UNMUTED:

ELIMINATING DISCRIMINATION AGAINST WOMEN

VOLUME: 01

GCED APCEIU 2025



INSIDE THIS EDITION:

CREATIVE VOICES

FEATURE ARTICLE:
BREAKING THE CHAIN

WELLNESS & SELF-LOVE CORNER

www.gcedonlinecampus.org

Magazine ™

MEET THE EDITORIAL TEAM



Parnneh T. Mallobe-Liberia



Neema Mmari-Tanzania



Mary Sheila Akol - Uganda



Nelushi Asmadala-Sri Lanka

From the Editorial Team

This magazine was born from conversations, lived experiences, and a shared dream of a world where women are seen, heard, and valued fully. We don't have all the answers, but through every word, image, and voice here, we hope to spark something: reflection, connection, and maybe even action.
Thank you for reading. Thank you for believing.

With heart,
The Editorial Team

A WORD FROM THE COURSE FACILITATOR

I have advocated for gender equality all my life, and conducting this course on “Your Role in Eliminating Discrimination Against Women” is an extension of my activism.

We have seen how women have claimed their rights throughout herstory and made many gains for all. Yet today we are witnessing a growing global backlash against women's rights, marked by legal regressions, diminished protections, and intensified discrimination. This trend has been documented by international organizations and observed across various regions.

The women’s movements across the globe are responding against this backlash and we all can play a role in promoting and protecting the human rights of women.

It has been a delight teaching all of you and I wish you the best in your efforts, big and small to make the world a better place for women in all their diversity.

Ivy Josiah
19 April 2025



FEATURE ARTICLE: BREAKING THE CHAIN

By Barbara Nakijoba, Uganda

"My role in eliminating discrimination against women is clear: I will not be silent. I will continue to amplify voices, advocate for policies, and educate the next generation. Because when one woman rises, she lifts an entire generation with her."

Barbara had always been told what she couldn't do. "You can't lead; leadership is for men." "You can't change the system; it's bigger than you." "You can't make a difference; you're just one person.

But Barbara refused to accept these limitations. She watched as girls around her were silenced; their opportunities stolen simply because they were born female. The system thrived on their silence, but silence was something Barbara never accepted.

Determined to challenge these norms, she founded The Doughty Movement, a platform of over 200 individuals that empowers young women to rise, lead, and challenge societal barriers. Through her expertise in Monitoring and Evaluation (M&E) at Uganda Youth Development Link (UYDEL), Barbara influenced decision-making for projects that promote inclusion and gender equality, ensuring that women and girls had access to opportunities that once seemed out of reach.



Her commitment to community-based Global Citizenship Education (GCED) as a solution for sustainable social and environmental challenges earned her global recognition. In 2023, she was invited to present at the 42nd UNESCO General Conference at the UNESCO Headquarters in Paris, France. A year later, in 2024, she took the stage again as a panelist at the 9th International Conference on GCED in Seoul, Korea, sharing insights on empowering women and communities from the ground up.

Her journey became a testament to young girls everywhere: leadership isn't given; it's taken.

Creative Voices

In this space, women raise their voices through poetry, prose, and personal reflections that challenge discrimination and celebrate resilience.



By Neetu Acharya, Bhutan

SUPERWOMEN

by Nur Syafiqah Yaccob

Malaysia

Striding boldly, head held up high Unyielding spirits, unshaken determination Picking up pieces of her along the way Empowering others through empowered self Rising up, raising the bar high Wondering around marking her presence Opening up but just enough Making futures, creating hopes Expanding dreams and extending hands Nothing in her way, no one stopping HER is YOU, YOU are a SUPERWOMAN. WE are SUPERWOMEN, we are each others' PRIDE.



It’s About Perspectives

By Heny Solekhah, Indonesia

If women are weak, why don’t you protect them
Give them safe space and provide their need
If women are strong, why don’t you respect them
Give them opportunity to grow and lead
Women are humans: mothers, sisters, neighbours
They deserve better

Mountains Worth Climbing

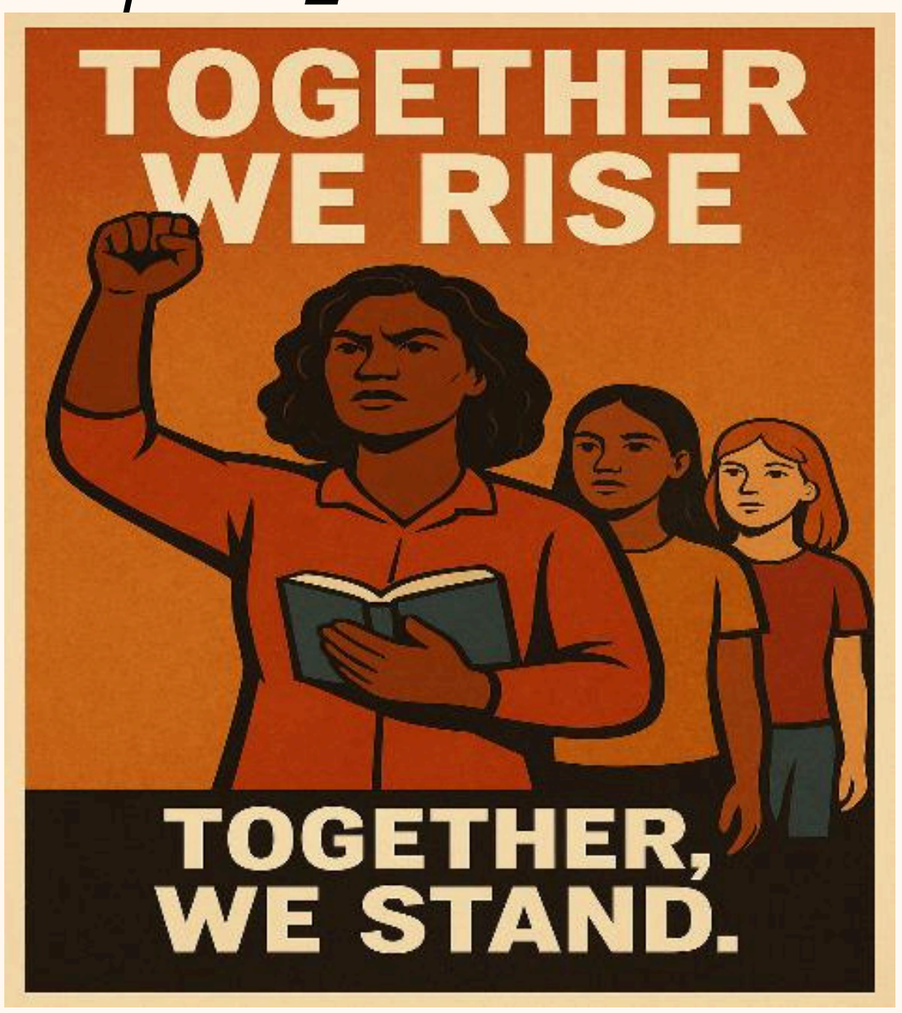
Here I am climbing a mountain
Yesterday, I was home, told to stay there
Yesterday, I was in the street, scared by teasing & comments
Yesterday, I was in school feeling uncomfortable in my clothes
Yesterday, I was with my relatives- “get married, you are beautiful.”
Yesterday, I was in the office commented- “this is the problem with women”
Yesterday, I was at home called ‘fierce’ & ‘timid’ at times
Yesterday, I was somewhere thinking about climbing the mountain And today, thanking myself while climbing the mountain
Thank you for climbing the mountain yesterday so I could climb it today
Here I am climbing mountains.....

-

Nutan(India)

Together We Rise: Building an Inclusive Society

by Gaymith Lepcha_Bhutan



I stand as a guide, a beacon, a voice,

Teaching the young to make the right choice.

For too long, women have suffered in pain,

Bound by injustice, silenced, restrained.

One in three—too high a cost,

Too many dreams shattered and lost.

Violence lingers, a cruel, harsh tide,

Born from a world where rights are denied.

But knowledge is power, a light in the dark,

A lesson, a whisper, a hope to embark.

As an educator, I take a stand,

Shaping young minds with a guiding hand.

Together, we rise, together, we fight,

Breaking the chains, reclaiming our light.

No more silence, no more fear,

A world of equality, bright and clear.

Let’s teach them young, let’s teach them strong,

That every voice deserves to belong.

To recognize, accept, and embrace,

A world where all can find their place.

Together, we rise. Together, we stand.

