

EVERY
One

EVERY
Day

EVERY
Way

Can be an
Activist!

**How Can We Take Action to Prevent
Violence Against Women?**



www.preventgbvafrica.org

Activism is ...

- 🌀 taking action, big or small, to create positive social change in our lives and the lives of others.
- 🌀 living our beliefs in all parts of our lives, both professional and personal.
- 🌀 feeling moved to contribute to making our relationships, families and communities happier and healthier.



What kind of activism
does it take to
prevent violence
against women?

It takes Activism by

EVERY
One

EVERY
Day

EVERY
Way



**EVERY
ONE**

- 🌀 All people can take action to prevent VAW.
- 🌀 A person does not need special training, education, or financial resources to be an activist.
- 🌀 Activists come in all shapes and sizes – from any religion, economic status, sex, marital status, etc.
- 🌀 Activism begins with us!



EVERY Day

- 🌀 We can take action to prevent VAW every day of the year, not just during special campaigns.
- 🌀 Demonstrating our belief in fairness and respect for all people can be done every day, in every interaction.
- 🌀 Small everyday actions can lead to the biggest changes! We all can be “everyday activists.”
- 🌀 We must live our beliefs every day, not just when it is convenient, urgent or part of our jobs.
- 🌀 We can be more energized, creative activists in our work of preventing VAW!



EVERY Way

- 🌀 Using words and actions that are fair, respectful and just is a powerful kind of activism.
- 🌀 Activism is not just about activities. The most effective activism is often what happens in the course of our normal lives.
- 🌀 Our attitudes, actions, and choices can inspire others.
- 🌀 No idea or action to prevent VAW is "too small."
- 🌀 We can challenge ourselves and each other to be more creative in our activism at work.



Living Our Beliefs

The most essential part of being an activist is living our beliefs

What does it mean to “live our beliefs”?

- 🌀 Acting in a way that matches our values and opinions.
- 🌀 Being honest with ourselves.
- 🌀 Creating equality in our relationships.
- 🌀 Interacting with others, no matter who they are, always with respect and non-violence.
- 🌀 Creating organizational culture that is truly supportive and where abuses of power (by anyone!) are not acceptable.



Living Our Beliefs:

Discussion Point

- 🌀 Are the values we show publicly actually what is inside our hearts and minds?
- 🌀 How can we act more justly with others in our personal lives? At work?



Challenges to Living Our Beliefs

🌀 Sometimes ...

- our behavior doesn't reflect our values or beliefs.
- we don't realize or admit that our choices in our day-to-day lives are not in line with the values we talk about in our work.
- we do not think about the small daily interactions in our personal lives as part of our activism.
- we think activism is necessary 'out there' in the community, not 'in here' in our organizations.



Challenges to Living our Beliefs:

Discussion Point

- 🌀 Can you think of a time in which you did not “live your beliefs” when interacting with your partner, a loved one, a household or professional employee, a colleague, a stranger or someone else?
- 🌀 How did it make you feel? How did it make the other person feel?



Unintended Outcomes of Activism

- 🌀 Activism does not always have the desired effect.
- 🌀 Even well-intended activism can be ineffective or harmful.
- 🌀 Being more conscious about our activism can help us better live our beliefs.



Unintended Outcomes of Activism:

Discussion Point

- 🌀 What makes some styles of activism harmful?
- 🌀 What makes some styles of activism ineffective?



Effective Activism is . . .

- 🎯 using innovative ways to provoke other's thinking.
- 🎯 thinking through possible consequences of our words, actions or activities before using them.
- 🎯 making the issue feel just safe enough for others to engage, while still encouraging others to reflect on their ideas and perspectives.
- 🎯 avoiding blaming or shaming others - this creates defensiveness, not the desire to change.



Effective Activism

Discussion Point

- ① What is your proudest moment of activism in your personal life?
- ① What is your proudest moment of activism in your professional life?



Ideas for Strengthening our Activism

- 🎯 Be an activist in our everyday lives before we promote activism amongst others.
- 🎯 Take time to self-reflect to assess to what extent we are living our beliefs.
- 🎯 Use different, new and creative ideas for activism.
- 🎯 Strive to be conscious in our activism by being provocative and engaging rather than intimidating, threatening, or violent.
- 🎯 Use our words and actions at home, at work, and in the community to inspire and encourage activism by everyone, everyday, in every way.



How Can We Inspire and Support Effective Activism in Communities?

- 🌀 Reinforce the idea that **EVERYONE** can be an activist.
 - Work with a wide range of community members of different ages, sexes, marital status, skill and education levels.
- 🌀 Encourage **EVERYDAY ACTIVISM** as the most powerful tool to prevent VAW.
 - Give examples and gather ideas from community members of actions they can take in their day-to-day lives to prevent VAW.
- 🌀 Inspire confidence in community members: Treat them with respect and as equals.
- 🌀 Remember that **EVERY WAY** counts. Encourage and celebrate all positive ideas and actions, big and small.
- 🌀 Ask yourself, your colleagues, and community members, how could we be more effective activists?



Ten Ideas for Taking Action!

1. **Start with yourself:** Commit to never using violence in your relationship.
2. **Think about how you balance power in your relationship.** Have the courage to be an equal partner.
3. **Talk with your partner, your family, and your friends** about the benefits of non-violent, equal relationships.
4. **Be a role model in your words and actions.** Demonstrate your belief that women and men are equally valuable.
5. **Stop tolerating violence against women.** Get organized. Organize others. Prevent. Respond.



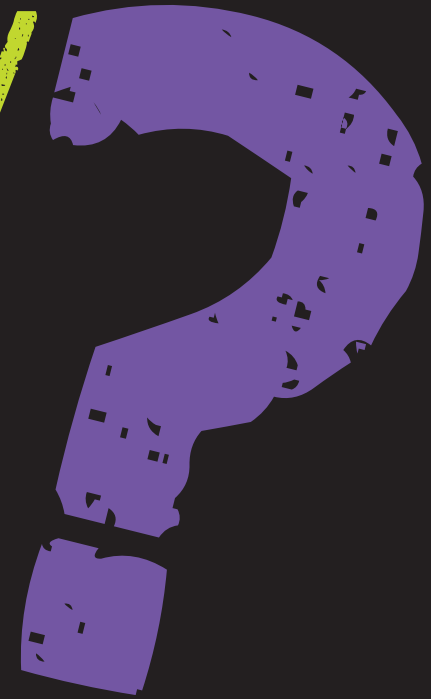


Ten Ideas for Taking Action!

6. **Challenge men who are using their power over girls and women.** Talk to them. Don't ignore it.
7. **Be honest with yourself** and evaluate regularly whether you are living your beliefs in all aspects of your life. Make positive changes today!
8. **Create spaces to talk to friends,** children, partners, colleagues and community members about equality and non-violence.
9. **Have honest conversations with colleagues** about how to create more equitable and supportive work environments.
10. **Celebrate non-violence and positive changel**



What's **Your** Way
to be an
Activist
this year



Thank You!



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