

**Nov 25 [Intl Day for the Elimination of Violence Against Women to Dec 10
(World Human Rights Day) - With Guest Speaker Mrs Mabel Ngoe -
Sister to Sister Int'l [STST], Inc.**

Zoom recording: <https://www.youtube.com/watch?v=v8EjMKKC3iQ>

STUDENT CALL TO ACTION ON 16 DAYS OF ACTIVISM

Human rights is the universal fight for freedom and belief. This includes the rights of liberty, freedom of opinion, education, life, etc. Without discrimination. These rights should be promoted and protected by the economy. These human rights should be addressed and acknowledged to make the people feel more safe in society. The UDHR has become stronger and more helpful throughout the years, giving attention to not only people of all different races and religions but to people who are disabled, vulnerable, and indigenous. The fight for human rights affects not just one individual but the world. There are a few ways that I can support human rights.

One is my understanding of the issue, gaining more knowledge by researching credible sources, or joining online communities that help with global movements. I can also talk to people particularly women in domestic violence situation's or living in poverty about how and where they can gain assistance for their struggles. I stand up for human rights because humans all over the world have been suffering in some way or the other.

Whether it's through economic struggles, discrimination, healthcare, or poverty. These problems usually lead to mental illness that can be detrimental to the human mind and character. When there is a lack of help for the helpless the victim may take out their internal traumas and frustration on someone else by destroying their life or mental state. We need to understand that we are one and we are the only ones who can make the world a better place - *Anonymous*.

Throughout history, black women have often faced a unique set of challenges and barriers due to both their race and gender. We are often denied equal opportunities and have faced discrimination, violence, and other forms of abuse. As a result, the celebration of Human Rights Day can be particularly meaningful for me as it offers a chance to recognize and celebrate the progress that has been made in the fight for equal rights, as well as to continue the work of advocating for the protection and promotion of human rights for all.

To promote the theme of dignity, freedom, and justice for all, it is important to educate others about the importance of human rights and the UDHR. This can be done through events, discussions, social media campaigns, and other forms of activism. It is also important to advocate for the protection and promotion of human rights, both nationally and internationally, and to stand up against any

violations of these rights. By working together and speaking out, we can help to create a more just and equal society for all - *Ariel Graham*

In some society GBV has always been an unsolved issue. Women suffer from many types of violence and often times are unable to do anything about it. In order to fight against GBV, women should build the courage to speak out and make others aware that no woman should suffer from abuse, that way other women can stand up and support one another and create a change in society - *Deepika Ramkishun*

This presentation touches on gender based violence on how black women or African American Americans are the majority of women who have had violence against them. Women have faced violence against them all over the world. Black women's success is fairly much lower than any other race. The guest speaker talks about The 16 Days of Activism, which runs from November 25 to December 10th. This makes the point that women's rights are important as much as everyone else's rights. Violence against women can be verbal, emotional, physical and sadly, it happens in many places. And sadly, many women are afraid to speak up. Some countries celebrate every day for 16 days. The theme for this year is Unite. Every action that is done, supports the fight against gender based violence Donating to an organization, posting on social media and educating yourself would help. You can stay informed by signing up for the emails, or join the campaign, or wear orange to show that you support the cause. My call to action would be to post about the 16 days on social media to bring more awareness to it, because before learning about it recently, I did not know that it was examined. I'm sure that many of my peers have not heard of it, and by posting on social media, more people would know - *Aissatou Sidibe*

This presentation on 16 day activism was really informative and a little scary to see how women are treated harshly even though it is known that there is gender based violence it is not spoken on so we are not aware of its degree. I agree that Women's rights are human rights which we should not not have to agree on, it should be a given. It is crazy the things women go through and how they are treated when they are what makes life possible . It hurts to know that the person you should be able to rely on are the one that hurt you the most. It was also heartbreaking to know that the movement started in 1991 and in 2018 New York City started celebrating. This reminds me of a story back in 1964 in Queens New York where 38 people saw a women be murder and did nothing - *Marlanique Brown*