She Rises Still

For the women who never give up

By Oshin Johari



They tried to break her
With silence, shame, and chains of fear,
But she stitched her scars into stories,
And wore her wounds like armor clear.

She walks where thunder dares not roll,

Through storms of doubt and fire and fate,
With every tear she’s ever shed,
She carved a path they called “too late.”

She’s not the echo of the world’s demand,

She’s the voice that shakes the sky,
With hands that build from broken glass,
And eyes that teach the sun to rise.

From shadows deep, she gathers light,

From shattered dreams, she plants new seeds.

They called her weak, how little they knew

Of the iron hidden in her deeds.

She’s a mother, warrior, sister, flame,

She’s a leader, lover, and fearless a friend.
The world may try to write her end
But she rewrites it. Again. And again.

No chain too tight, no night too long,

No battle she won’t dare to face,
A woman born of sweat and song,
She holds the world in her embrace.

So here’s to her the one who stands

When every storm says she should fall.
She’s not just strong.
She is strength.
And she rises...
for us all.

A SPEECH ON MY ROLE IN ELIMINATING DISCRIMINATION AGAINST WOMEN

Dear women, sisters, fellow queens. We gather today not in celebration of our triumphs, but in acknowledgment of the burdens we carry. We stand here, bearing the weight of daily injustices. We are labeled 'weak. We are confined to domestic roles, expected to carry the weight of the world alone. We are denied access to the very spaces where our brilliance should shine. We are taken for granted, our contributions dismissed, our potential ignored. And yes, we wail. We cry. But enough! Enough of the silent suffering, We will not be slaves in our own palaces! We will no longer tolerate our voices being heard, but nothing being done. For we are queens!

JyteDavis Glory



MY VOICE
YOUR VOICE
OUR VOICES
DO MATTER

"You're prettier when you're quiet." is a phrase that many women have heard at least once. This phrase goes beyond mere words; it emphasizes the importance of a woman's external beauty over her own voice. This perpetuates a culture of silence in our society, causing not only girls but also adult women to struggle to recognize the importance of their voices.

Enough is enough! For too long, we have fought to express our own beliefs. We have fought for the right to freedom of expression. And we have fought for the right to be ourselves. It's time to stop belittling ourselves simply because we are women.

Coming from strong women of the Peruvian coast and highland regions initially meant a lack of opportunities for them to thrive; however, within them lay a deeper wealth: their voices and stories. Gradually, this has begun to change. This struggle is for those silenced voices that cannot speak for themselves, so they can have the right to speak without fear. Because yes, from being able to express our voice through a simple opinion to participating in public spaces where our voice can be a catalyst for positive change, our voices do matter.



By: Andrea Cordova (Peru)

UNSPOKEN CHAINS

I wake up every morning, expected to put others before myself. The routine is exhausting: set the breakfast table, mix the perfect cup of coffee, and ensure everything is just so. But what about my own needs? My own aspirations?

The pressure to conform to traditional roles is suffocating. "You won't keep a man with that attitude," I'm told. As if a partner would be more concerned with my ability to set a table than with my thoughts, feelings, and ambitions.

My mind rebels against the idea that I must diligently and rightfully serve a husband, even if I have professional obligations of my own. Why should I be expected to carry the weight of domestic duties alone? Is it not a partnership?

My father's words echo in my mind: "These are the duties of a woman in a home." But I refuse to accept this outdated notion. I will not be bound by the expectations of others. I will forge my own path, build my own career, and create my own life.

I will not marry simply to fulfill societal expectations. I will not sacrifice my autonomy and ambitions for the sake of tradition. I will rise above the limitations placed upon me and create a life that is truly my own.

By: Mary Sheila Akol
Uganda

A DAY WHEN WOMEN EVERYWHERE HAVE RIGHTS



By Amanda Opoku-Mensah, Ghana

A day women everywhere have the right to education, to healthcare, to sexual and reproductive rights, to own and inherit property

A day where women everywhere can dress how they want without it being tied to religion/culture/some imaginary man and what he prefers

A day where women everywhere can choose who they can marry and what jobs they want to do

Imagine

Just imagine

What a glorious day that will be!

If even for a spilt second you could imagine it, then it is possible

The world is born from imagination

Dare to dream of a better tomorrow

It starts with us

By standing up for women, speaking up for women and fighting for women

The Filipina's Roar: No More Silence

BY MISS ELILIBETH A. CERDENO (PHILIPPINES)

From archipelago of heroes, in a noble race,
Women have fought to claim their place.
Gabriela, Tandang Sora stood tall,
Carrying freedom's fiery call.

Yet even now, chains remain,
Holding women back in pain.
On the streets, they face disdain,
At work, their worth is questioned again.

Why are wages still unfair?
Why are women silenced there?
On the roads, they hear "Miss sexy, give me a smile!"
Yet when they resist, they're met with guile.

But no more silence, no more fear,
Our voices rise, bold and clear.
Through perseverance, we break the mold,
Through bayanihan or Community spirit, our strength unfolds.

Maria Ressa, Leni Robredo too,
Proof of what Filipinas can do.
Not just for homes, not just for care,
But for service, science, and leadership rare!

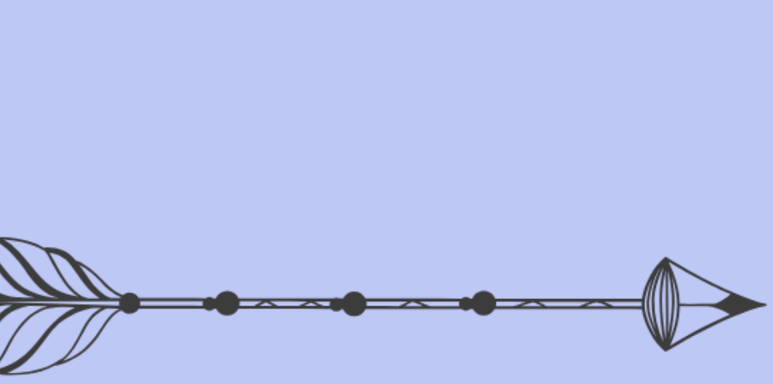
I am one voice, but not alone,
Many Filipinas share this tone.
Hand in hand, we'll break the chains,
Until no trace of bias nor stereotyping remains!

In our hands, the future lies,
A world where fairness never dies.
For women, for country, we stand and fight,
For justice, for freedom, for equal rights.

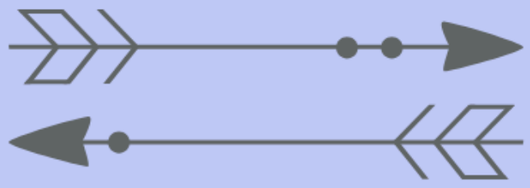




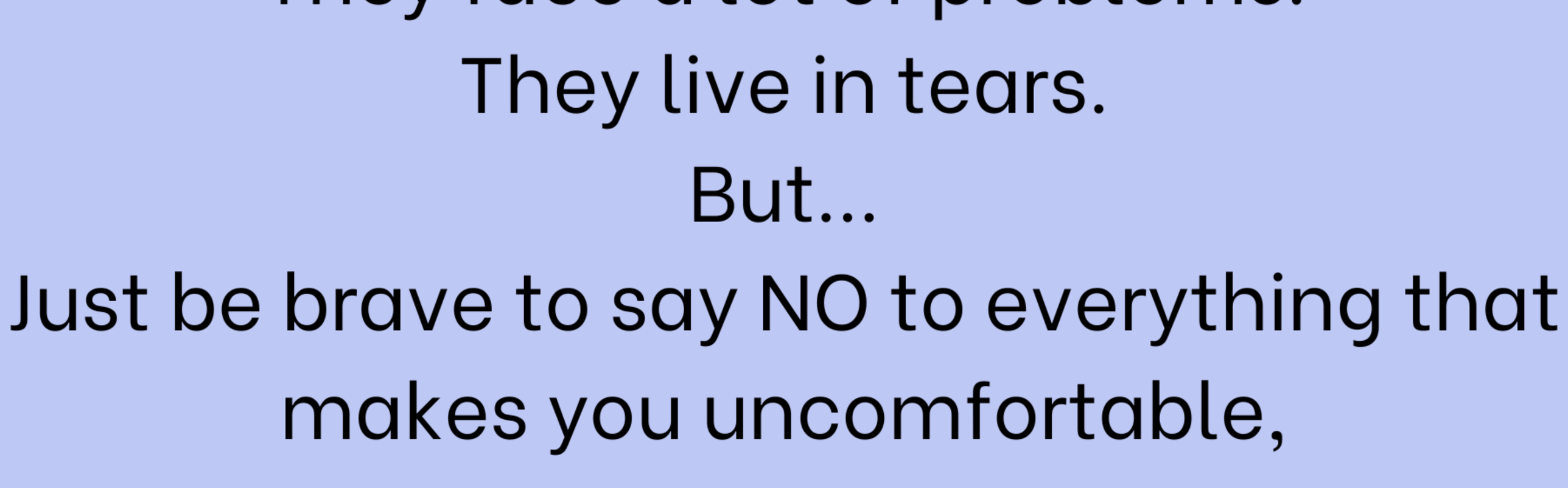
By: Rakmi Oktarini
(Indonesia)



