

***Day Tree:
Reflections,
Recommendations,
Protection
Options,
Next Steps***



Day Three

– Reflections, Recommendations, Protection Options, Next Steps

Sessions:

Session 8:
Reflections/Workshop Summary

Session 9:
Recommendations

Session 10:
International Protection Mechanisms

Session 11:
Next Steps

Session 12:
Closing

Aims:

Day Three is Critical for:

- consolidating learning and concepts;
- shifting participants from the individual to the organisational and from the personal to the political – and making the connections between them;
- understanding protection mechanisms at various levels; and
- discussing next steps.

The evening of the final day may be a good opportunity for a celebration, if participants are spending the night at the workshop location (this is the preferred option, as travelling immediately after the workshop can be tiring).



Session 8:

Reflections/ Workshop Summary

TIME: 60 MINUTES

ACTIVITIES:

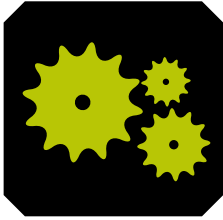
Presentation of workshop summary and key reflections, followed by a group discussion.

SESSION OBJECTIVES:

- to pull together and reflect on the main points from the first two days of the workshop;
- to reflect on particularly important themes and undercurrents of the workshop; and
- to provide space for participants to absorb, respond and add to reflections on the workshop.

ADAPTATION NOTES:

Some summary points can be woven into the rest of Day Three.



EXERCISE:

PAGE 1/2

FORMAT:

PRESENTATION AND DISCUSSION

Reflections/Workshop Summary

TIME: 60 MIN

REQUIRED MATERIALS: NONE

SUMMARY:

A presentation that summarises workshop points and draws out key spoken and unspoken underlying themes.

KEY EXPLANATION POINTS:

A primary task of the facilitators is to listen carefully to participants and to 'reflect' back to them some of the key themes and concerns – spoken and unspoken – raised during the workshop. This is an ongoing process, and part of it will happen during the 'contextual analysis' presentation and discussion on Day Two.

However, it is particularly important that on the final day of the workshop, the facilitators prepare a specific reflection presentation that relates to the themes participants raised on the first two days of the workshop.

This is a time to summarise the workshop and an opportunity to raise deeper, unspoken – yet critical – issues that require participants' attention.

In past workshops, this reflection has addressed themes such as coping with fear, violence, breaking down barriers, grief and dealing with stresses that seem insurmountable.

FACILITATION NOTES:

After the reflection presentation, the group will have an opportunity to respond, to add comments and to elaborate ideas. This is time set aside for reactions, but also can be used to discuss something that is missing or needs more work.

Keep in mind that this can be a difficult process for participants, and reactions can be strong and emotional.

The following is meant as an example for facilitators only – a reflection presentation always should be adapted to the participants' contexts and priorities.



WRITTEN EXERCISE:

PAGE 2/2

FORMAT:

PRESENTATION AND DISCUSSION

Reflections/Workshop Summary

Reflection Text Example:

Challenging Normalised Violence ***(Nepal, 2008)***

'We want to begin our last day with a reflection. And we struggled with it, because this is a hard and heavy topic. But it is too important to skip – this is what we have been hearing throughout the workshop, and we need to talk about it to push through it.

'We have been hearing about impunity, repressive regimes... the big stuff. We've been talking about silence, violence... and what the hell do we do about it all? And we don't seem to have any answers. So I want to go back to the beginning, and talk about that violence.

'As little girls, then young women, then as adults, you are always given this message – that violence – in all its forms – structural, economic, physical, is normal. That it is accepted – and acceptable. You are made to believe that. And you are taught to shut up about it. To take it, and to accept it. Or suffer the consequences of speaking out. You are told that if you challenge it, if you speak up, you may lose your place in society, your family, your friends. Your life.

'And in whatever form you experience violence – as a survivor, as a witness – as both, you absorb that message into your body. That it's normal. That this is just the way the world works and you can't change it.

'And then one day, you just say... enough. It's not normal. I will not accept this. I will not be silent anymore. I will not be invisible. And you become an activist.

