POWER AND PROTECTION TO CONTINUE IN THE STRUGGLE

OBJECTIVE:
Provide participants with an introduction on collective feminist protection through basic tools and analysis that can enhance their safety and the conditions in which they defend human rights.

NOTE: This module provides analysis and tools for collective feminist protection. However, it is only an introduction to the topic. If you believe that you or your organization face a high-risk situation and you urgently need protective measures, or if you want to learn more about the issue, please first review the Appendix on organizations and tools for protection that is found at the end of this module.

The Report of the Special Rapporteur states:

Women defenders must define their own protection strategies in safe spaces. [These] women-only spaces should cut across cultures, age groups and the rural-urban divide, enabling women to raise common concerns, define collective action and, over time, develop strong networks for greater influence and self-protection.

THE RAPPORTEUR EMPHASIZES SEVEN PRINCIPLES THAT UNDERPIN PROTECTION PRACTICES.

1. Develop a rights-based approach, empower defenders and increase the ability and accountability of those responsible for their protection.

2. Recognize the diversity of defenders; they come from different backgrounds, cultures and belief systems.

3. Integrate a gender perspective and adopt an intersectional approach.

4. Focus on the “holistic security” of defenders, in particular their physical safety, digital security and psychosocial well-being.

5. Recognize the interconnections between defenders, groups, organizations, communities and family members share their risks.

6. Ensure active participation of defenders in all stages of protection strategies.

7. Ensure that protection measures are flexible and adaptable.

MOR INFORMATION: WWW.PROTECTING-DEFENDERS.ORG
SESSION 1. 1 hour / 30 minutes
Recognizing what we know about facing violence.

Activity: The backpack of confidence. Recovering our knowledge and resources for protection.¹

Step 1.

The facilitator provides materials to the participants to make their backpacks (colored paper, cloth, colored markers, glue, scissors, yarn, needles and thread or any other material that can be easily obtained).

¹ Source: Activity adapted from the Urgent Action Fund for Latin America and the Caribbean https://fondoaccionurgente.org.co/en/
Step 2.

Based on their own experience, participants will identify some important elements that give them confidence and contribute to their protection. Using the materials provided, each participant constructs a “backpack of confidence.”

THE BACKPACK SHOULD CONTAIN 3 TO 4 ELEMENTS THAT SYMBOLIZE:

- What makes them feel protected at times of risk.
- What calms them at times of anguish.
- What helps them to rest and deal with burnout.
- What helps them to face fear.
- The people and groups that take care of them.
- The protection strategies of their organizations or communities that have been useful to them.
Step 3.

Participants share in small groups, writing the elements of confidence and protection that each person chose on a sheet of newsprint, identifying common elements. The lists are put on the wall so that everyone can look at them, together with the images of the backpacks.

Step 4.

Reflection in the plenary session. The facilitator asks:

What do you think of these elements?

Were we aware of all the resources, support, and ways that we have to protect ourselves?

What new ideas have been generated?
Activity: Brainstorming on our vision of protection.

Step 1.

The facilitator asks the group:

What does protection mean to us?

(remember what you put in the backpack of confidence)

The facilitator writes the main ideas on a sheet of newsprint that remains on the wall during the entire session, as a first step in building a group definition. The following activity will help participants more deeply explore the ideas and experiences that have been shared so far.

2 JASS. We Rise. Adapted exercise. https://werise-toolkit.org/en
There are several ways to envision and define protection that can deepen and complement our own ideas. We can think about protection as a tree: A tree that gives us shade and protects us from the sun’s damaging rays. A tree that gives us air to breathe and fruit to nourish us, enabling us to continue to be strong and to prevent and face aggression. A tree that keeps us connected to the earth, to our roots, to our causes.

A tree is as essential for the planet as protection is for our struggles. Therefore, protection should be part of our strategies, of our political action, of our organizational strengths and also part of our daily lives and of the lives of those closest to us – such as family and other close relationships.