BE BRAVE



Brave women are made from difficulties
They face a lot of problems.
They live in tears.
But...
Just be brave to say NO to everything that
makes you uncomfortable,
because we have the right to live happily



Women Cages

By: Nur Rahmah (Indonesia)

To be heard is a previlige
When they're re not hearing you
Make sure you use your voice
Even in small frequency

To be seen is amazing
When they're not seeing you
Make sure you use your eyes
Even for a small vision

To be respected is valuable
When they don't respect you
Make sure you fill their doubt
Even for a small act

To be loved is glamorous
When they don't love you
Make sure you love yourself even better
Even in a difficult situation

To be women is precious
When they don't value you
Make sure you have the values
Even in a shameless condition

To be you is always priceless
When you don't find yourself
Make sure you make your way to be you
Even in a very doubtful moments

echoes

Well behaved women dont make history. Quiet women dont change the future.
“Don’t let anyone stop you from being who you dream to be” our mothers whisper,
steeped in sacrifice and longing, that we must learn to stand strong.
Their voices loud enough for us to listen.

History tells us our stories of struggles - of women who stood up
who sat down
who fought
who spoke up
who bled
who led

It tells of the voices that rose when the world demanded
silence
voices we can hear through history,
of hands that built the future
of strong shoulders that allow us to stand above the crowd.

We have come so far yet the journey ahead stretches beyond us.
And so, we must continue
We rise in courtrooms, in classrooms, in boardrooms, in the streets.
We break barriers, redefine possibilities, rewrite history.
Not as a plea, not as a request, but as a demand.

And no matter how many times we are challenged or threatened,
history has proven one truth:
women will never stop claiming what is theirs

We will never stop fighting for our mothers and our daughters. Because the whispers echo into roars.



charlotte katrina jensen rowland
england



The Silencing of Women in African Society: A Culture of Oppression

By Kimberly Rebecca Dzifa Amedume - 27 years old, Gender Inclusion specialist, women's advocate, FemNet Africa affiliate.

***Silenced Voices* In whispers, they speak, in shadows, they hide**
Their voices, a murmur, their stories, untold
A culture of oppression, a weight on their chest
Their words, a threat, to the power that repress
Their lips, sealed shut, their tongues, held tight
Their voices, a danger, to the status quo's light
Their bodies, controlled by culture and the oppressors norm
Their stories, of struggle, of pain and of strife
From birth till death and beyond
Defamed and violated
Reduced to silence, a suffocating life
In meetings, they're talked over, in discussions, ignored
Their ideas, dismissed, their opinions, implored
To be quiet, to be still, to be seen, not heard
Their voices, a nuisance, their presence, blurred
But still, they rise, they resist, they revolt
Their voices, a whisper, a scream, a revolt
They shatter the silence, they break the mold
Their voices, a roar, a story, unfold
Their words, a power, a force, a change
Their Anger, validated, the rage, the pain
A challenge to systems, that seek to range
Their voices, a beacon, a light, a guide
A call to action, to stand, to reside
So let us listen, let us hear
The voices, the stories, the struggles, the fear
Let us amplify, let us elevate
The voices, the stories, the power, the weight.



... brings joy to life ...



... brings happiness to life ...



... brings love to life ...



... brings power and stability to life ...

A MESSAGE TO ALL

LET THE WOMAN RISE AND SHINE

By:Paizah Zakaria (Malaysia)

Your Role in Eliminating Discrimination Against Women"

The heart of a human being is tender,
But sometimes I tend to wonder,
The way a woman is treated,
By those whom she gave birth to.
How the hearts become yonder?

Sometimes like a sex object,
Another moment, a baby making machine,
In a minute, a laborer without job description,
As she toils to feed her off springs.
How the world becomes eye defect?

She takes every blame,
Raped because of the way she dresses,
Bullied because she is dumb,
Single because she cannot keep her marriage,
How the judgement is so lame?

North, South, East and West, the woman is not spared
Either she does not vote,
Or she does not own property,
Neither can she join politics,
Nor can she marry a man of her choice,
Why is her freedom very limited?

But time has come
And that time is now
To stand up and utter one voice
In a Still Small Voice,
But audible enough,
No more suffering in silence

A Poem by: Chrisie Chisamba Mithi

ARTICLES & WRITE-UPS

This section brings together powerful articles and heartfelt write-ups that spotlight the fight to eliminate discrimination against women. Each piece, whether analytical or personal, invites you to reflect, to question, and to stand in solidarity with those rising above bias and injustice.

NEXT

GIRLS TO WOMEN

... a journey of hope, faith, strength and action

By: Parnneh T. Mallobe, Liberia



Becoming a woman has always been shaped by societal expectations and struggles. In the 1600s, girls were often seen as future wives and mothers, with their roles defined by those around them. Education was limited, and marriages were often arranged, restricting their independence.

Women's rights were virtually nonexistent, and the legal system provided little protection. Witchcraft accusations, for example, could result in harsh punishment, making the world a dangerous place for people who disobeyed social norms.

But despite these limitations, women demonstrated incredible strength. A lot of them found quiet ways to resist, wrote about their experiences, or secretly sought education. They demonstrated that women would not be silenced in spite of the constraints of their era, and their tenacity and resolve set the groundwork for future change.

In retrospect, it is evident how much has changed and how little has. Social pressures still affect girls today, and gender-based violence is still pervasive. To eradicate discrimination and create a society where girls are able to decide the kind of women they want to be, women are still at the forefront of this movement. Their strength has been and continues to be a source of inspiration in this ongoing struggle, in addition to paving the way for future generations.

Breaking Barriers: Advancing Gender Equality in the 21st Century



The core human rights issue demonstrates that gender equality exists beyond female rights. Basic gender inequality persists throughout the world after important advances have been made during our current century. Systemic challenges facing female populations and underage girls prevent their economic growth and limit educational and healthcare services, primarily in rural and marginalized areas.

Gender equality becomes possible when all people receive equal access to possibilities coupled with equal rights and equal duties while maintaining no gender differentiation. To achieve total equality, meaningful efforts must combat gender stereotypes and implement anti-discriminatory measures together with supportive policy systems for every gender group. Education empowers girls with independence to change their communities positively due to their gained status.

The advancement of this movement depends on male and boy involvement. When all community members achieve gender equality, the environment gets safer while the economy delivers enhanced performance. National governments must partner with social organizations and receive personal engagement from the community to successfully achieve gender equality.

As we move forward, let's continue to amplify the voices of women and girls, especially those often unheard. Let's create spaces where every person, regardless of gender, can thrive, lead, and live free from discrimination. Gender equality isn't a dream—it's a right, and it's time to make it a reality.

By: Neema Mmari, Tanzania

A Daughter's Resolve On Ending Discrimination against Women and Girls

By Vivian Nantambi, Uganda

Growing up in a society where gender-based violence (GBV) was a harsh reality in my own home, I witnessed firsthand the devastating impact it had on the women around me. My childhood was marked by fear, anxiety, and a constant sense of unease. I saw my mother suffer in silence, her voice muffled by societal norms that perpetuated her oppression.

I remember the nights my mother cried herself to sleep, the sound of her tears echoing through our small home. My father's anger and frustration would boil over, and my mother would bear the brunt of it. My sisters and I were fortunate to be rescued by an organization that provided us with support and shelter. I vowed to make a difference and started my own organization, The Network Girl Tech Initiative Uganda, to help women and girls facing similar struggles.

Call to Action

We must acknowledge the problem of discrimination against women and take responsibility for our actions. To me, GBV is more than just a statistic - it's a personal reality that forever left scars on me. I believe every woman deserves to live a life free from violence and fear, and it's our collective responsibility to create a society that values and respects women's rights. We must listen to the voices of women and amplify their stories.

