

this issue's theme

Traveling from our Heads to our Hearts: Putting our Hearts into Violence against Women Prevention

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!

next issue's theme

Brand New Member Spotlight Issue Newsletter!

You won't recognize our next issue - or at least we hope you won't! We are redesigning the newsletter to better meet your needs and interests. You will notice changes both in the look and feel of the newsletter. We certainly hope that you like what you see! The redesign of 'Perspectives for Prevention' includes reducing from a tri-annual to a bi-annual publication but making each edition even more innovative. The first new issue will be all about YOU! We will be focusing on the experiences, ideas and strategies of member organizations and using the same opportunity to celebrate your achievements. Don't be left out. Write to us now at info@preventgbv africa.org to find out how you can showcase your work and share your ideas for the upcoming new edition!

take action!



Get Moving!

Gets Revamped

The Network is delighted to announce that we've launched the second edition of *Get Moving!* We unveiled this powerful initiative as we traveled from our heads to our hearts 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 enable easier 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 jobs. Highly interactive, 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 more so, how it does it.

Why *Get Moving!*?

It truly is a gift to have work that not only fulfills 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 also 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 their families. How we conduct our work can be as transformative as it can be harmful. It is our responsibility to ensure that this work is transformative. Like others affecting personal wellbeing - doctors, counselors, clergy - we need to hold each other to a standard of integrity and effectiveness that reflects the power of 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 uses 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 emboldened 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 activist. Everyone has power to prevent violence against women. - *Get Moving!* participant, RWAMREC, Rwanda

"During *Get Moving!* we had to undergo 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, WOLREC, Malawi

What does it involve?

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

As the Network Coordinating Office, Raising 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!



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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; and
- 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@preventgbv africa.org or call +256 414 531 186 now and get started.

Let's *Get Moving!*

Sexual Violence Research Initiative (SVRI) – Developing the Evidence for Primary Prevention of Sexual Violence

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After two years of an intensive global review, SVRI will begin developing and testing components for the creation of a multi-component sexual violence prevention model. Research from high-income countries has revealed interesting evidence, particularly in relation to preventing child abuse and neglect. Findings indicate that parenting interventions are effective at reducing the risk and incidence of child maltreatment and improving child outcomes. Moreover, parent training with mothers, even in resource-poor settings, can be integrated into existing health care systems, positively influencing parent-child relationships, and in turn reducing negative parenting practices.

As the evidence for the prevention of sexual violence grows, SVRI

stresses that there is still a need for more reliable research from low and middle income countries, and a need for greater advocacy for the effectiveness of prevention, starting early in a person's life..

Youth Advocates Zimbabwe (YAZ) Scoops another Award for their Exceptional Work

For YAZ, 2011 was undoubtedly a great year. In a show of confidence and community ownership, their Director was awarded the prestigious News Day People's Choice Award, Junior Citizen. This was the second award YAZ received in the same year. YAZ had earlier received the MTV Staying Alive Award which is an international initiative to encourage HIV prevention, promote safer lifestyle choices and fight the stigma and discrimination that fuels the HIV epidemic. Staying Alive is now the world's largest HIV mass media awareness and prevention campaign. YAZ's mission is to empower young adults and adolescents to understand their reproductive rights,

and social and civic responsibilities through information sharing and transformative education, whilst fostering a culture of human rights. Congratulations YAZ! Keep up the good work!

Hope After Rape Community Volunteers Practicing Prevention, their Own Way!

Hope After Rape in Uganda is excited about the new turn that their project has taken! 36 community volunteers who had been trained to provide psychosocial care to domestic violence survivors have become champions of violence against women prevention. Although Hope After Rape is primarily a service-delivery organization, this particular group of volunteers has been encouraging survivors and other community members to prevent violence against women through small individual positive actions. During the 16 Days of Activism campaign in 2011, Hope After Rape carried out activities based on the Network theme 'Everyone, Everyday, Every Way: Prevent Violence Against Women Your Way.'

The volunteers have now incorporated this theme into their work and are encouraging community members to use their power to prevent domestic violence with simple everyday actions.