The information that we have included in the Protection Tree is the result of reflections by many people, communities and organizations working on this issue.
The facilitator divides the group in half. One half will work on the explanation of the roots and the other half on the trunk. Each team should read the explanation and respond to the questions:

**THE ROOTS OF PROTECTION ARE:**

1. **Awareness of the context in which we live and its power dynamics.** Protection is an increasingly urgent necessity in the context of political crisis and authoritarianism experienced by many in our territories. States are increasingly repressive and operating with impunity, using violence and hate speech to protect the economic interests of the elites and corporations. Some States have mechanisms for protection of defenders, but being an activist continues to be risky work.

2. **The personal and collective knowledge and strategies that we already have to prevent, face and/or heal from violence against us and the commitment to continue building a more just world.** Although we make demands and exhort authorities to fulfill their obligation to protect us, ultimately developing our own protection strategies which draw on our knowledge and resources is vital for individual and collective protection.

What can we derive from this definition? What would we change or add?
3. Feminist vision and intersectionality. A feminist perspective recognizes not only the intersecting historical structures of oppression [patriarchy, racism, capitalism, etc.] that increase vulnerability and are the basis for attacks on activists and social movements, but also those commonly ignored forms of violence against women such as: sexual violence, family-based violence, the full burden of household work and caregiving, and economic inequality, as well as harassment and discrimination within their own organizations. For women human rights defenders, protection is based on the recognition that women must have our own voice and power to define our full safety and protection.

THE TRUNK IS:

1. The collective protection that we activate in our communities, neighborhoods and territories. When we are at risk, we activate the strategies and relationships in our immediate environment to protect us. This takes many forms. Urban neighborhoods and rural communities have organized self-defense groups, community radio stations and shelters for protection against violence. Indigenous territories proactively use open assemblies to declare their municipality or community free of mining or other extractive industries in order to activate unity and deter the violence of imposed projects.

2. The strength of our organizations and communities. Building strong organizations and cohesive communities enables us to more successfully face risk. We can transform our organizations and communities so that they become spaces for collective care and protection: combating the culture of individual sacrifice, fostering solidarity and mutual support, rejecting macho, racist or discriminatory practices that undermine unity, and fostering collective leadership so that more people have power and decision-making capacity and to thwart the individualization of attacks on perceived leaders.

3. Protection in networks: Networks of protection enable organizations, individuals and communities to benefit from shared resources and knowledge, breaking through isolation and fostering more effective strategies against the powerful groups behind the aggression. Networks among women defenders (whether from the same community or from different communities and organizations) constitute safe and trustworthy spaces to talk about our concerns and to create our own strategies.
Step 2.

PRESENTATION

Each group presents their part and the facilitator places the central elements from the groups on the tree (key words or phrases).

PART THREE: EXPLORATION OF THE BRANCHES AND FRUITS OF PROTECTION.

Step 1.

The facilitator provides a general introduction to this section, using the following explanation:

THE BRANCHES AND FRUITS

The branches are the types of protection strategies that we choose as we need them. Protection strategies may be:

- **Preventive**, Those that we define and implement to prevent aggression or to diminish a threat.
- **Reactive**, Those that we define and implement once attacks have occurred in order to stop them and to mitigate negative impacts.
The fruits are the protective measures that we choose based on the risk analysis that we have done, and on the capacities and resources that we have. There is not one single recipe or list of measures and strategies.

The measures are joined together in a protection plan. A protection plan is a set of concrete and realistic measures that are agreed upon by the group to address the violence that affects us. These are measures that help us to use and strengthen the capacities and resources that we already have and to reduce vulnerabilities (limitations and weaknesses that hinder us in overcoming the threat). There are as many measures as we have needs for protection.