'That's what drives you – that is your fountain of strength, your source of energy, your passion. Your sense of possibility. And your realisation that now

you understand change is possible, you have a sense of responsibility to make it happen. To bring justice, to make that change. And you did it. You succeeded – every single one of you, sitting here in this room – you have achieved so much, you have had the most amazing successes.

'But you have been fighting what feels like an uphill battle for so long. Because you are choosing to stand up to, and uncover, impunity. You are working in hugely repressive regimes. You are trying to dismantle institutional violence, one act of courage at a time.

'And it is no wonder that when you come up against the problems you can't seem to solve – like some of the stories we have heard about in our workshops – a child beheaded because she stood up and said no – a village of women raped, then told to shut up or die... it's no wonder that sometimes, it feels like there are no strategies.

'That this is just too big. That you can't solve this one. That you are just hitting a wall. That, once again, you have to stay silent in the face of violence. And that feeling cuts you off from the source of what gives you your energy. You ask yourself... what if I just can't change this? What if I can't make a difference? But you can.

'We are here, together to break down that wall. Together we can push through it get to the other side and find ways, and strategies to continue speaking out, to stop that violence. You are facing hard problems. Maybe the hardest in the world. There are no easy answers.

'But there are answers. And strategies. You don't have to do it on your own. We're here to find those answers together.'

Session 9:

Recommendations

TIME: 60 MINUTES

ACTIVITIES:

Group exercise to develop recommendations and discussion.

SESSION OBJECTIVES:

– to identify and develop key recommendations for organisations and movements on specific aspects of safety and well-being of women human rights defenders.

ADAPTATION NOTES:

none



EXERCISE:

PAGE 1/2

FORMAT:

GROUP
EXERCISE,
AND PRE-
SENTATION

Recommendations

TIME: 60 MIN

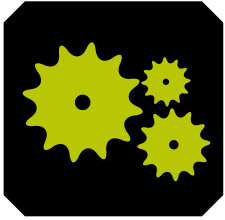
REQUIRED MATERIALS: FLIPCHART PAPER AND MARKER PENS.

SUMMARY:

An exercise to pull together detailed recommendations on the integrated security priorities of workshop participants for organisations, movements and supporting bodies.

KEY EXPLANATION POINTS:

- begin with a brainstorm on specific priority themes that participants want to develop to take back to their organisations and movements;
- break into groups of four (three if there is enough time) and develop the recommendations from the brainstorm into specific steps that should be taken to implement them; and
- take each step, and answer each of the following questions:
 1. What can you/your organisation do to implement this recommendation step?
 2. What can your network/movement do to implement this recommendation step?
 3. What can international organisations do to implement this recommendation step?



EXERCISE:

PAGE 2/2

FORMAT:

GROUP EXERCISE, AND PRE-SENTATION

Recommendations

WORKSHOP EXAMPLE:

Recommendation: address the threat of sexual and gender-based violence against women human rights defenders in the region

<i>Recommendation steps</i>	<i>What can you or your organisation do to implement the recommendation?</i>	<i>What can your network/movement do to implement the recommendation?</i>	<i>What can international organisations do to implement the recommendation?</i>
<i>Prevention (before)</i>			
<ul style="list-style-type: none"> • Self-defence training (physical and legal preparation) 	<ul style="list-style-type: none"> • Organise training: conduct a needs assessment; choose trainers; select locations; prepare modules 	<ul style="list-style-type: none"> • Exchange of experience • Participation in trainings 	<ul style="list-style-type: none"> • Financial support • Experience in self-defence training
<ul style="list-style-type: none"> • Legal preparation • Information on the laws protecting victims of violence 	<ul style="list-style-type: none"> • Information meetings, booklets, pamphlets, menstrual calendars (with information on the back), television and radio programmes, work with the media 	<ul style="list-style-type: none"> • Preparation and dissemination of information 	<ul style="list-style-type: none"> • Make use of international experience
<i>In case of an attack (immediate response)</i>			
<ul style="list-style-type: none"> • Activate human rights network, support group, hospital 	<ul style="list-style-type: none"> • Legal support (contact a pro bono lawyer) • Acquire information on hotlines 	<ul style="list-style-type: none"> • Provide information 	<ul style="list-style-type: none"> • Moral support • Rapid response
<i>After an attack</i>			
<ul style="list-style-type: none"> • Gather all evidence/documentation to bring to court 	<ul style="list-style-type: none"> • Lawyers for defence • Psychological support 	<ul style="list-style-type: none"> • Moral support • Psycho-social Rehabilitation 	<ul style="list-style-type: none"> • Help to influence court decision • Support rehabilitation process • Prevention funds for lawyers and social workers etc.
Rehabilitation for the family	Visits to the activists' family (to give psychological and moral support)	Provide bulletins on legal protection to violence survivors	

