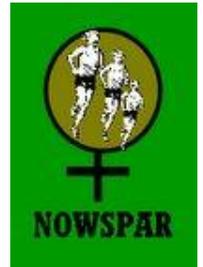




National Organisation for Women in Sport Physical Activity and Recreation

16 Days of Activism Against Gender Violence

25th Nov — 10th Dec 2009



Commit-Act-Demand: We CAN End Violence Against Women

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The Campaign is a strategy and platform to mobilise attention, action and commitment to end gender based violence. It draws on the power of all spheres of society to act locally and in partnership across regions and the world towards a violence free society'

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Women in sport have been on the blind spot of society for a long time, we must demonstrate that we are a key player in contributing to the fight against gender violence within the sphere of sport and in wider society.- Matilda Mwaba- NOWSPAR Executive Director

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The skills that are developed through participation in sport including self esteem, confidence, communication and values of respect, dignity and self worth are vital to young adults' ability to safely negotiate interpersonal relationships as these are a common site of violence. Lombe Mwambwa- NOWSPAR General Secretary

History of the Campaign

The roots of "16 Days of Activism against Gender Violence" campaign date back to the 20th century and are based on two historical events. The first took place in Dominican Republic on November 25th, 1960, when the state cruelly executed three Mirabal sisters who were political activists and became a symbol of resistance to Trujillo's regime. The second happened in Canada on December 6th, 1989, when 14 female students were shot by Mark Lepine at the University of Montreal's Faculty of engineering, the assassin who believed that he had not been accepted in the Faculty due to the number of female students.

These brutal acts triggered the creation of two end-violence global campaigns: the "16 Days of Activism against Gender Violence" and the "White Ribbon Campaign" – a unique initiative by Canadian men. Later, in 1999, the UN officially recognized November 25th as the International Day for the Elimination of Violence against Women.

The 16 Days campaign runs from November 25 till December 10th symbolically linking gender violence and human rights issues and covers a number of important dates, including:

- November 25, International Day for the Elimination of Violence against Women
- December 1, World AIDS Day
- December 2, International Day for Abolition of Slavery
- December 6, The anniversary of the 1991 "Montreal Massacre", and
- December 10, International Human Rights Day.

How Does Sport Fit In

- Sport is a platform for learning and sharing , it is used to educate and develop life skills.
- Limiting access to sport hinders access to friendships and support networks developed through regular interaction.
- Sports leaders can be mentors and role models, helping young women and girls to manage themselves.

NOWSPAR

We promote the equitable participation of women in sport in a safe environment.

- NOWSPAR through research looks into issues affecting access to sport for women and their experiences while practicing sport.
- NOWSPAR advocates for safe participation in a violence free environment
- NOWSPAR promotes the Kicking AIDS Out programme for life skills development and HIV/AIDS awareness
- NOWSPAR raises awareness among its members, athletes and sports institutions about women's rights
- NOWSPAR promotes interaction and linkage of sport institutions to civil society and government to learn and input into human rights promotion strategies.

www.nowspar.com

Every Body Matters