**Step 2.**

The facilitator gives each person three paper figures in the shape of local fruit along with the following text that explains some examples of existing protection measures. Each person can read the complete text (you will want to read it aloud in groups with limited literacy) or choose one or two protection measures. Participants consider which measures are most useful in their context and write those measures on their paper fruits.
Some examples of existing protection measures:

**Physical safety:** Safe homes, work and meeting spaces: know who comes in and goes out, have escape routes, control the doors, windows and other access areas. Homes and special places for refuge in case of emergency. Personal defense strategies, understanding of our bodies, knowing how to face sexual aggression. Knowing risky areas in our environment (including places for possible sexual aggression), use safe routes and transportation or define protection measures on public transportation (advise someone when departing and arriving at destination, alert in case of risk, etc.). Strategies to face repressive acts (e.g. at demonstrations or any activity in which security forces may intervene).

**Legal protection:** Connections to lawyers or trustworthy legal organizations that can provide support in the case of arbitrary arrest or any kind of criminalization. Understanding of the existing legal mechanisms for protection at the national and international levels (in the face of a violation of human rights, repressive acts, family-based violence and gender-based violence, etc.), understanding of the protection mechanisms for defenders, including their limitations and possibilities. Understanding the possible legal consequences of our strategies, especially in the case of protests and resistance actions.

**Secure communications and digital security:** Defining which information can be public and which cannot, protecting privacy and personal information (particularly on social media), having safe space to store sensitive and important information (such as personal documents, legal documents, etc.). Remembering which information to give and to whom in case of emergency. Identifying safe channels of communication. Obtaining training on digital security. Installing radios and other forms of communication and community alerts. Campaigns to counteract false or defamatory information.

**Organizational strengthening:** Regular and participatory power and risk analysis. Collective development of protection plans and protocols. Enhancement of the capacities and knowledge of women and their leadership. Regular analysis of the context, power dynamics and the stakeholders whose interests are affected. Mechanisms to address internal conflicts. Definition of measures for self-organization and mutual support.
to prevent any type of discrimination, harassment or violence within the organization. Definition of measures to reconcile personal/family life with the work of the organization, ensuring spaces for childcare during activities, equitable distribution of housekeeping tasks.

**Self-care and collective care of health, physical and spiritual well-being:** Implementation of methods of personal and collective care to prevent burnout, illness or stress (in accordance with existing needs and resources). Strengthening our connection with the web of life - nature, female ancestors and cultural roots. Transforming political practices and ways of doing activism that put us at risk (the culture of sacrifice/martyrdom, individualistic leadership, etc.). Agreements and policies within the organizations to respect workdays and schedules, prevent burnout and provide periods of rest, ensure basic labor rights, organize recreational spaces, etc. Facilitation of safe and trustworthy spaces for women.

**Strengthening of the social fabric:** Working for greater support and unity within the community with which we work. Organizing community activities that strengthen solidarity and social cohesion. Use of art, spaces for gathering and recreational activities that inspire hope that justice and change are possible. Actively involving the community in our activities. Fostering popular education processes and strengthening the capacities of facilitators to inspire, sustain and expand public support and that of allied organizations, networks and movements. Establishing dialogue with local authorities, when possible.
Each person explains the fruits that they made and places them on the tree. At the end, the facilitator asks:

What do we think when we see all these fruits?

Which ones do we need the most in our context?

What other protection measures could we add?
Social network
Public help
Self-care, physical and spiritual well being
Digital protection and secure communications
Physical security
Preventive Measures
Reactive Measures
Networks and safe shelters
Collective Protection
Strength of our organizations
Legal protection
Women must have our own voice and power (feminist vision and intersectionality)
Awareness of the context and power dynamics
Personal and collective knowledge and strategies to prevent violence
SESSION 3.  2 hours
Constructing a basic plan to strengthen our protection.

Introduction:

The facilitator reminds the group of what a protection plan is, recalling the definitions from the group and complementing them with the following definition:

A protection plan is a set of concrete and realistic measures that are agreed upon by the group to address the violence and risks that affect us. These are measures that help us use and strengthen the capacities and resources that we already have and to reduce our vulnerabilities (limitations and weaknesses that undermine our safety).

Activity: Prioritizing risks.

Step 1. In Module 5, the group identified the types of violence that put at risk the physical integrity and work of women human rights defenders and activists. In this session, the facilitator recalls this analysis and puts up a sheet of newsprint with the common risks that were previously identified.
Step 2.

