

Eight Ways you can be a Gender Champion

By Shannon Lövgren

Adapted from UN Women article "Eight ways you can be a women's rights advocate today and every day"

#1 Raise your VOICE

- Jaha Dukureh, UN Goodwill Ambassador and advocate to end FGM

“It wasn’t until I was pregnant with my daughter, that I started to speak out against FGM. I didn’t want my daughter to ever have to go through what I had. I also knew there were millions of girls out there, just like me and my daughter, and no one was speaking for them. If it wasn’t going to me, who else would do that?” Jaha says. “I started to speak out, I started to shout.”



Photo: UN Women/Ryan Brown

Raise your VOICE!



○ Whose voice?



2 Support One Another



Photo: UN Women /Eunjin Jeong

Faten Ashour (left) ended her 13-year abusive marriage with legal help from Ayah al-Wakil

“If you find yourself in a place that allows you to make a real difference in other women’s lives, obstacles will not stop you anymore,” says Ayah. “I became determined to improve women’s lives in my hometown and started to look for opportunities.”

Support One Another?

- Who are we talking about?
- What does it mean to support one another?

~~IT'S NOT THAT BAD~~
~~IT'S NOT THAT BAD~~
~~JUST BE HAPPY~~
~~JUST BE HAPPY~~
~~DON'T BE SAD~~
~~DON'T BE SAD~~
~~YOU'LL GET OVER IT~~
~~YOU'LL GET OVER IT~~
~~YOU'RE OVERREACTING~~
~~YOU'RE OVERREACTING~~
I BELIEVE YOU.

#STIGMAFIGHTER

active minds

#3 Share the Workload

- What is the value of your time?



Share the Workload

- Why?
- How?
- What is the value to me?



#4 Get Involved



Photo: UN Women/ Assane Gueye

- “They said that a woman couldn’t run for elections. They said that a widowed woman couldn’t be a Mayor...that a woman did not have the skills to manage a community. I have proved them all wrong,”
- Coumba Diaw, Mayor, Senegal

Get Involved

- What does that mean to you?
- Where?
- How?



#5 Educate the Next Generation



Photo: UN Women/ Theresia Thylin

“It is important that girls know their rights. I want us all to be feminists and work together to stop violence against women and girls,” Aiturgan says.

“What I learn in school, about rights, I share with my younger brother. He too should know his rights. I tell him that we have to take an absolute stand against violence.”

Educate the Next Generation

What does that mean in your community?

Who is responsible for education?



Find someone who has a life that you want and figure out how they got it. Read books, pick your role models wisely, find out what they did and do it.

— Lana Del Rey —



OkDay.com



#6 Know your RIGHTS



Photo: UN Women/ Ryan Brown

“Do I think that the peace agreement will be implemented? Yes, I trust that it will. But it needs to be implemented in a way that acknowledges the diversity of the Colombian people, and of women, and respect their rights. This means, providing access to land and property that they can use in accordance to their own cultural practices and traditions, and consulting the local communities before infrastructure projects are developed.”

Charo Minas-Rojas, Colombian Human Rights Activist

Know Your Rights

○ What rights do you have?



The Universal Declaration of Human Rights

1. We are all born free and equal
2. Everyone has rights despite differences
3. All have the right to live, and live in safety
4. No one may enslave you
5. No one may torture you
6. You have rights no matter where you travel
7. All are equal before the law
8. Human rights are protected by law
9. No one should be unfairly detained
10. All have a right to a fair trial
11. All accused are innocent until proven guilty
12. All have a right to privacy
13. All have the right to move freely
14. All may enjoy asylum from persecution
15. All have a right to nationality
16. All may marry and establish families
17. All may own property
18. All may think freely, including religion
19. All may freely express opinions
20. All may assemble peacefully
21. All may participate in governing
22. All have rights to dignity and social protections
23. All have free choices of employment
24. All have rights to rest and leisure
25. All have the right to an adequate standard of living
26. All have a right to education
27. All have rights to intellectual property
28. All have the right to a world that enables and protects rights
29. All rights have responsibilities and can only be limited when infringing on others' rights
30. No one can take away your human rights

#7 Join the Conversation



Photo: UN Women/ Mirjana Nedava

- “The campaign showed the magnitude and prevalence of sexual harassment, and also exposed the subtle ways in which this behaviour is normalized and internalized,” Ana says. “Our movement too faced criticism. Most notably, some people criticized us for not revealing the names of the offenders. But our goal is not about punishing a few individuals, but to bring real change in people’s attitudes and the system so that there is no more social tolerance towards this violence.”
- Ana Vasileva, started a social media campaign

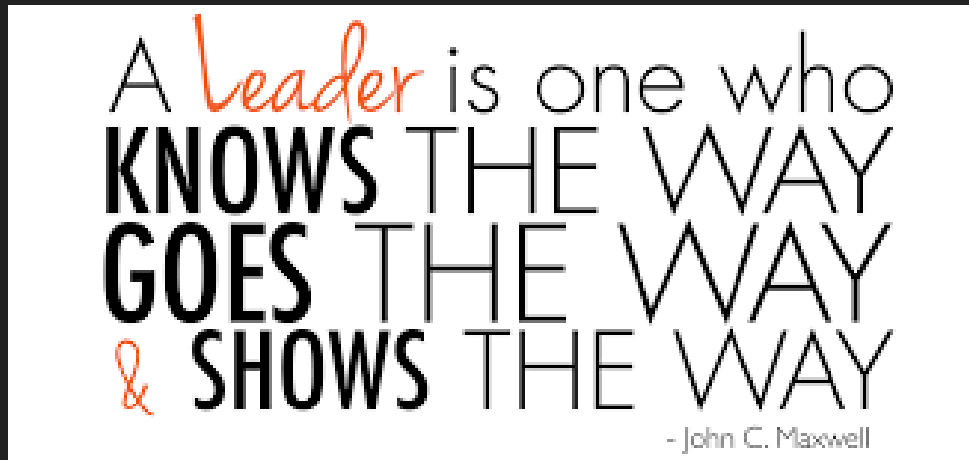
Join the Conversation

- What conversations are happening about women in your community?
- What do you think about them?



Lead the way

○ What do you have to give?



- Time
- Your support
- Your share of the work
- Your voice
- Your money (=work=pay=respect)
- Your ears
- Your experience
- Your example

Be the change you want

BE A GENDER CHAMPION!

Thank you!