

Safety Instructions for Women Human Rights Defenders

Travel during the day,
tell the people you trust your movements.
Be aware of the medium you are using
do not use whatsapp
to share your location.
These are measures that transform your life,
but also save your integrity.

Be alert, read the context.

Break with the extenuating models,
men are trained to kill each other
but also to be accomplices.
In the case of women,
there is a challenge
on how to share leadership.
We see women who cannot stop;
'If I stop I will die';
the peril that you are going to lose the place you got.

states of mind
influence security.

We are not disposable things.

Consider who to communicate with;
what reports your name can appear on.

Women human rights defenders
hear and accompany,
we have passed through
loss, illness, crisis.

That problems are to be left out
is very masculine.

Touch vulnerability
to strengthen people,
and not the opposite.

Composed by Juliana Mensah from the interview transcripts of women human rights defenders from Mexico and Egypt from the research project 'Navigating Risk, Managing Security, and Receiving Support' (securityofdefendersproject.org).