The group prioritizes the three most urgent risks on which the group wishes to work.

Activity: Developing a protection plan.

Step 1.

The facilitator presents the following form, which will be used to develop the protection plan. It should include an example to help the participants to use the form.

**RISK:** (EXAMPLE) Workers and people related to the mining company are sexually harassing our daughters when they pass the mine construction site.
<table>
<thead>
<tr>
<th>Capacities and resources</th>
<th>[EXAMPLE]</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal/family</strong></td>
<td>Understand the problem and its impact.</td>
</tr>
<tr>
<td><strong>Organizational:</strong></td>
<td>The women’s group in the community held a workshop on sexual harassment, so we know how to identify it.</td>
</tr>
<tr>
<td><strong>Community:</strong></td>
<td>We have a community security watch.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vulnerabilities</th>
<th>[EXAMPLE]</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Personal/family:</strong></td>
<td>Our daughters are embarrassed to talk about this issue.</td>
</tr>
<tr>
<td><strong>Organizational:</strong></td>
<td>When the violence of the mining company is reported, the sexual harassment that the girls are experiencing is not mentioned.</td>
</tr>
<tr>
<td><strong>Community:</strong></td>
<td>There are men who blame the women for provoking it.</td>
</tr>
<tr>
<td>Protection measures/actions</td>
<td>[EXAMPLE]</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td><strong>Personal/family:</strong></td>
<td>We are going to talk about the issue in our families so that our daughters feel safe talking about this with us and we can guide them.</td>
</tr>
<tr>
<td><strong>Organizational:</strong></td>
<td>We are going to hold a workshop on harassment for all the young women in the community, with an emphasis on how to combat it. We will present a public legal complaint regarding these incidents with the support of allied organizations.</td>
</tr>
<tr>
<td><strong>Community:</strong></td>
<td>The people in charge of the community watch will be trained on sexual harassment so that they know how to identify it and issue warnings about any situations that arise. It is recommended that young women walk together so that they can protect each other. We are organizing an assembly to declare our community free of mining in order to stop these and other aggressions that we are suffering as a result of it.</td>
</tr>
</tbody>
</table>
Step 2.

Three groups are formed to complete the form with each of the prioritized risks. Each group will work on a different risk.

**RISK:**

Capacities and resources (personal/family, organizational, community)
Vulnerabilities
(personal/family, organizational, community)
Protection measures/actions
Step 5.

PRESENT AND ANALYZE THE PLANS.

In the plenary session, each group presents its plan, which is further developed with support and feedback from the other groups – clarifying doubts and questions, making agreements, offering suggestions, etc.

NOTE FOR THE FACILITATOR: Depending on the possibilities and connections of the group, you might invite people or organizations that have experience on protection issues who could provide feedback on the protection plans developed by participants.
Introduction

The most effective protection is collective and networked, a protective fabric of people, organizations and knowledge that provides on-going support and responds in a timely fashion when a person, organization or community faces a situation of risk.

The Report on the situation of Human Rights Defenders tell us:

Safety networks diminish the isolation of women defenders and provide a sense of belonging and support. They enable women defenders to better understand and confront sexism and violence by fostering a shared understanding of the impact of these dynamics and encouraging collective approaches to safety, well-being and survival.

Activity: The circles of alliances for protection

Step 1.

The facilitator draws a target-shape of concentric circles on a sheet of newsprint. She writes the name of the organization, group or community in the center circle. In the second circle, she writes the names of the closest and most accessible allied organizations, individuals and communities. In the third circle, she writes the names of organizations and alliances that are not as close but that can be relied upon. And in the fourth circle, she writes the organizations and alliances that are not very close but with whom ties could be strengthened.

Step 2.

The facilitator invites reflection on:

- How can these alliances contribute to the protection plan that we have designed?
- Which ones are our priorities?
- What can we do to strengthen their support and solidarity?