Kariba FM Radio Joins Fight Against Violence Against Women

In Siavonga District in Zambia, Kariba FM Radio is engaging the community in addressing violence against women. The staff at Kariba now play local music with positive messages and feature culturally relevant initiatives that capture the attention of a wide range of community members as allies in the campaign. The radio station is also planning to work with traditional leaders as advocates against violence against women. The use of community radio, especially through local music is proving to be a popular approach that is attracting men and boys who usually have more access to radios in the community. Although most radio stations are privately owned for-profit companies, Kariba has stepped out of the mold. Congratulations Kariba FM!

member news

Would you like to know what's happening with our colleagues in the region? Want to share in the successes of members' programs? Read this section and catch up with the current news!



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Continuing the journey

From July 2nd- 4th the Network held our first three-day member retreat- Traveling from Our Heads to Our Hearts - in Entebbe, Uganda. Over 65 activists from around the region gathered to reflect critically on how and why 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:

- 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
- Finding others whom we can trust to support us



"Activism is a way of life!" – Retreat Participant

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 Tadria 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:

- Treating everyone with respect and equality in our personal and professional spaces
- Engaging in vibrant activism
- Building upon tradition to foster positive change
- Harnessing the power of social media and technology to strengthen activism
- Creating murals and artistic expressions to encourage non-violence



"Empowering women begins with oneself." – Retreat Participant

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, Awino 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." – Awino Okech

Awino 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.



"The most important lesson I took away from this retreat is that we must work as a network and as a team. Individually we can only go so far." – Retreat Participant

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



Key from our Heads to our Hearts



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 key note 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 web page 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!



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 soaring on the luminous energy connecting us!



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 is ready for use in both English and Swahili. In Her Shoes is an educational, interactive exercise that attempts to 'walk' the practitioner 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 women in the region.

400 English kits and 30 Swahili kits are already being used in 17 countries! Betty Sharon from Coastal Women in Development (Kenya) reports that 'the toolkit is very interesting and has a lot of self-reflection and soul searching'.

You too can now access this captivating new resource in soft or hard copy, and in English or Swahili. Please write to us at info@preventgbv africa.org to order your Toolkit in English or Swahili today or simply download it from our website at www.preventgbv africa.org.

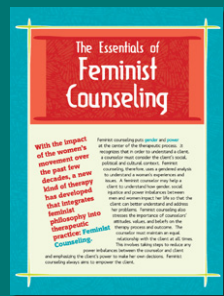
16 Days of Activism Campaign 2012: "Question VAW! Start Asking, Start Changing."

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 activism 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@preventgbv africa.org for more details.

New Feminist Counseling Skills Building Booklet



Last year, the Network collaborated with the Nisaa 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 Nisaa 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.preventgbv africa.org

Developing Communication Materials, Building Partnerships

In April this year, the Network continued to strengthen cross-regional linkages through our inter-regional exchange process with violence against women prevention networks in Latin America (Intercambios) 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.preventgbv africa.org.

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

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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 ways in which they are committed to 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 (Rwanda)

WINNER!

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 publically 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 (Uganda)

1ST RUNNER UP

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 meet to have 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 beliefs 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 our efforts to engage them were futile. However, after many discussions with them, things have started to change. We started as a group of only 5 people, and now we are over 35. Surprisingly, the men have started bringing their wives along to our meetings. Our group shares clear messages on violence against women and its effects on other members of the community, as well.



Annette Natukunda Mukiga (Rwanda)

2ND RUNNER UP

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 do 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 regarding women's participation and their empowerment.

Perspectives on Prevention is a newsletter for activists and practitioners committed to preventing gender-based violence in the Horn, East and Southern Africa. It is the newsletter of the GBV Prevention Network. The GBV Prevention Network aims to: provide member organizations with regional and international resources on GBV; strengthen the discourse and practice of rights-based GBV prevention; increase skills in GBV prevention; and, foster cohesion, collaboration and increased activism within the region. The network is currently coordinated by Raising Voices and supported by HIVOS.