Conclusion

The struggle for equality and justice is a long-standing one, but it's a fight worth fighting. We must continue to raise our voices, tell our stories, and demand change. Together, we can create a world where every woman has the opportunity to reach her full potential, valued, respected, and empowered to live her life with dignity and purpose.

MY ROLE IN ELIMINATING DISCRIMINATION AGAINST WOMEN IN SRI LANKA AS LEGAL PROFESSIONAL

By: Anushka Weerakkody (Sri Lanka)

One of the primary responsibilities is advocating for the enforcement of existing laws that protect women's rights, such as the Prevention of Domestic Violence Act and labor laws ensuring equal pay. Many women lack awareness of their rights, making legal education and awareness campaigns essential.

My Role in Eliminating Discrimination Against Women in Sri Lanka as legal professional.

As a legal professional in Sri Lanka, my role in eliminating discrimination against women is crucial in ensuring gender equality and justice. Despite progressive laws, women continue to face discrimination in various spheres, including employment, education, and personal rights. The legal system serves as both a tool for change and a barrier if not implemented effectively.

Furthermore, engaging in policy reform is necessary to address gaps in legislation, such as the need for stronger protections against workplace harassment and ensuring equal property rights. Strategic litigation can also help challenge discriminatory laws and set legal precedents that strengthen women's rights.

Beyond courtrooms, working with civil society organizations and government bodies can drive systemic change. Ensuring gender-sensitive legal training for law enforcement and the judiciary is also critical in handling cases involving women fairly and without bias.

As Ruth Bader Ginsburg aptly said, "Women belong in all places where decisions are being made. It shouldn't be that women are the exception." Upholding this principle, legal professionals must work to create an inclusive legal framework where women's voices are heard and their rights fully protected.

Ultimately, as a legal professional, I have a duty to use the law as a means of empowerment, ensuring that women in Sri Lanka have equal opportunities, access to justice, and protection from discrimination.



I Scream, Therefore I Exist: Anger in the Feminist Movement

By Violeta Ramírez Guarín, Colombia



Once, while talking to a friend, he told me, "The feminist movement is full of anger, and I don't think it leads anywhere." I thought about that for days. Is it true? Is feminism full of anger? Is that a bad thing?

Yes, anger is part of the feminist movement. Anger is a political response. It is an act of disobedience against the silent and complicit learning of patriarchy that we have internalized for years: women are docile, they don't cause trouble, and they don't make noise. They don't get angry; anger doesn't belong to them. They are gentle and seek to please.

Anger in feminism is also a sign of our resistance, indignation, and demand to be seen, heard, and to exist with full autonomy and dignity. I scream, therefore I exist. Anger has been one of the engines that has allowed us to claim our place in the world. And anger is connected to something that goes beyond our individual experiences: it links us to the feelings of others, to their pain and their struggles. It is the awareness that the stories of others also belong to us, that we cannot detach ourselves from collective suffering.

If anger is a legitimate part of the movement, why does it bother so much? Feminine anger represents a break in societal expectations. Women's anger questions the established order, highlights inequality and systemic violence, points to the aggressors, and challenges a status quo that depends precisely on our passivity. All this, without asking for permission or forgiveness.

And how is that anger silenced? It's given other names: "irrationality," "emotional outbursts," and "hysteria." "It's too much, calm down; you can say it another way." That's why I am convinced that we must reclaim and honor anger, recognizing that its discomfort is not the problem, but what generates it.

THE POWER OF UNITY

When voices rise in strength,
No woman will stand in a silent space.
With hope and hands entwined,
We break the chains and set the mind free,
There's power in unity, and unity is the answer to eliminate
discrimination against women.

Together we rise, together we fight
For justice, for rights, for dignity, and for respect.
If we stand together, discrimination fades like shadows at dawn.
When unity shines, oppression is a thing of the past.
Not one, not few, but everyone must stand,
Side by side, hand in hand, to end discrimination against women.

For every girl who has a dream,
For every woman who still has hope in her eyes,
We march, we fight, we lift each other up,
We shout and say...
'Equality is ours and ours to stay. ‘
Equality is the promise we implore; let's unite our hearts, our minds,
and our souls and witness a new future unfolds.

United we stand, and divided we fall.
Let's unite to eliminate discrimination against women.
There is power in unity, and unity is power.
UNITY is a bright beacon to banish darkness and embrace light
To pave a path for her daughters' dancing feet as she celebrates the
beginning.
LET'S UNITE TO ELIMINATE DISCRIMINATION AGAINST WOMEN.

By: Felistas Tapera (Zimbabwe)

Bound by Hope, We Rise Again!

By: Somaia Danish-Afghanistan

As Afghan women, we are living through a painful repetition of history. Under Taliban rule, girls are banned from school beyond grade six, women are prohibited from working, and, most shockingly, their voices are now considered “awrah”—something shameful, forbidden to be heard in public. In a recent decree, women are not even allowed to have windows in their homes. These acts are part of a deliberate effort to erase women from society entirely.

But even in this darkness, we resist.

With a group of inspiring ladies—volunteers currently pursuing bachelor’s and master’s degrees abroad—we founded an online platform that provides free English education to Afghan girls. Many of our team members were once students in our own mentoring programs. Today, they are mentors, educators, and role models for the next generation.

Our students attend online classes in secret, risking their safety just to learn. Yet they persist—because education is more than knowledge; it is dignity, hope, and freedom.

We are not only teaching English. We are helping Afghan girls reclaim their voices and identities in a world trying to silence them.

Ending discrimination against women takes more than policy—it takes people. People who care, who act, and who believe in change. Each lesson we teach is an act of defiance. Every girl we empower becomes a light in the darkness.

No matter how many windows the Taliban try to shut, we will continue to open new ones—through education, through unity, and through our unshakable belief that Afghan women deserve to be seen, heard, and free. Not with pity—but with purpose.



To Feel Is To know.
To Know Is To Resist

By Nakis Selcen Denktas, Turkey



Discrimination against women is often framed as a structural or legal issue-and it is. But beneath the surface of policies, treaties, and international protocols lies
something more elusive, yet equally powerful: the emotional
architecture of global inequality. My role in eliminating
discrimination begins here-by exposing how emotions are
silenced, gendered, and strategically excluded from international
decision-making. In global
diplomacy, we are taught to value detachment and neutrality. But what happens when empathy is dismissed as weakness? When women's grief is seen as excessive? When anger is pathologized rather than politicized?
These are not questions of
individual psychology they are questions of whose knowledge counts in international relations.
In my research, I focus on how the devaluation of emotion is deeply gendered. Women - especially those working in peacebuilding, humanitarian aid, migration diplomacy, or grassroots activism bring with them emotional knowledge shaped by lived experience. They embody care, rage, resilience, and solidarity. But international institutions often render these emotions invisible, irrelevant, or unprofessional.
And yet, it is emotion that drives women to advocate across borders, to demand justice after war, to fight for inclusive development, and to mourn collectively when systems fail. Emotion is not a side-effect of politics. In the hands of women, emotion becomes method, memory, and resistance.
To eliminate discrimination against women in international relations, we must go beyond counting how many women are in the room. We must ask: what knowledge do they bring? What stories do their emotions tell? We must redefine legitimacy- not as the absence of feeling, but as the presence of emotional courage in the face of systemic injustice.
To feel deeply in a world that tells women to remain neutral is itself an act of defiance. And I choose to defy through emotion, through intellect, and through feminist solidarity that refuses to be silenced.

The Battle Within

She stands tall in a world that tells her to be small,To smile, to shrink, to fit into the mold.She wants to fly, to be free, to be whole,But the weight of the world pulls at her soul.

She dreams of independence, of making her mark,But every step forward is met with a spark—Of doubt, of judgment, of whispers and stares,As if her ambition is something to repair.
On social media, she's a face in the crowd,Her life on display, for all to be loud.Likes are counted, opinions are tossed,But does anyone see the real weight she's lost?

She wants to be seen, not just liked or admired,To live her truth, not be constantly tired.Yet the world asks her to be more, to do more,But when she does, it's as if she's ignored.
"Are you too much? Or just not enough?"They ask, while pushing her into the tough—The tug of wanting to rise and be free,And the fear that her freedom might just not be seen.

She craves space to be who she's meant to be,Without the labels, the doubts, or the decree.She wants to choose her path, to be her own,But society says, "Stay in your zone."