Session 10:

International Protection Mechanisms

TIME: 60 MINUTES

ACTIVITIES:

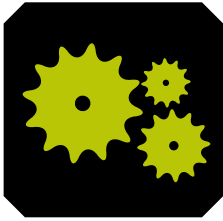
Presentation on the international protection framework for women human rights defenders.

SESSION OBJECTIVES:

- to identify and develop key recommendations for organisations and movements on specific aspects of safety and well-being of women human rights defenders.

ADAPTATION NOTES:

The recommended support groups and mechanisms will vary by region, this should be researched and the information updated for each group.



EXERCISE:

PAGE 1/5

FORMAT:

PRESENTATION
AND GROUP
DISCUSSION

International Protection Mechanisms

TIME: 60 MIN

REQUIRED MATERIALS: FLIPCHART PAPER AND MARKER PENS; HANDOUTS.

SUMMARY:

This is a presentation on and discussion of the international protection mechanisms available to support the safety and well-being of women human rights defenders – how to access them and put them into practical use.

KEY EXPLANATION POINTS:

Internal protection: the first line of protection and support for any civil society organisation is always internal – that is, within your own organisations, movements, communities and family. You are the best people to assess what you need and to devise strategies for yourself.

External protection: the next line of support should be the international community. There are three main types of organisation/institution that can support you.

International partners/donors: The first type is your *existing partners and donors*. Some donors have special security response funds set aside specifically to support their partners (such as the American Jewish World Service in the United States and ICCO (an inter-church organisation for development cooperation) in the Netherlands). Most donors, though, would be responsive to supporting their partners' security if they received a specific request. In addition, you should regularly:

- include line items for security and sustainability (including training, retreats, health care, pensions) in the budgets that you submit to your donors;
- ask for separate contingency funds (or an internal rapid-response fund) to react to unexpected security and/or health crises; and

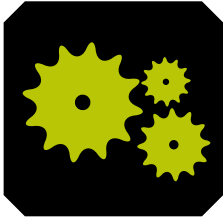
- maintain a dialogue with funders on their security concerns and challenges – the better informed funders are about the situation, the more responsive they can be in a crisis.

International organisations supporting human rights defenders: the second line of protection comes from an array of *international organisations* with a mandate to protect and support civil society organisations. These organisations offer a variety of services, ranging from advocacy, lobbying, capacity-building and training to fellowships and grants for protection.

Within this group of organisations, there are a number that provide rapid-response grants to individuals and organisations facing security challenges. A list of some of these organisations is included in the table below.

Each organisation has its own particular funding criteria and possibilities, so it is best to contact them directly with questions about whether a situation matches their criteria before applying for a grant.

Support for civil society actors working in the field of freedom of expression (with the media as journalists, freelance reporters, camera operators, photojournalists and writers) tends to be more widely available – there are several additional networks that are not listed here. However, it is important to note that these organisations can have a more flexible view of what constitutes a



EXERCISE:

PAGE 2/5

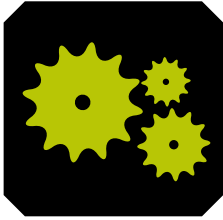
FORMAT:
PRESENTATION
AND GROUP
DISCUSSION

International Protection Mechanisms

'journalist' than expected – for example, bloggers or civil society activists who also publish reports and articles can be included.

