



Building Momentum • Fostering Activism

GBV Prevention Network Member's Story

Activism: When Small Changes Lead the Path to Transforming Lives

Lucy Mitei, a GBV Prevention Network member, participated in the *Get Moving!* powerful internal process that strengthens organisations working in violence against women (VAW) prevention. It reveals insights into VAW that are key to achieving a higher quality of work and gives the opportunity for intensive self-reflection and self-discovery.

Lucy shared her amazing story of change with us below:

1. What does *Get Moving!* mean to you?

I was a member of another organisation that conducted *Get Moving!* from where I was inspired to take the activism to my village through Gender Empowerment & Wellness Centre (GEWEC) in Kenya.

Participating in the *Get Moving!* process was a wake-up call for me, it was a moment to pause and reflect on my work in response and prevention of violence against women (VAW). I got the courage and affirmation that there was more I could do in eliminating VAW, especially in my Kalenjin community. It motivated me to start a grassroots organization that empowers girls in rural areas through mentorship, SRH education, and life skills education.

2. How did the *Get Moving!* process impact on you and if any on GEWEC?

Through the introspection in *Get Moving!*, I underwent a self-discovery process. I got the courage and affirmation that there was more I could do in eliminating VAW, especially in my Kalenjin community. It motivated me to start a grassroots organization that empowers girls in rural areas through mentorship, SRH education, and life skills education. We have started a campaign on Chana Dada Mashinani (empower girls from rural areas) that seeks to empower young women and girls in rural areas through community-based initiatives.

3. How can we create a world free from violence against women from your perspective?

I believe eliminating power imbalances creates a society free of VAW. All our interventions around the globe should aim at challenging the root cause of VAW (power imbalance); encourage women to speak out and create social movements that create synergies among activists. Further, we should also model our future generations to be champions of social change and promote social norms that shun power imbalances.

4. Any advice for activists in the region (East, Horn and Southern Africa)?

Stretch your limits, start small, think broad, connect with other activists, mentor someone and for those who have been there for some time, share your experiences.



Lucy Mitei



Lucy engaging young girls in school