Still, she pushes through, step by step,Shining a light, though sometimes feeling inept.
She knows it's not just her fighting this fight,But all women—struggling, claiming their right.
Independence is not a rebellion, it's a truth,A journey of self, from youth into youth.So let her be free, let her heart guide the way,For in every woman, there's a warrior who will stay.

Tisiyenji Sakala (Zambia)

SCREAMING FOR JUSTICE

Celeste Gonzales-Perú

During Alberto Fujimori's dictatorship, specifically between 1996 and 2001, more than 210,000 women were sterilized against their will for a program known as "Voluntary Surgical Contraception," which was intended to reduce the birth rate in low-income sectors of the country.

Some testimonies, such as that of Rudecinda Quilla, who said that the doctors would not give her their child's birth certificate if she did not have their tubes tied. Once the procedure began, she describes how her stomach was opened while was still awake, reflecting the cruelty which was subjected to under lies or coercion.



After 25 years without the Peruvian State responding to their complaints, they referred the case to international organizations, where the United Nations Committee on the Elimination of Discrimination against Women ruled that the victims were subjected to a process of coercion to undergo sterilization in hospitals where the infrastructure was wrong or care necessary for procedures of this magnitude. Added to this, there were women who did not even speak and write Spanish or were illiterate and did not truly understand what they were about to undergo.



In view of that, it is concluded that the program was a form of intersectional discrimination that affected women with indigenous or peasant origin who were economically disadvantaged. In my opinion, we must not allow crimes against humanity where the state directly and systematically attacks vulnerable women, we have to fight with and for them. In fact, scream for justice! Because history is doomed to repeat,if it is not remembered. Memory, Truth, and Justice.

We resist, because we are women.

To be heard, she tore off her clothes.
Echoing her voice screaming, hysterical, sobbing.
From her guttural voice, she lets out the saddest plea, asking for justice for her body, for her forest.
The forest where the woman knits livelihoods and knowledge is stripped bare in the name of food security.
In the name of civilization, development, and industrialization's false promise of a prosperous life, the frankincense forest is cleared into paper wood. into sheets of tissue that you use to wipe the sperm after raping women. In the name of the palm oil commodity, a mother loses a fetus, dies among the rows of oil palms that are ferocious in their silence. In the name of stability, you hit a mama with the butt of your gun. You chopped her body into pieces, just because you suspected she was in league with guerrilla forces, fighters for the liberation of West Papua.
In the name of tradition, women have no right to speak out, all their hopes and desires must be entrusted to men, because their voices will tear down the status quo palace that you built for hundreds of years.
Here we stand, voices in our silence, lined up in front of the palace every Thursday,
interrupting your deafness and knocking on those petrified hearts.
We fight against silence and silencing, because we are the pillars of civilization.
We resist, because we are women.

By: Junianti Hutabarat (June)- Indonesia

Speak Up!

As a female teacher in northwest Mexico, I have learned that gender violence is present in universities, in our classrooms and all over Campus. It is sneaky, not always loud or obvious; it hides in our daily actions, in our habits and jokes. You can see it in a dismissive comment, in the way some students hesitate before speaking up, or when a student begins to be absent or completely changes her clothing style or behavior. Patriarchy is rooted in our culture.

In those moments I realize that not only equality is a work in progress, but our right to live a life without violence still has a long way to go. And, what is my role as a woman with the opportunity to reach so many young people? Is it my responsibility to go beyond academics and not just to teach subjects, but to teach and learn with them how to create an environment where everyone feels safe and valued?

These questions linger, reminding me that yes, my role extends beyond academics. Teachers also guide with their example, and we can stand with our students against the different forms of gender violence they suffer every day. So, I remind myself to try; everyday to listen and to observe more carefully, to push to create spaces where students feel safe. We teachers can also teach and help to never forget that it is our human right to speak up!, that our voices matter, and create a community that stands together.

Speak up, support each other, challenge harmful behaviors. We can change a gender violence based culture. I know that doing nothing is never an option. I hope, every day, that with little steps we are making a difference, we are making a community where violence against women is not tolerated.

By Sheila Delhumeau , Mexico

Eliminating Discrimination Against Women: The Power of Narrative and Advocacy

By Asfiya Aziz, Pakistan

One of the most effective ways to combat discrimination against women is through storytelling and responsible media representation. Narratives shape perceptions, challenge biases, and inspire change. By amplifying women's voices and highlighting their contributions, we can shift societal attitudes and foster a more inclusive discourse.

A key strategy is to challenge stereotypes that limit women's roles in professional and academic spaces. Media and institutional campaigns can showcase women in leadership, science, healthcare, and education, breaking the perception that certain fields are male-dominated. Representation matters—when young women see role models who have overcome barriers, they are more likely to aspire to leadership themselves.

From a bioethics perspective, gender discrimination violates the principles of justice and autonomy. Ethical decision-making in healthcare, education, and workplaces must ensure fair treatment, equal access, and respect for individual choices. Historically, medical research and healthcare policies have often overlooked women's unique biological and social needs. Gender-sensitive health campaigns and policies can bridge these gaps, ensuring that women's health is prioritized and treated equitably. Addressing systemic biases in professional opportunities and leadership roles is also crucial to fostering an ethically just society.

Advocacy plays a crucial role in eliminating discrimination. Gender-sensitive policies in workplaces and educational institutions, such as equitable hiring practices, mentorship programs, and strict anti-harassment measures, can create supportive environments. Ensuring that women have a seat at decision-making tables fosters inclusivity and fairness.

Additionally, public awareness campaigns on gender equality in healthcare, education, and law can address systemic biases. For example, initiatives promoting women's health rights, equitable access to education, and workplace protections can drive lasting change.

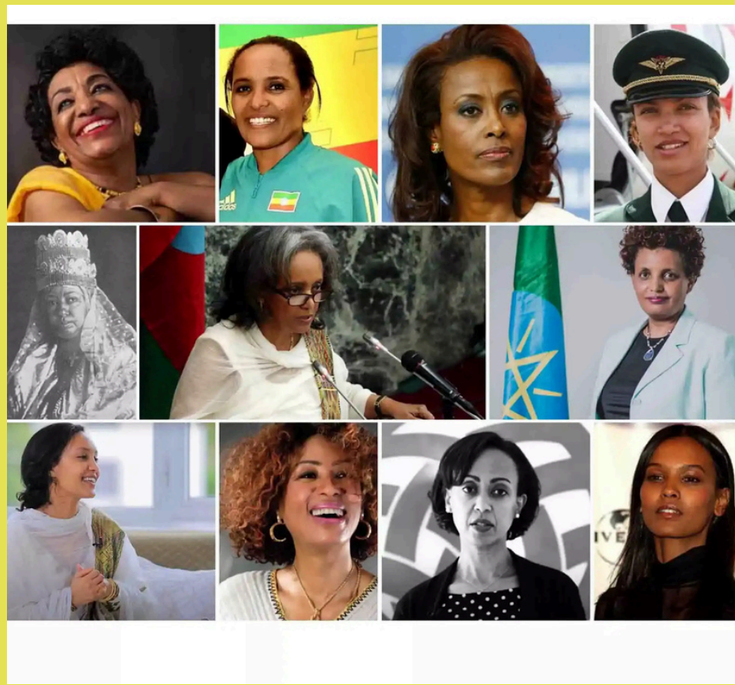
Ultimately, eliminating discrimination requires a multi-faceted approach—from policy reforms and education to media advocacy and grassroots activism. By fostering conversations, challenging outdated norms, and creating opportunities for women, we move toward a society where gender does not determine one's potential or opportunities.

NO LONGER SILENT

By Nagh Anwi Awa, Cameroon

I am just a girl. A consciousness instilled in me from the moment I could speak. A truth that sank deep the instant I first bled.
I am just a girl. "Do not wear short clothes.", "Keep your legs together when you sit."
"Move with grace, speak with restraint." But above all "Guard your virginity; it is your virtue."
I am just a girl. Young, abused, violated yet silenced. Taught to believe that even in suffering, I am to blame; for walking a certain way, for having an alluring body, for tempting the hands that bruised me.
I am just a girl. Shamed for the red stain beneath my clothes, ridiculed for wearing tights, as if my body itself is an offense.
I am just a girl. Hawked off for a man's pleasure, objectified, reduced to a commodity. Denied my voice, my dreams, my future.
I am still a girl. But now, I dream differently. I'll break the silence and shine light where ignorance lingers, so no girl grows up unaware of her worth, her body, her rights.
I advocate for equity and equality, so no girl is tagged "undeserving" due to her XY genes
I push for stronger laws against violence, so no girl's pain is excused as cultural norm.
I fight for economic freedom, so women are not bound by dependence but rise in power and choice.
But I am still a girl. Time has left scars in places were wounds once thrived,
Their sight a proof of all I have endured and a reminder of the cause I now pursue
I have broken through the chains meant to hold me down
This voice once silenced, will echo the stories of every girl that was told to hush.