Some organisations that may provide security grants are:²⁵

Organisation	Criteria comments (all support is global unless otherwise noted)	Website	Organisation	Criteria comments (all support is global unless otherwise noted)	Website
American Jewish World Service	Emergency support to existing partners in 36 countries in Africa, the Americas and Asia.	http://www.ajws.org/	International Federation for Human Rights (FIDH) and the World Organisation Against Torture (OMCT)	The Observatory for the Protection of Human Rights Defenders, a joint programme created in 1997 by the FIDH and the OMCT, has the following objectives: 1. To provide emergency protection to human rights defenders in the field (dissemination of urgent interventions, international fact-finding, solidarity or judicial observation or defence missions, material assistance to defenders). 2. To cooperate with national, regional and international mechanisms, whether existing or to be created (submissions of information to those mechanisms and participation of human rights defenders in regional and international conferences). 3. To mobilise public opinion, the international community and the media as protection agents for defenders (through press releases, annual reports, missions reports, urgent video appeals and video reporting).	http://www.fidh.org/spip.php?rubrique180 http://www.omct.org/index.php?id=OBS&lang=eng
Astraea Lesbian Foundation for Justice	Astraea funds lesbian- and trans-led organisations and cultural media projects that directly address the depth and complexities of lesbian and trans issues. In addition, it supports lesbian, gay, bisexual, transgender and intersex (LGBTI) organisations, women's organisations, and progressive organisations that have lesbians and trans people in leadership roles and in which lesbian and trans issues form an integral part of the work. Through the Emergency Fund for US and International Regions, Astraea provides rapid-response emergency grants to organisations confronting an unforeseeable organising opportunity or immediate political emergency.	http://www.astraeafoundation.org/grants/grant-applications-and-deadlines/	Front Line: International Foundation for the Protection of Human Rights Defenders	Grants to human rights defenders facing security challenges. Other types of support include: identification cards to fellowships, lobbying, training and a 24-hour hotline: +353 12100489	http://www.frontlinedefenders.org/guidelines-grant-applications
The Euro-Mediterranean Foundation of Support to Human Rights Defenders (FEMDH)	Financial support is given to human rights defenders in difficult situation or under threat, with the specific objective of allowing them to continue their activities. In addition, it focuses on small structures and groups in order to reinforce their capacities to implement innovative actions in the region. The project applies to defenders who act on the human rights situations in Algeria, Egypt, Israel, Lebanon, Libya, Jordan, Morocco, Syria, Tunisia and the West Bank and Gaza Strip (WBGS).	http://www.emhrf.org/			



EXERCISE:

PAGE 3/5

FORMAT:

PRESENTATION AND GROUP DISCUSSION

International Protection Mechanisms

Organisation	Criteria comments (all support is global unless otherwise noted)	Website
Fund for Global Human Rights (FGHR)	The FGHR is primarily a longer-term human rights grant-maker, but will consider supporting emergency situations on a case-by-case basis – it complements and works closely with other emergency donors on this list.	www.global-human-rights.org/
Urgent Action Fund for Women’s Human Rights (UAF) (also UAF–Africa and UAF–Latin America)	Urgent Action Fund, as part of women’s rights movements worldwide, supports human rights defenders working to create cultures of justice, equality and peace. We provide Rapid Response Grants (RRGs) that enable strategic interventions in three categories: Situations of armed conflict, escalating violence or politically volatile environments; Precedent-setting legal or legislative action; Protection and security of threatened women’s and LGBTIQ human rights defenders. Grant requests are accepted 365 days per year, in any language and in any format. Each request receives a response within 72 hours and funds can usually be wired within a week. While our sister funds UAF - Africa and UAF - Latin America manage RRG requests from the African continent and Spanish-speaking Latin America and the Caribbean respectively, UAF supports activists throughout the rest of the world.	http://www.urgentactionfund.org
Reporters without Borders	Rapid responses to the protection and assistance needs of journalists and bloggers who have been arrested or threatened, families of murdered journalists, and members of local media in difficulty.	http://www.rsf.org/en-pays228-Helping_journalists.html

Organisation	Criteria comments (all support is global unless otherwise noted)	Website
Rory Peck Trust	Direct financial support to freelance news gatherers – cameramen and women, journalists, fixers, drivers and translators – and their families, who are in crisis. This may be because of death, injury, imprisonment, kidnapping or because the freelancer is in hiding or exile as a result of their work. <ul style="list-style-type: none"> • Moral support • Psycho-social Rehabilitation 	http://www.rorypeck-trust.org/

There is a limited number of organizations that offer support in the form of safe spaces. Of particular note are:

- The International Women’s Partnership for Peace and Justice in Thailand, which runs workshops, retreats and training courses for activists that centre on the integration of feminism, social action and spirituality to achieve sustainability and transformation at the personal, community and society level.²⁶
- FreeDimensional, which establishes ‘Creative Safe Havens for Activists in Distress’ at community art spaces around the world that offer residencies to activists.



