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**FOR WOMEN'S HUMAN RIGHTS**

## **New UAF Publication Sparks Sustainability Dialogue Among Women Human Rights Defenders**

With its latest publication, *What's the Point of Revolution if We Can't Dance?* UAF breaks taboos that silence activists from speaking about stress, trauma, burnout, strained relationships, and the violence that often accompanies human rights work – issues that undermine activists' security and wellbeing. Over 100 activists from 41 countries share their stories in *Revolution*, offering intensely personal insights and advice to donors, activists and allies on what must be done in order to sustain activism. *Revolution* is the final report of UAF's Sustaining Activism Project, supported by The Overbrook Foundation since 2006. The report is available in English and Spanish at [http://www.urgentactionfund.org/new\\_site/index.php?id=64#anchor1](http://www.urgentactionfund.org/new_site/index.php?id=64#anchor1) and will also be available soon in French.

UAF is particularly interested in exploring further the interrelationships between wellbeing and security as fundamental aspects of sustaining activism. Stay tuned for UAF's next report, *Insiste, Persiste, Resiste, Existe: Women Human Rights Defenders' Security Strategies* (forthcoming summer 2008). UAF and its partner organizations, Front Line International Foundation for the Protection of Human Rights Defenders and Kivnna till Kvinna, are putting their research into action, conducting workshops for women human rights defenders in Asia, Africa and Latin America throughout 2008 and 2009.

Initial workshops in five countries have sparked dialogue, reflection and action. **Here's what activists are saying about *Revolution*:**

“[Your book] truly opens up new landscapes. And the most important thing is that, at the end of it, I felt hopeful. It managed to convince me that we can do something different with our lives, and with the world, because they are not as divided as we tend to think they are.”

– Alejandra Sardá – *Mulabi: Latin American Space for Sexualities and Rights (Espacio Latinoamericano de Sexualidades y Derechos)*

“Addressing the physical, spiritual and emotional needs of women has been a major shortcoming of our work as feminists...Many of us are tired, burnt out, depressed and angry, and many of us have gone through intense periods of crisis characterised by a breakdown in relationships, problems with our families, betrayals of trust, bitterness and deep hurt...And while many of us are aware of this, we seldom talk about it. For a movement that has thrived on the slogan ‘the personal is political’, we have not reflected on how

much of what we do to and with one another is both ‘personal’ and ‘political.’”

– Bisi Adeley Fayemi – *Executive Director of the Africa Women’s Development Fund*

“...After a few pages, I started feeling a cold sensation running inside me...as if someone is writing about me and about countless others whose stories I’ve picked up along the way in my 20 years of journey as a feminist and human rights activist...we can certainly use this as an inspiration to come together and take a few more steps forward.”

– Edna Aquino – *one of the initiators of gender and women’s human rights program of Amnesty International and currently an advocate / trainer on women’s empowerment*



What's the Point of Revolution If We Can't Dance? Authors Jane Barry and Jelena Djordjevic (left, right) with UAF Board Member Rita Thapa (center) at the first Sustaining Activism Regional Workshop, held May 15-18, 2008 in Kathmandu, Nepal.