Denied, Defied, Unstoppable



She walks with fire in her veins, Yet chains still bind her dreams in place. A world that whispers she's too small, Yet fears the power in her call.
They silence her with sharpened words, Clip her wings like caged-up birds. They tell her "know your place and stay," But she was born to light the way.
In meeting rooms, her voice is low, Not by choice, but forced to go. Her thoughts dismissed, her worth denied, Still, she stands with unyielding pride.
They doubt her skills, they test her will, They pay her less, yet make her fill A role that asks for twice the fight, Yet questions why she seeks her right.
On crowded streets, on quiet alleys, A shadow lurks where danger grows. A simple walk feels hard to take, Each step she takes decides her fate.
And when she dares to speak her pain, They roll their eyes and call it vain. "Too dramatic, don't complain." Yet scars still form beneath the strain.
But listen close—her voice won't fade, A rising storm that won't be swayed. For every time she's pushed aside, She comes back stronger—dignified.
No law, no chain, no bitter hate Can break the fight she radiates. For history bends, but doesn't break, When fearless women rise awake.
A day will come, so clear, so bright, Where all can stand with equal rights. Until that dawn, she holds the line— Unyielding, fierce, and so divine.





By: Rekik Awet Estifanos (Ethiopia)

My Role in Eliminating Discrimination Against Women

By Ms. Isatou Ndow: The Gambia College: The Gambia, West Africa

In parts of The Gambia, early marriage continues to hinder girls' access to education. Despite commendable efforts by the government and various ministries to curb child marriage, many young women still marry before completing high school. Some of these women pursue higher education at institutions like The Gambia College, often while navigating the demands of motherhood.

Many student mothers bring their babies to campus due to financial constraints that prevent them from accessing professional childcare. Often, they rely on younger siblings or relatives to care for their children during lectures. Social expectations frequently place childcare responsibilities solely on these young women, reinforcing discriminatory norms that make continuing education difficult.

To help change this narrative, I worked with students at The Gambia College to establish an on-campus crèche—a modest but vital space where babies can be safely cared for while their mothers attend classes. We employed two older women to care for the children, and the crèche is equipped with baby cots, mattresses, and toys to ensure a comfortable environment.

This initiative has made a tangible difference. During term time, the crèche supports up to 30 babies or more, reflecting this service's demand and importance. More importantly, it allows young mothers to remain close to their babies while staying committed to their education. By providing this support, we empower student mothers and challenge societal norms that force women to choose between education and motherhood.

My Role in Eliminating Violence Against Women in Afghanistan

By: Munira Sadat, Afghanistan

As an educator and trainer with nine years of experience working with national and international organizations, I recognize the urgent need to address violence against women in Afghanistan. My role focuses on prevention, awareness, and empowerment through education and community engagement.

I conduct training sessions and workshops that promote women's rights, challenge harmful social norms, and encourage respectful gender relations. By integrating discussions on gender-based violence and equality into educational programs, I help raise awareness among youth and community members.

I also work closely with local leaders, teachers, and families to foster dialogue and break the silence around violence. Creating safe spaces for women and girls to speak out and access support is central to my approach.

Empowering women through education and skill-building is another key part of my work. When women are educated and economically independent, they are better equipped to protect themselves and advocate for their rights.

Through collaboration with civil society organizations and community networks, I contribute to building a culture of accountability and support for survivors.

In this way, I strive every day to be part of a broader movement to eliminate violence against women and create a more just and equal Afghanistan.

Your Role in Eliminating Discrimination against Women!

GCED ONLINE CAMPUS

By Tiruwork G. Hailu

Lighting the path together

As a passionate advocate for change, I believe my role in eliminating discrimination against women begins with empowerment through shared experience and collective strength. Through the Empowering Female Students and Professionals project, I aim to create safe and inspiring spaces where women can share their journeys, build confidence, and grow together. By raising awareness, nurturing mentorship, and offering practical skill-building opportunities, we are not only breaking barriers, we are building bridges. Together, we stand to transform institutions, influence mindsets, and inspire a generation where gender equality is not a goal, but a lived reality.

RAPE

A boyfriend's smile, a predator's gain Fear gripped tight, words stuck in my throat Apologies and gifts, a manipulative plot Money and sex, a twisted trade Consent, a word he never displayed

That is RAPE, a truth I had to face

I have found my voice, and now I take my stand!!! Young girls, speak out, don't be silenced or shamed Your body, your choice, your right to claim

NO means NO, a simple phrase to understand Run from those who disregard your boundaries

Tell a trusted adult, don't remain in the dark

By: Forbeteh Noela Lum, Cameroon

A Story from the Labour Room

By Sabina K C, Nepal



As a healthcare worker in Nepal, I have often witnessed how gender discrimination impacts mothers and newborns, especially in childbirth settings. In Nepal, revealing the sex of the fetus is illegal due to the high rate of female foeticide in the past. Even after delivery, we refrain from disclosing the newborn's sex immediately because some families still show bias, often abandoning mothers and newborn girls if the birth does not meet their expectations.

Our standard practice is to first focus on the health of the mother and child. We only inform the family about the baby's weight and overall condition, waiting until both are stable and the newborn has been breastfed before allowing relatives into the labour room. I've followed this protocol countless times, but there's one incident that has stayed with me deeply.

A woman delivered a male baby who was otherwise healthy but born with a missing finger on his left hand. As usual, we kept the baby with the mother and ensured they were both stable before preparing to inform the family. The relatives, including the husband and mother-in-law, repeatedly asked about the baby's sex for over 45 minutes. Following protocol, we gave no answers.

Finally, when both were stable, I took the baby to the waiting family. With a calm and gentle voice, I said, "A male baby has been born, but he has a missing finger."

Before I could even finish processing their reaction, the mother-in-law ignored my words, hurriedly unwrapped the baby's clothes to confirm the baby's sex, and upon seeing that it was a boy, she beamed with joy. She didn't say a single word about the missing finger and took the baby from my hands with excitement.

At that moment, I felt deeply uncomfortable. The physical condition of the baby was completely ignored simply because he was male. I couldn't help but think—if this had been a girl with a similar condition, would the reaction have been the same?

This moment reminded me why our cautious approach is necessary. If the baby had been a girl, the reaction could have been entirely different—possibly even leading to rejection or abandonment.

Through such careful handling, we health workers silently protect vulnerable mothers and newborns. We act as a bridge between tradition and care, standing guard against discrimination. By delaying the disclosure of gender and focusing on health and dignity first, we create a buffer of safety where every birth is treated with equal care—no matter the gender or condition of the baby.

DEBORAH"S ROLE IN ELIMINATING DISCRIMINATION AGAINST WOMEN

Let's stop the cycle—together.

For years, women across the world have faced unfair treatment. In homes, at school, in offices, on the streets, discrimination shows up in many ways. Girls are told they can't lead. Women are paid less for doing the same job as men. In some places, women are not even allowed to make decisions about their own lives.

Why does this still happen?

Many times, society puts women in a box. It tells them how to speak, how to dress, or what dreams are 'too big' for them. But every woman is strong, smart, and full of potential. When we ignore that, we rob the world of something beautiful.

So, what can YOU do?

Speak Up: If you see someone being treated unfairly because they are a woman, don't stay silent. Use your voice.

Educate Others: Share stories, facts, and experiences with your friends and family. Awareness is the first step to change.

Support Women: Listen to them. Respect their choices. Uplift their dreams.

Lead by Example: Show kindness, fairness, and equality in everything you do.

Change Starts with You

You are part of this world. And the world needs you to stand up against injustice. Let's create a future where no woman is held back because of her gender. A future where every girl can grow up feeling safe, valued, and free to become whoever she wants.It's time. Together, let's break the bias—once and for all.