NOTE: If the participants are from different organizations, the exercise should be done for each organization.
The facilitator emphasizes the importance of community efforts to develop their own protection strategies, not only to stay safe and face aggression with greater strength, but also to fortify their social fabric.

Small groups will review two community-based protection experiences (one experience per group). We suggest two examples, but if the facilitator or the group knows of others, they can be substituted.

**Autonomous types of community-based security:** The Cherán indigenous community in Mexico was threatened by criminal groups and corrupt authorities that did not protect them. Tired of the violence, the people in the community began to set bonfires in different neighborhoods of the town. People came together at each bonfire to protect and take care of the community, women, men and people of all ages. The meetings around the bonfires were also used for talking about problems and events in the town and for exchanging ideas about how to solve them. Each bonfire group elects its representatives. The representatives meet in a community assembly called the Council of Elders. This is the body that makes decisions about the different issues in the town, including its security. Women have earned a place in these community-based security structures, which has enabled them to take other problems to the assembly, such as family-based violence or macho prejudices.
Safe Spaces. In Colombia, rural communities have created what they call “Humanitarian Zones”, used to define and temporarily cordon off an area in which the community lives. These zones have signs that indicate that the area is only for the civilian population, preventing the entrance of armed actors.

Other spaces for refuge are temporary and are activated only when necessary. These are called Humanitarian Shelters. The shelters are spaces into which the communities move when they have an urgent need to protect their lives in the face of a critical situation of human rights violations. These spaces remain in place until the violence has decreased; they help prevent displacement and are essential for the communities to maintain control over their territories.

Step 2.

Each group reflects on the following questions:

Could this experience be useful in our context?

What other community-based protection experiences do we know?

Which of these could be useful in our protection plan?

Step 3.

The groups present in the plenary session. If there are new ideas for the protection plan, the group will decide which to add.
Activity: Mural newspaper of the defender protection networks.

Introduction

The facilitator tells the group that, in different parts of the world, women defenders have organized, not only in the community, but in networks and collectives to protect themselves from violence, mutually support each other and collectively care for one another, creating their own ways of responding to violence. Understanding those experiences may be useful in strengthening the protection plan that the group has developed.

Step 1.

Small groups are formed and each group reviews one of the three experiences of defender networks that are presented below and exchange opinions about this experience.

What is most important about this experience?
This initiative began its work in 2010 in order to provide a comprehensive and regional response to increased violence against women human rights defenders in Mesoamerica. This network is comprised of more than two thousand women defenders and their organizations:

- It brings together five national networks of women human rights defenders in Mexico, Honduras, Guatemala, Nicaragua and El Salvador. Each network has urgent response resources and closely accompanies defenders in situations of risk. They also open spaces for meeting and the strengthening of holistic feminist protection capacities with a feminist approach to socio-political violence (based on risk analysis and safety and self-care strategies, including specific digital security tools for defenders).

- It has two special shelter houses for women human rights defenders at-risk and their families, and one house for respite, self-care and healing.

- It has developed its own risk analysis methodologies to develop protection plans that cover the different protection needs of women defenders. In addition, it has developed a strategy for self-care, collective care and healing that involves training processes and resources to build more sustainable activism with improved well-being for the activists.

- It has a system for documenting attacks and the violence experienced by women defenders as a result of their work as well as gender-based discrimination they face. It also has a public alert system to activate national and international allies to denounce any attacks or threats against activists.

For more information on IM-Defensoras: http://im-defensoras.org/trayectoria/
Young Indonesian Women Activists’ Forum (FAMM)

This is a network of more than 350 young women from 30 provinces across Indonesia. It unites rural, urban, indigenous, Muslim, Christian and LBTI activists. Through on-going training and accompaniment by movement support organizations, JASS and PEKKA, the members of FAMM meet to develop the following capacities:

• Analysis of the context and risk in their country and communities. They develop a critical consciousness about the dynamics in their context and learn to do analysis of gender, power and the actors driving violence and restrictions against women and LGBTI activists.

• Confidence and leadership. FAMM offers a safe space to strengthen the leadership of young women by recognizing and valuing their voice and contributions, and to develop strategic and collective leadership capacities in their communities. The network is a space for mutual support and solidarity.

