and the positive use of power.

Who has done it before?

Ten organizations from the region have been part of the ground-breaking journey to Get Moving! since 2010. Management and staff of these organizations have been inspired and embodied by the ideas put forward in this process. They have reported shifts in individual perspectives and organizational practice that are pivotal; to elevating the quality of the work we do.

Through Get Moving! we came to realize that everyone, not only senior staff, can do something to become an advocate. Everyone has power to prevent violence against women. For October, and throughout the year, Get Moving! facilitators are on hand to guide you and your team.

"During Get Moving! we had to undo self-reflection as individuals and as an organization. This called for courage and commitment, and we have taken the steps to get over this bridge. " - Get Moving! participant, WCOEC, Malawi

What does it involve?

All members in an organization participate in Get Moving! — from support staff to program supervisors to directors. A respected staff member is chosen to facilitate the ten topics using the Get Moving! Facilitator’s Guide. Staff use a program reflective tool, the Participant’s Workbook, to guide their journeys and provide private space for reflection and growth.

As the Network Coordinating Office, Rising Voices will provide technical support to organizations that are taking part in this process. With this approach, Get Moving! permeates individual perspectives through to organizational programming for a lasting, positive effect.

The new Get Moving! contains:

• a Facilitator’s Guide and Participant’s Workbook;
• increased guidance to facilitators and directors to help support the process;
• ample time and space for private reflection;
• a unique structure that enables participants to explore topics in greater depth;
• new activities to deepen reflection.

Do you want to take bold steps to look deep within?

Do you want to be amongst cutting edge organizations that are not afraid to be open minded about contemplation, action and transformation?

Do you want to join a growing movement to strengthen activism to prevent violence against women in the region?

Do you want to create sustainable positive change and impact many women’s lives?

If so, don’t wait! Join us! Write to info@preventgbvafrica.org or call +256 414 531 186 and get started. Let’s Get Moving!
From July 2nd-4th the Network held our first three-day-member retreat: Traveling From Our Heads to Our Hearts - in Entebbe, Uganda. Over 60 activists from around the region gathered to reflect critically on how and why do we do violence against women prevention work. We structured the retreat to take participants through the journey from our heads to our hearts, starting first with inspiring individuals (Day 1), then strengthening organizations (Day 2), and finally creating a violence against women prevention movement (Day 3). Members shared their experiences and ideas, without the help of PowerPoint presentations. Instead facilitators introduced new and creative ways to provoke ideas and discussions from the group. We collectively analyzed some of our movement’s biggest challenges with a critical eye, using different perspectives and personal techniques. Through sharing stories, reflections, and wisdom, we learned how to begin the journey from our heads to our hearts.

Inspiring Individuals

There are many ways to inspire individuals in our work, but some of the best techniques include understanding and discussing all the things that make us strong. In the retreat’s opening keynote address, Hope Chigudu raised important questions about how we can use our power as individuals to connect to some of our core values such as: love, equality, respect, solidarity, and social justice. This provided us with a foundation for looking inward at ourselves, our experiences, beliefs, and attitudes, as well as the ways in which we can seek support in incorporating these values into our daily lives. For the rest of the day Network members joined group sessions offering a range of creative activities for reflecting upon and inspiring us as individuals, including:

- Finding others whom we can trust to support us
- Our Power: exploring power dynamics in our own lives
- Our Journey: understanding personal, liberties and freedoms
- Our Values: connecting with values such as justice, accountability and transparency
- Walking in the shoes of women experiencing violence
- Integrating the personal and professional into one whole self
- Engaging in vibrant activism
- Harnessing the power of social media and technology to strengthen activism
- Building upon tradition to foster positive change
- Treating everyone with respect and equality in our personal and professional spaces
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- Our Power: exploring power dynamics in our own lives

Creating a VAW Prevention Movement

By the third day, we were sufficiently engaged and refreshed to really challenge ourselves with some difficult ideas and concepts around building movements. To help open a forum for discussing some of the most complicated issues in our work, Awo Okech delivered a provocative keynote address on how to construct solidarity across movements for women and violence prevention.

“Sometimes we talk about how we need to work to establish rights for people in our work. But our ideologies are not always consistent. We think, yes we want rights, but for those people over there, no, not so much.” – Awo Okech

Awo led us through a powerful discussion about facing our own contradictions in words and actions. Members reflected on the need to try and keep connected to people inside and outside our organizations. Establishing a collective vision, understanding one another, and fostering cohesion are keys to success. Participants engaged passionately in discussions about many of the issues which challenge our movement.