EXERCISE:

PAGE 4/5

FORMAT:

PRESENTATION
AND GROUP
DISCUSSION

International Protection Mechanisms

The third line of protection involves using existing **International Protection Mechanisms** as practical tools to report threats and to seek support.²⁷ Several examples of protection mechanisms are provided here:

European human rights system:

*Ensuring Protection – European Union (EU) Guidelines on Human Rights Defenders*²⁸

These guidelines (available in several languages) are a very important, practical tool for supporting human rights defenders. They are meant to be used by EU missions (embassies and consulates of EU member states and European Commission delegations) working with human rights defenders. Each embassy should have the guidelines, and have developed a 'local implementation strategy' that is specific to their country context.

Human rights defenders should contact representatives of relevant embassies and missions in their countries to ensure that the guidelines are available to all and to discuss the protection mechanisms described within them. This is an important protection strategy. In Serbia, for example, human rights defenders have worked with European embassies to facilitate access to visas for defenders, and to access funding.

The guidelines are valuable in numerous ways, such as²⁹:

- leading to periodic meetings of embassy

personnel and human rights defenders;

- providing visible recognition of human rights defenders and their work;
- observing trials involving defenders;
- visiting defenders in jail;
- delivering emergency visas;
- elaborating local strategies for implementation of the guidelines; and
- promoting regional and international mechanisms for the protection of defenders.

Regional Human Rights Courts:

- Inter-American Court of Human Rights: <http://www.corteidh.or.cr/index.cfm?&CFID=487586&CFTOKEN=78136649>.
- African Court on Human and Peoples' Rights: <http://www.african-court.org/en/home/>.
- European Court of Human Rights: http://www.echr.coe.int/echr/Homepage_EN.

UN mechanisms:

- UN Declaration on Human Rights Defenders: <http://daccess-dds-ny.un.org/doc/UNDOC/GEN/N99/770/89/PDF/N9977089.pdf?OpenElement>.
- The UN Special Rapporteur on the situation of Human Rights Defenders: <http://www2.ohchr.org/>

[english/issues/defenders/mandate.htm](http://www2.ohchr.org/english/issues/defenders/mandate.htm).

- The UN Special Rapporteur on violence against women, its causes and consequences: <http://www2.ohchr.org/english/issues/women/rapporteur/>.
- Committee on the Elimination of All Forms of Discrimination against Women (CEDAW Committee): <http://www.un.org/womenwatch/daw/cedaw/committee.htm>.

Regional human rights bodies:

The Inter-American human rights system

- The Inter-American Commission on Human Rights (IACHR): <http://www.cidh.oas.org/DefaultE.htm>.
- The IACHR created a Human Rights Defenders Functional Unit in 2001 (<http://www.cidh.org/defenders/defensores.htm>).
- IACHR Rapporteurship on the Rights of Women: <http://www.cidh.org/women/Default.eng.htm>.

The African Human Rights System

- African Commission on Human and Peoples' Rights (ACHPR): http://www.achpr.org/english/_info/news_en.html.
- Special Rapporteur on Human Rights Defenders in Africa: http://www.achpr.org/english/_info/index_hrd_en.html.
- Special Rapporteur on the Rights of Women in



EXERCISE:

PAGE 5/5

FORMAT:

PRESENTATION
AND GROUP
DISCUSSION

International Protection Mechanisms

Africa: http://www.achpr.org/english/_info/index_women_en.html.