By: Deborah Omwanza (Kenya)



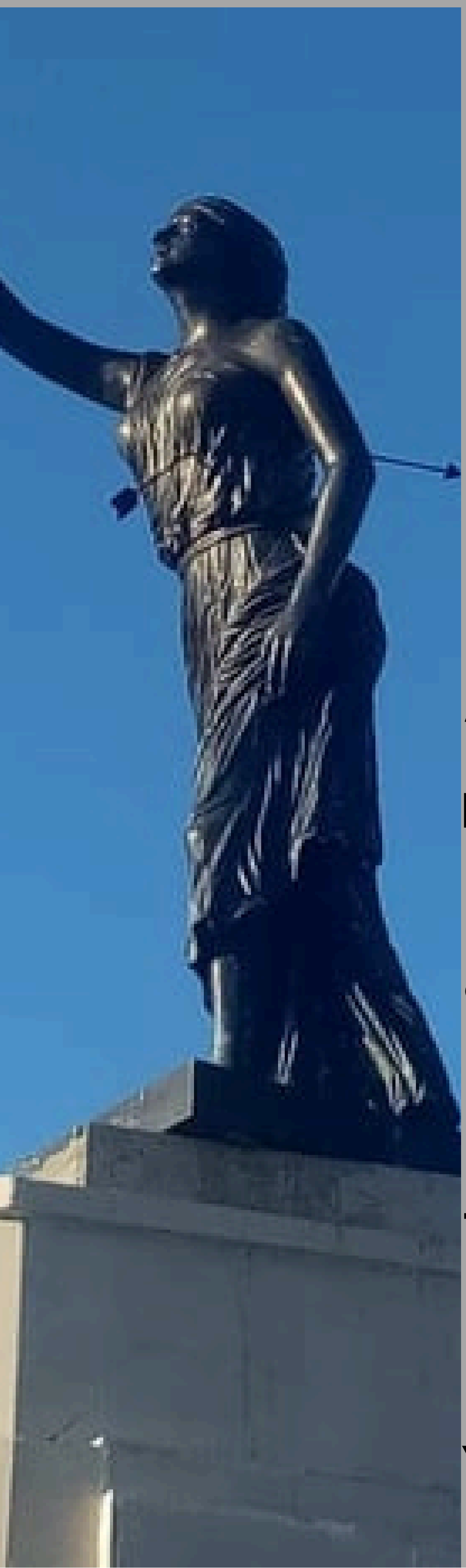
TESTIMONIAL – LOICE OWADE FROM KENYA

GCED online campus class:

Your role in eliminating discrimination against women

Week after week, through different countries, different accents, different time zones, when women from different places are mentioned I see myself and others like me as an eye opener to the commonalities of our experiences as women, I embrace the safety knowing that I am not alone and when I push through challenges that comes with being a woman I soldier on strongly. I am not alone in calling out discrimination for the vice it is in our lives as women. I am not alone in amplifying my voice as a woman to protect a fellow woman against discrimination or discriminatory actions.
I stand strong for my daughters, learners, neighbors and those who may not have such a unique platform and shield them from all discriminatory actions against women in our day to day life
But with a smile of knowing that just like a mustard seed my advocacy initiatives with the help of other women may spring out and bloom into beautiful petals of positive change
A change that brings out a world where the women will feel safe, have same opportunities to bloom and shoot to the stars.

Let's stand with each other, women. Together, we are unstoppable.



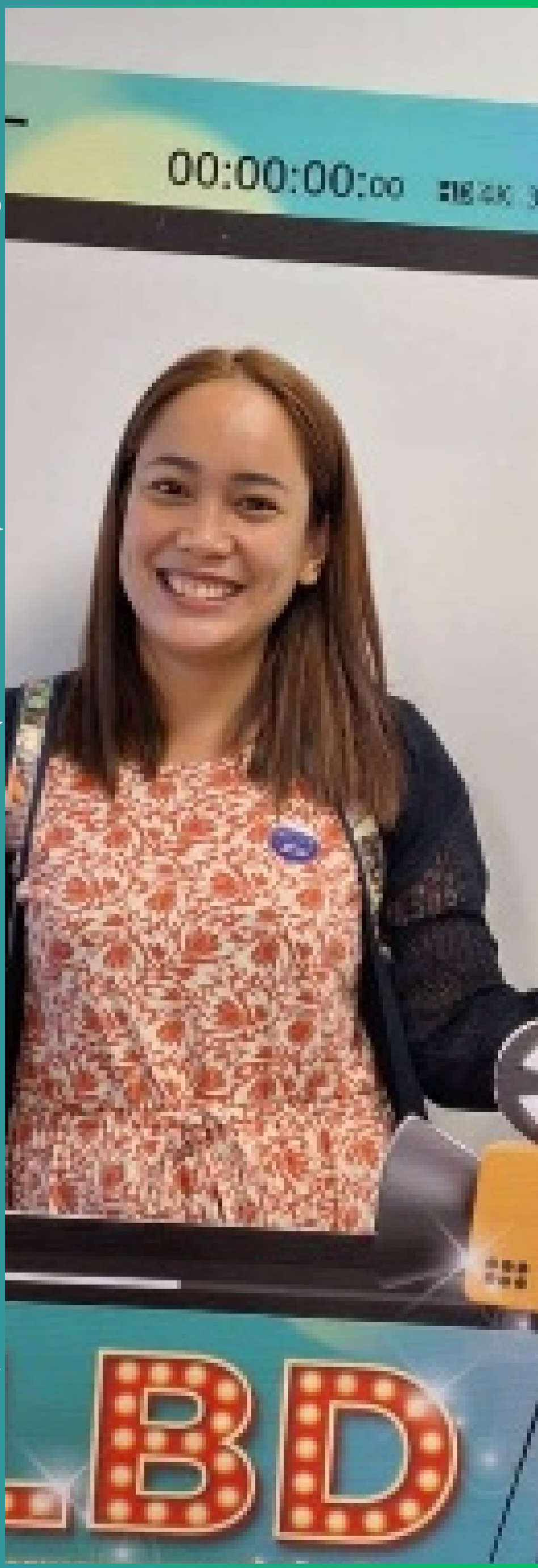
Hawo Tako was a pioneering Somali woman who played a key role in the anti-colonial movement in the mid-20th century. Tragically, she lost her life in 1948 while fighting for freedom. Her story challenges the conventional narratives of women in African history, showing that women were not passive bystanders but active fighters for justice, often enduring violence and hardship.

Hawo Tako's legacy reminds us that women have always been at the forefront of change. Her life encourages women to believe in their strength, raise their voices, and actively participate in movements for equality. Women's contributions must be recognized, and we must continue to fight for a world where every woman's voice is heard and valued.

By: Ayan Mohamed (Somalia)

My Role in Eliminating Discrimination Against Women

“When girls are educated, their countries become stronger and more prosperous.” – Michelle Obama



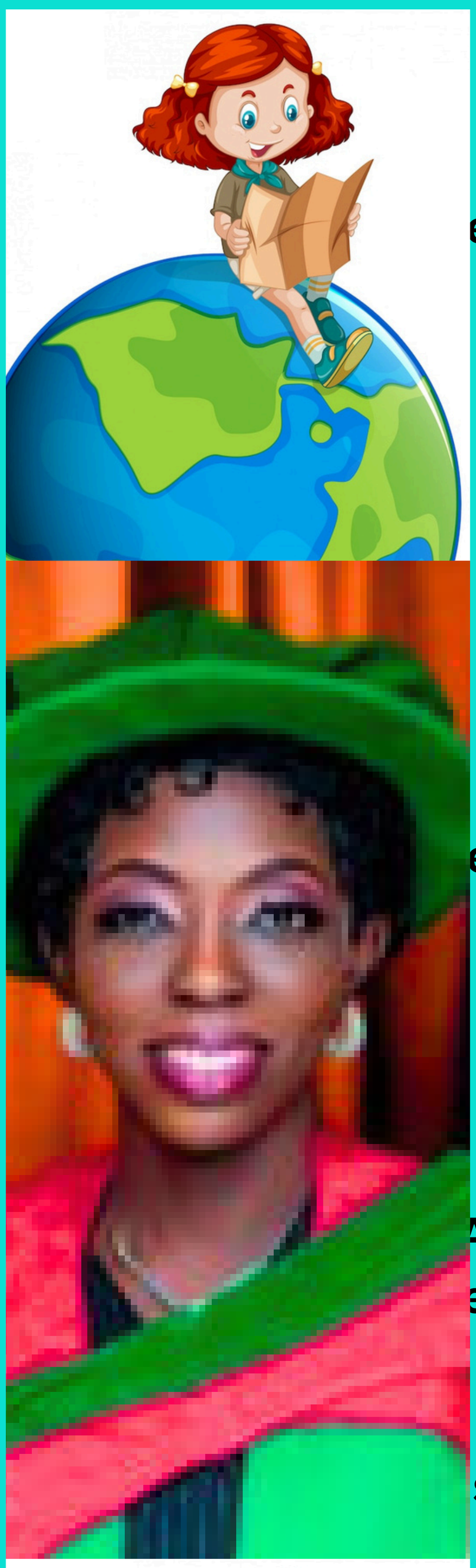
One of the advantages of being a teacher is serving as a mentor and role model for the next generation. It’s a huge responsibility and a privilege at the same time. I’ve always been inspired by many women who inspired me to take up the vocation of teaching. My first teachers—my grandmother, mother, aunts, and teachers—have contributed a lot to who I am today. From being a fish vendor and trash sorter, I am now a teacher. It’s my time to inspire the next generation to believe that women can be catalysts of change and make this world a better place for all genders.