Strengthening our Organizations

Some might say that the best way to strengthen an organization is through improving organizational culture. Others may suggest that it has more to do with finding creative ways to engage with our staff and work. At the GBV Prevention Network, we know that it takes all of that and more. Critically looking at how we design, lead and interact within our organizations provides the foundation we need for elevating the quality of our work. Hilda Taddha raised several of these topics in the second day’s keynote address, and left us with much to consider about how to put our values and power as feminists into positive organizational behaviour. Later in the day, members participated in insightful workshops that covered subjects like:

- Our Power: exploring power dynamics in our own lives
- Our Journey: understanding personal, liberties and freedoms
- Our Values: connecting with values such as justice, accountability and transparency
- Walking in the shoes of women experiencing violence
- Integrating the personal and professional into one whole self
- Engaging in vibrant activism
- Harnessing the power of social media and technology to strengthen activism
- Creating murals and artistic expressions to encourage non-violence
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Get Moving!

To further the journey towards creating a VAW prevention movement the Network proudly launched the latest edition of its own movement building initiative - Get Moving! This is a transformative organizational tool that strengthens commitment to core values and violence against women prevention, with an emphasis on why and how we do such work. Delving deep into ten vital topics, participants are guided through activities that encourage self-reflection and self-discovery. The process also provides insights

Continuing the journey
that deeply connect us to value-driven work.

Network members had the opportunity to explore the materials hands-on, and discuss how fostering our own values and solidarity will maximize the impact we have on the ground. Each participant received a Participant’s Workbooks and Facilitator’s Guides to bring back to their organizations and invite leadership to commit to taking the next steps in the journey towards values-driven work with Get Moving!

In a final conversation about the movement, members reflected on three important questions for the future of the GBV Prevention Network:

1. What does it take to be an active member of the network?
2. How do we increase attachment to and presence of the Network within member organizations?
3. Should we introduce levels of membership?

To culminate an incredible three days of thought, discovery, innovation, and action, members were invited to express their final thoughts and feelings using any creative means. From drumming to singing, poetry to posters, participants demonstrated the spirit that drives us, sharing their full selves and soaking on the luminous energy connecting us!

Wellbeing and Celebrating Ourselves!

In a profession that focuses entirely on the health and safety of others, we believe it is important to practice self-care and celebrate our personal and professional victories. After many serious and challenging conversations at the retreat, self-care activities were scheduled to help keep our minds and bodies healthy. Members had a chance to try things they rarely thought of. Activists who were accustomed to constantly moving and speaking out attempted the difficult art of meditation and quiet self-reflection. Other participants dared to shed feelings of inhibition and join more exuberant activities like dancing, drumming and yoga.

Additionally, on the night of July 3rd the Network held a jubilant celebration for everyone to share the joy of anything they wished to celebrate, ranging from professional achievements such as receiving government sponsorship for several new women’s shelters, to personal good news like the birth of a niece or nephew. We were reminded that the things that bring smiles to the faces of our friends and colleagues are often a great source of inspiration in our own lives.

Thank you to all members who attended the retreat for bringing your whole selves and your full hearts. Thank you too to all the facilitators and keynote speakers for sharing your experiences so creatively. If you were unable to attend, don’t discourage. There are many opportunities to engage with the topics explored in this retreat—read about Get Moving! in this newsletter and contact us! Visit the retreat website at http://www.preventgbvafrica.org/traveling-our-heads-our-hearts-gbv-prevention-network-retreat-2012 or engage with members on our Facebook page to learn more.

We are already looking forward to next time and to continuing this journey together!
network news

In Her Shoes available in Swahili and English!

In Her Shoes is in action! The first ever African version of In Her Shoes has been produced by the GBV Prevention Network and depicts characters who reflect the diversity of communities in the region. In Her Shoes is an educational, interactive exercise that attempts to help the practitioners through survivors' experiences so that they may better understand, empathize with, and support women who are experiencing violence. The sub-Saharan Africa version of the Toolkit was developed with the input of Network members and activists from 22 countries across Africa and depicts characters who reflect the diversity of communities in the region.

400 English kits and 30 Swahili kits are already being used in 17 countries. Let's share the data on the Toolkit’s effectiveness. The Toolkit represents a very important tool in the prevention of gender-based violence against women, and we are currently working on producing an English version of the Toolkit. We encourage anyone who is interested in accessing the Toolkit to email us at info@preventgbvafrica.org to order your Toolkit in English or Swahili today or simply download it from our website at www.preventgbvafrica.org.