FACILITATION NOTES:

- Although this is a presentation, it should quickly turn into a dialogue with participants, who should add resources and supportive organisations to the list.
- The system of organisations, mechanisms and institutions that support human rights defenders will change and develop over time – the information included above should serve as a starting point for discussions, and facilitators should update information as well as ensure that it is relevant to participants' regional context.
- Copy or summarise Chapter 9 of *Claiming Rights, Claiming Justice* – a useful handout.
- In addition, refer to the excellent website on the human rights defenders mechanisms for updated information on protection mechanisms within inter-governmental organisations: <http://www.humanrights-defenders.org/about/>.

Session 11: *Next Steps*

TIME: 15–30 MINUTES

ACTIVITIES:

Brainstorm exercise

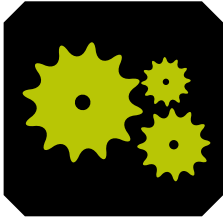
SESSION OBJECTIVES:

- to discuss specific 'next steps' that individuals and/or organisations will take to implement their integrated security strategies
- to consolidate, and commit to, acting on next steps

ADAPTATION NOTES:

For some groups, the 'next steps' discussion may be focused specifically on their individual and organisational strategies. However, in some cases, a group of human rights defenders may want to use part of this brainstorming process to also develop key 'advocacy' points to take to international and regional actors (for example, at conferences or in individual advocacy meetings). In addition, this can also be used as a tool to discuss how to increase solidarity between human rights movements as a key integrated security strategy.

If Session 9: Recommendations is replaced with an alternate session, this Session can instead be used as a forum for a shorter discussion of recommendations.



EXERCISE:

Next Steps

FORMAT:

BRAINSTORM
EXERCISE

TIME: 15–30 MIN

REQUIRED MATERIALS: FLIPCHART PAPER, MARKERS

SUMMARY:

KEY EXPLANATION POINTS:

- Facilitators ask participants to brainstorm concrete ‘next steps’ that they will take, individually and organisationally, to implement key integrated security strategies.
- These next steps can be divided up into ‘internal’ actions (i.e. what individuals and organisations will do themselves) and ‘external’ actions (i.e. what international human rights organisations and donors can do to support participants’ security and well-being).
- This is also a consolidation of the Session 9: Recommendations process, where some key points from this discussion can be drawn into the brainstorm.

FACILITATION NOTES:

This is an important process to begin closing the workshop, and to leave participants with a sense of clear commitment and focus on their security and well-being.

Keep the ‘next steps’ actions specific and achievable.

The brainstorm notes can be written up and sent out (securely) to participants if appropriate.

Session 12: *Closing*

TIME: 15 MINUTES

ACTIVITIES:

Closing exercise

SESSION OBJECTIVES:

- to close the workshop with a celebration of each participant; and
- to remind participants that celebrating successes is a key strategy for staying safe and well, despite the ongoing challenges of the work.

ADAPTATION NOTES:

For groups that may find a closing ceremony challenging, use an exercise like the 'reciprocity web' or 'goodbye cocktail party' (see Part Three: Facilitator's Toolkit).



EXERCISE:

Closing

FORMAT:

CLOSING
EXERCISE

TIME: 15 MIN

REQUIRED MATERIALS: ONE CANDLE PER PARTICIPANT, ONE PLATE/CANDLE HOLDER (*OPTIONAL*), MATCHES.

SUMMARY:

KEY EXPLANATION POINTS:

- Facilitators ask all participants to stand in a circle and hand out a candle to each person.
- Facilitators explain that each person will be asked to take a few minutes to share a success/achievement they are proud of (this can be anything – ‘personal’ or ‘professional’).
- Facilitators then ask the first person to speak and to light their candle using the main candle in the centre.
- Once that person has finished describing what they are proud of, they turn to the person next to them, light that person’s candle, and then that person speaks in turn.
- This continues until everyone has spoken, including the facilitators.
- Then, each participant lays down their candle in the circle in front of them.
- Take a moment of silence as a group.

FACILITATION NOTES:

This exercise also is a reminder of what gives us strength, and how important it is to take time to feel and celebrate our successes – individually and collectively. This exercise balances out the energy of some of the difficult and draining aspects of the workshop to help participants remember their own strengths and what is possible. In addition, it is a great example of an important strategy for staying safe and well: sharing and celebrating our tremendous successes.