• Safety. The network has an emergency response mechanism that activates a network of people and organizations in solidarity any time that a member of the network is at risk. This mechanism mobilizes different kinds of support, such as emergency funds, protection groups, legal and psychological support.

After each training event, the members of FAMM return to their own organizations, communities and movements to share and put into practice what they have learned.

For more information on FAMM: https://www.justassociates.org/en/
THE COALITION OF WOMEN HUMAN RIGHTS DEFENDERS IN THE MIDDLE EAST AND NORTH AFRICA

This network is comprised of defenders and organizations working in the region and of local networks in Iraq, Palestine and Jordan. Its work involves:

- Documenting human rights violations against defenders.
- Fostering solidarity campaigns for activists that have been threatened, incarcerated or attacked in some way.
- Strengthening public recognition in the region of women who defend human rights, combating stereotypes and the stigmatization that many women face for raising their voices.

Step 2.

Each group makes a mural newspaper (a sheet of newsprint that contains some headlines and images that illustrate the information that the group wants to share) to present the experience of the network that it studied. The group can look on the Internet for additional information on the network and can use different materials: drawings, symbols, and pictures from magazines, newspapers or the Internet, etc.
Step 3.
The groups put their newspapers on the wall. Beginning with the first mural newspaper, the facilitator asks those that did not work on it:

What do you see?

What does this tell us?

Then the facilitator asks the group that worked on it to explain. The same is done with the other two mural newspapers.

Step 4.
In the plenary session, the group reflects on the following question:

What do these experiences tell us about our contexts?

Then the analysis is deepened with these questions:

Do we know of other protection networks for defenders?

Would it be useful to have a network of defenders?

If there is a positive response, what steps should we take to form one?
Activity: Creating our protective fabric.

Step 1.

The group forms a circle.

Step 2.

The facilitator holds a ball of brightly-colored yarn and begins the activity by saying, "I want to honor ________" (saying the name of a woman who was important in her life, who helped her and supported her at a time of risk, helping her feel more protected).
Step 3.

Then she throws the skein of yarn to another member of the group, holding the end of the yarn in her fingers. The next member of the group does the same, “I want to honor ______...” and throws the skein to another. The idea is to form a web.

Step 4.

At the end, the facilitator asks everyone to look at the web that they formed. The facilitator summarizes, emphasizing that it is really the web of life, a network of mutual protection and care, a network that saves and protects us. This network accompanies us and gives us strength.
ANNEX:

Additional resources to deepen risk analysis and protection:


**Front Line Defenders.** Workbook on Security Practical Steps for Human Rights Defenders at Risk

Support and resources in emergency situations:

**Protect Defenders.** Delivers a fast and specific EU response to support Human Rights Defenders at risk. The emergency grants program ensures that Human Rights Defenders can access and implement urgent security measures to protect themselves, their family and their work.
https://www.protectdefenders.eu/en/supporting-defenders.html#emergency-support

**Front Line Protection Grant Program:**
https://www.frontlinedefenders.org/en/programme/protection-grants
Support and resources in emergency situations:

**Urgent Action Fund.** Urgent Action Fund’s Rapid Response Grants support the resilience of women’s and trans movements by providing flexible and responsive funds to women’s and trans human rights defenders who face immediate threats and by supporting advocacy when unanticipated opportunities emerge to set new legal or policy precedents. UAF has regional sister funds. [https://urgentactionfund.org/what-we-do/rapid-response-grantmaking/](https://urgentactionfund.org/what-we-do/rapid-response-grantmaking/)

**East and Horn of Africa Human Rights Defenders Project.** Seek to protect and strengthen human rights defenders (HRDs) in the East and Horn of Africa sub-region, and raise awareness about their work at national, regional, and international level. Emergency Assistance for Human Rights Defenders.
Tel: tel +256-783-02761256-3932 65820/1/2
[https://defenddefenders.org/get-help/](https://defenddefenders.org/get-help/)