This year the regional theme will focus on how we can question violence against women in our communities. Over 100 members voted on the theme of “Community Responsibility” which emphasizes the ability of communities to work together to prevent violence against women (VAW) by questioning our own community norms that perpetuate violence.

When we start asking the hard questions, what perpetuates violence against women in our communities? How are we speaking out against violence? How do we support survivors? Does violence help or hurt us? Then positive change becomes possible.

Collaborating organizations will receive an Action and Advocacy Kit, full of dynamic materials to support activists throughout the campaign period. Some of the materials include colorful posters, campaign ribbons, SMS messages, a range of interactive exercises, stickers, and an introductory session for staff. Want to get involved? Write to us at info@preventgbvafrica.org for more details.

New Feminist Counseling Skills Building Booklet

Last year, the Network collaborated with the Nasa Institute for Women's Development in South Africa to strengthen the feminist counseling service delivery skills of 22 members from Kenya, Tanzania, Uganda and Malawi. To promote ongoing follow-up and help participants incorporate key learning into their daily work, the Network collaborated with Nasa to develop a condensed guide on the essentials of feminist counseling. The Essentials of Feminist Counseling Brochure summarizes the key principles and philosophy of feminist counseling and is a handy reference that can help counselors to incorporate feminist techniques and principles into their day to day efforts supporting survivors of violence against women in the region. This resource is now available for download from the website at www.preventgbvafrica.org.

Developing Communication Materials, Building Partnerships

In April, this year, the Network continued to strengthen cross-region linkages through our inter-regional exchange process with violence against women prevention networks in Latin America (Interamericana) and Asia (Partners 4 Prevention). As part of this collaboration, two staff from the Coordinating Office travelled to Nicaragua to carry out a training on developing effective communication materials for preventing violence against women. This training is one of the Network's key skills building initiatives in conjunction with the Communication Materials Thematic Working Group. You can also be a part of this group. Find out more by visiting our website at www.preventgbvafrica.org.

what's your way?

Competition Winners

"The Network’s first Facebook competition crowned its winners on International Women’s Day 2012! The competition, entitled ‘What's your way?’ invited individuals from across the Horn, East, and Southern Africa to express their thoughts on preventing violence against women in their everyday lives. The competition generated many inspiring stories of real, everyday activism. Winner Fidele Rutayisire, 1ST Runner-up, Andrew Ssekirevu, and 2ND Runner-up Annette Natukunda share their ways with us:

Fidele Rutayisire

Violence hurts my daughters, sisters, mothers, aunts, fathers, brothers, sons and uncles. In my everyday life, I wonder why does gender-based violence happen and what can I do to prevent it?

I am preventing gender-based violence by educating boys about healthy relationships. I argue that the well-being of the young men in my family includes the ability to develop healthy relationships with women and other men. As such, I share my values regarding gender equality with boys from my family, my community and my church. I teach boys how to play ball, or how to safely cross the road in non-violent ways. I share with them the means through which they can establish relationships that are based on respect, equality and equal responsibility.

Sharing equally in family responsibilities and chores at home with my wife is one primary way of preventing gender-based violence. I am open about my feelings with the women in my life, and I publicly question negative depictions of women. I believe that these are some of the ways I can demonstrate to boys how I value women as equal and believe in healthy relationships. I am part of the solution.

Andrew Ssekirevu

I live in Kawempe Division in Kampala. This area is marred by violence against women because of cultural and religious beliefs, as well as extreme poverty. I usually meet with my friends at a local restaurant where many other men also go to meet for fun. Since last month, we have formed a small community group to end violence against women in the surrounding homes and in the community in general. In our group, we talk about the easiest ways to counter the strong cultural, belief and patriarchal tendencies.

In the beginning, the other men who visited the restaurant used to refer to us as ‘the educated ones with strong western beliefs,’ and we get involved? Write to us at info@preventgbvafrica.org for more details.

Annette Natukunda

I work with a women’s organization in Rwanda. I prevent violence against women in my own way by being a rebel - the pain in the neck in the room who is always concerned about how women and women's issues are being discussed or presented. I tend to notice whether people are being gender sensitive or not. I am always looking out for any verbal, behavioral, or physical abuse of a woman. If I notice any sort of abuse, I point it out.

I believe that all women's issues are my issues. I am glad that I work with a women’s organization supporting and defending other women. I am a feminist and I am unapologetically pro-women and pro-women participation and their empowerment.

Keep up with all the latest news of the Network by visiting www.preventgbvafrica.org or following us on Facebook.