I feel the best way I can promote my experience is to continue to support those who face inequality in any way shape or form. One way I have done this is helping through soup kitchens for those less fortunate or setting up parades for pride where people get to show off who they truly are. I think it is important to protect our Human rights because that's exactly what they should be, rights given to you solely because you are human as is everyone else. Fairness, respect, and dignity as well as equality should be given to all and the fact that we have some places void of these BARE MINIMUMS is outrageous and something that needs to change - **David Feliciano**

Gender-based violence is shockingly common against women due to men's aggression. There's different types of violence rather than just physical, some victims go through manipulation where even if they want to leave the relationship they aren't able to. Keeping the victims away from their relatives is one type of abuse victims face and mostly it's occurred to females. Because of the lack of physical dominance females present, they are more keen to be violated by the aggression of male. As in some cultures in the eastern side of the world, those who leave a violent abusive relationship, their family forces them to go back to the abusive partner just so their families wouldn't have any misunderstanding. Because of the rise of gender based violence, Orange the world against GBV was established by United Nations Women to end Violence against Women, where orange represents freedom from violence against women and girls. To spread awareness and knowledge around the globe to the victims of GBV that they aren't alone - **Tinzin Rigzin**

Orange the world against GBV is a campaign started by United Nations Women to end Violence against Women. November 25th has been designated as Orange Day by UNiTE. The color orange is used to represent a brighter future, free from violence against women and girls. This campaign calls for global action to increase awareness, galvanize advocacy efforts, and share knowledge and innovations. People are encouraged to wear orange or associate orange with the freedom of girls and women that were abused. Gender-based violence is shockingly common against women due to men's aggression and anger. Oftentimes when someone becomes a victim of domestic abuse, it's hard to leave that abusive relationship. The abuser might be manipulative, gaslighting, or love-bombing the victim to stay. They might also be the one that controls finances or isolated the victim from family and friends.

Leaving the relationship could also endanger the victim even more and murder rates are higher in an abusive relationship. There's also an aspect about kids if they have any with the abuser that makes it hard to leave. And on top of that, in some cultural places, if a victim is leaving an abusive marriage, their family member might try to convince them to stay so they won't ruin the family

picture. There are a lot of things that can hold back a victim from leaving an abusive relationship. But most important is the silence. More than half the time, outsiders never know of any abusive relationships going around because the abusers always kept quiet and force the victims to keep quiet too. Orange the world against gender-based violence helps bring awareness to violence against women. They bring awareness to how you can spot a potentially abusive relationship and free them - ***Tina Zheng***

GBV is most definitely a real problem, women more often than not are the victims of GBV. From a cultural standpoint I see how culture can tie into GBV. For example, maybe someone who is a victim of GBV is too afraid to speak up about it due to their culture and maybe not wanting to bring a negative connotation to their family. I also know that GBV is a problem in some places where maybe the parents did not have a son but instead had a daughter and they did not want this so they would grow up being a victim - ***David Feliciano***

The international movement for gender based violence is For people to realize the multiple forms of discrimination and violence amongst women. Many women around the world of all races, ages, and religion have experienced abuse of some sort from their counterpart or significant other. This abuse can come in many forms like verbal, physical, and mental, leaving the woman to feel inferior, insecure, and Unprotected. The root cause of abuse varies. It usually stems from childhood traumas, maybe the abuser sees violence in their home, or maybe the act of abuse can be from a mental illness, insecurities, etc. The abusers Goal Is to basically gain control and power over their victim. There are plenty of ways in which people partake in violence.

For example, online harassment, institutional and structural violence is another form of violence, and economic. Women aren't the only type of individuals who experience violence. The LGBTQ community, indigenous, communities, people of color, or disabled people also may go through stages of Violence. This is usually Not always because these types of people are deemed as different and unique than what society expects. Since violence is not often expected, it exists.

There should be ways for people to build capacity in order to help lessen the acts of gender based violence. I personally plan to raise awareness to victims, support organizations by social media. I feel this will open the eyes of some people making them aware of what goes on in our communities and around the world - ***Jennifer Coleman***