Growing up, I witnessed the subtle ways gender inequality took root. My father, though loving and valuing education, placed higher expectations on my brothers, believing they would carry on the family name and become future heads of households. This created pressure on them and a sense of inequality for us girls, as if we were judged without a chance to prove ourselves. However, seeing successful women and recognizing the silent yet powerful role of the women in my family changed my perspective—I realized I could do more.

As a teacher, I help girls believe in themselves and boys understand fairness. Many girls doubt their abilities because of old ideas about gender. I teach that boys and girls are equally important and should respect each other. Boys can help make things fair by learning to care about others and stand up for girls. I also talk to parents and the community to encourage them to support girls’ opportunities. I hope to leave a legacy of eliminating discrimination against women.

By: CYNTHIA V. RAGUINDIN
PHILIPPINES

My Role in Eliminating Discrimination Against Women



By:Dr. Flora Mukah

As a young lecturer and a young widow, I have experienced firsthand, the subtle and overt ways women face discrimination in the society that is quick to judge but slow to support. These experiences deepened my commitment to challenging the biases and barriers that limit women's potentials.

As a lecturer, I use my voice to educate, inspire and empower my students' – especially young women with big dreams and quiet voices – to believe in their worth and capabilities. Through education and advocacy, I challenge stereotypes and harmful narratives that limit women's roles and achievements. Whether in meetings, classrooms or public forums, I speak up against sexist remarks and discriminatory practices, knowing that silence often enables injustice.

As a widow, I use my own story to break barriers. I ell them that being a widow did not make me weak – it made me wiser. That being a woman in academia is not a limitation – it's a platform to share my journey, showing that challenges don't define us – how we rise does.

Most importantly, I lead by example – demonstrating integrity, fairness and empathy in all my interactions. Eliminating discrimination against women is not a one-time act but a daily commitment to justice and respect. In my small but consistent actions, I strive to build a gender equal world by continuously speaking up until every woman is seen, heard and valued.



My Voice, My Fight

Since joining Fondation Toya, a Haitian feminist organization, in 2016, I finally felt like I belonged. I realized that I had a mission to accomplish and a role to play in the fight against gender-based and sexual violence. Even though facing these injustices can be difficult, I know my work makes a difference.

I grew up in a society where girls were told to be quiet, discreet, and well-behaved. I believed my dreams were too big and that my voice didn’t matter. Then I met brave women who dared to speak out. They showed me that I too had the right to exist fully. They taught me that my ideas mattered, that I could defend my rights and support other girls in doing the same.

Through my activism, I’ve encountered heartbreaking situation, like the case of a woman beaten by her husband in front of her neighbors. Instead of helping her, they told her she couldn’t do anything because she was married and had children. Still, she had the courage to file a complaint. But the police downplayed the incident, calling it jealousy. Her abuser stayed in their home, and she was the one who had to leave. This kind of injustice should no longer exist.

Today, I am a feminist activist. I speak for those who, like me, once believed they had to stay silent. Feminist organizations gave me the courage to stand up, to fight, to be free. I’ve learned to lead concrete actions toward building a more equal society. My commitment goes far beyond a personal belief. Tt is a force that transforms my life and the lives of other women around me. I am determined to continue this fight. Every action matters. And I will keep pushing for a more just future.

Clyfane Saintil - Haiti



RESILIENCE AS A KEY TO BECOME A CHANGEMAKER- ELEVATING THE FEMINISM FLAG

Noella Lidvine Isingizwe is a 25-years-old female, Rwandese currently residing in Sweden, where she is doing her master's in Public Health. My passions lie in providing support and contributing to sustainable changes by promoting gender equality, and youth empowerment.

After witnessing the tragic story of my best friend who was raped at 15 years old, and got an unintended pregnancy. This story fueled my motivation to contribute to the elimination of sexual violence among adolescent girls starting in my community. I began my work as a sexual and reproductive health mentor for 120 adolescent girls in my community, and later on I worked with Girlup International Organization which operates under the United Nations Foundation as the representative of Rwanda.

Later on, I chose to create the Utunyange Initiative in 2023, a project that focuses on ending gender gaps, and the youth are given the chance to be promoted in their areas of interest and have equal access to opportunities. As the founder and CEO of Utunyange Health Initiative, I lead an impactful organization based in Rwanda that strives to combat gender-based violence, and gender disparities among young girls.

By conducting educational sessions and mentorship programs, we help young women envision brighter futures while reducing inequalities. Utunyange currently benefits 120 young females since its inception in early 2023, providing them with the tools to improve their health and economic outcomes.

By: Noella Lidvine Isingizwe (Rwanda)

From Awareness to Action: Our Role in Gender Equality

By: Aminath Ali (Maldives)



Discrimination against women is a rooted issue that affects every aspect of society.

From workplaces to homes, from education to leadership, women often face barriers that limit their potential.

Eliminating this discrimination is not just a responsibility of governments and organizations; it is a duty that falls on each of us.

As a business coach and women empowerment advocate, my role is to help women break through these barriers by providing them with the knowledge, skills, and confidence needed to succeed.

Through coaching and training, I guide aspiring women entrepreneurs in building their businesses, navigating financial challenges, and developing leadership skills.

Economic empowerment is a key driver of gender equality, and by supporting women in entrepreneurship, we can create a society where financial independence becomes a reality for all.

Education is another powerful tool in breaking gender barriers. Encouraging young girls to pursue their ambitions without fear of judgment and ensuring they have equal access to opportunities is crucial.

Schools, families, and communities must foster an environment where girls are empowered, not restricted.

Workplaces also play a significant role. Equal pay, leadership opportunities, and policies that support work-life balance are essential in creating gender-inclusive environments.

Men can be allies by advocating for fairness, supporting female colleagues, and challenging workplace biases.

Beyond institutions, individuals have the power to make a difference.

Speaking out against discrimination, supporting women-led businesses, and mentoring young women are impactful ways to contribute.

Social media can also be a platform to raise awareness and challenge
discriminatory norms.

True progress happens when equality is not just an idea but a practice embedded in daily life.

By standing against discrimination and promoting fairness, each of us—including entrepreneurs, educators, and advocates—can help create a society where women are valued, respected, and given the same opportunities as men.

The future of equality depends on our actions today.

Wellness & Self-Love Corner

In a world where women are expected to do it all, lead, nurture, endure, and speak up, wellness is not a luxury. It's a necessity. And more than that, it's a quiet rebellion against systems that demand our exhaustion in exchange for recognition.

To be well is to be unmuted.

6 SIMPLE WAYS TO RECLAIM YOUR WELLNESS & MENTAL HEALTH

---

1. Breathe Like You Mean It
Breath is power. Your breath is your reset button

2. Feed Your Power
Eat to empower; fuel up with foods that energize, not drain.

3. Rest Without Guilt
Because you don't have to earn it, you deserve it.

4. Say no to stress – Avoid things or people that make you feel bad.

5. Talk to someone – Don't keep things inside. Share with someone you trust.

6. Take breaks – Rest, relax, and do things that make you happy.

Wellness is a Right, Not a Reward

As we continue to raise our voices and challenge injustice, let's not forget to care for the vessel that carries our courage. Wellness isn't selfish it's what sustains the movement. Because an unmuted woman is not only heard. She is whole.

Thank You

As we close this edition, we leave you with a reminder that change begins with each of us. The fight to eliminate discrimination against women is not just a campaign, it's a call to conscience, a movement of courage, and an invitation to stand for dignity and equality.

Let the stories, poems, and voices shared in these pages stir something within you. Let them inspire action, compassion, and hope.

We're walking into a future where every woman can rise without limits, and that future starts now, with you.

With love and solidarity,

The Editorial Team
UNMUTED Magazine