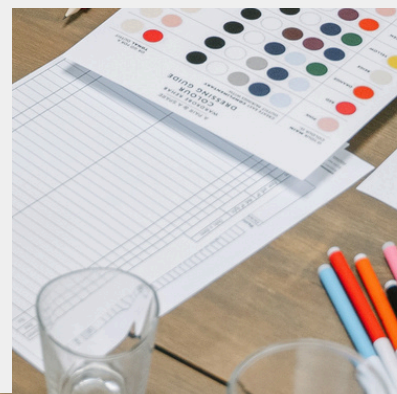


2024 Summary of the activity

Over the course of a year of realizing and expressing women's reality, challenges remain unless full equality and justice guaranteeing all their rights are achieved.



5 GENDER EQUALITY



About Edraak:

Edraak for Development and Equality is an Egyptian non-profit organization registered with the Ministry of Social Solidarity under No. 11014 in 2019.

Edraak's scope of work is focused on supporting the presence of women and their social, economic and political participation in the public sphere. Moreover, advocate for issues that enable them to have full access to their basic rights, achieve gender equality, combat forms of public and private violence and discrimination through support, protection and social counselling for victims of violence and provide community and health education services.

Edraak engages with women and girls' causes through designing advocacy and support campaigns, as well as issuing studies and monitoring reports since 2020 through the Observatory of Gender-Based Violence Crimes against Women and Girls. The Foundation focuses on multi-sectoral partnerships with stakeholders concerned with women's issues, decision-makers, and legislators. Beside the work on integrate and involve men in supporting and advocating for women and girls' issues.

As well, Edraak intensifies interventions in sexual and reproductive health programs, community development, and economic empowerment of women and vulnerable groups in local communities.



Mai Gamal Award for Feminist Research



Edraak Foundation for Development and Equality launched the “Mai Gamal Feminist Research Grant” in gratitude and appreciation for her struggles and in recognition of all her contributions in the field of working on women’s issues and combating violence. This grant comes to facilitate the path for young female researchers and put them on the first path of their research career. Mai’s journey and attempts at self-education were not easy, and that is why we wanted Mai’s passion throughout her life to be a reason for inspiring and extending support to young women to complete Mai’s journey of producing knowledge for the Egyptian feminist movement.

This grant is launched in November of each year, and includes a short fellowship to support young female researchers in developing their research projects and skills in the field of feminist research, then forming a research evaluation committee to select the winners.

About Mai Gamal:

An Egyptian feminist researcher who left a clear mark in many fields, ranging from law to feminist struggle to achieve gender justice and equality, and combat violence against women and girls, she passed away on November 2, 2023, as a result of the bombing of the Sheikh Radwan neighborhood in Gaza City.

Mai was an active and founding member of the Edraak Foundation for Development and Equality since its inception, where she worked as a digital content manager and played a pivotal role in establishing the Gender-Based Violence Crimes Observatory, then took over the management of the support and advocacy unit at the foundation. She also contributed effectively to developing the content of all awareness campaigns launched by the foundation on women's rights and feminist issues, and contributed to many studies, research papers and reports on gender-based violence.

**Reports
issued by
Edraak
Foundation**



The Observatory of Violence Crimes against Women and Girls Report 2023

The Observatory of Violence Crimes is a monitoring project launched by the Edraak Foundation for Development and Equality in early 2020 to monitor crimes of violence against women and girls during the Corona pandemic and continued to be issued after that, as the rates and rates of crimes of violence against women and the increase in its frequency and forms are evidence of an inherent defect in the bonds of society that requires more legislative and awareness interventions.

The Observatory is a platform for documenting data on officially declared crimes of violence against women and girls, as it relies in its monitoring on what is published on Egyptian public and private news websites, in addition to data from the media office of the Egyptian Attorney General (Public Prosecution, Administrative Prosecution) in an attempt to provide a picture close to reality about the rates of violence against women and girls and its various forms supported by data on the geographical areas in which it is prevalent, the ages of the victims, the motives for the crime, and the gender of the perpetrators

download



2020



2021



2022



2023

Violence rates 2023

51

Sexual and financial
blackmail case



42

Theft incident



97

Suicide incident

6

Forced imprisonment



13

Abandoning newborn
babies

950

crime against women



364

murder

81

Rape crime



66

Severe beating



82

Sexual harassment
crime

During the year 2023, the number of violent crimes against women and girls in Egypt reached 950 incidents of violence.

64

During 2023, there were 82 attempted murders of women and girls ("postponed murders"), 31 of which were committed by a family member during the second half of the year.

9

During the second half of 2023, the number of murders of women and girls under the pretext of "honor crimes" reached 9 crimes.

301

During 2023, the number of murders of women and girls reached 364 incidents, 142 of whom were killed by a member of their families during the second half of the year.

40



Rape

During 2023, 81 rape crimes were recorded, 25 of which were committed by a family member during the second half of the year.

135



Severe beating

During 2023, there were 66 cases of severe beatings resulting in fractures, burns, and temporary and permanent disabilities, including 15 incidents at the hands of a family member during the second half of the year.

133



Suicide incident

97 suicide incidents of girls and women were recorded in Egypt, as well as 34 suicide attempts. The age groups from (12 to 18 years) and (19 to 30 years) recorded the highest suicide rates in the second half of the year, with a total of 60%.



54

Theft incident

During 2023, 42 incidents of theft of women and girls were recorded, including one incident in which the victim was dragged and 9 murders of women and girls with the aim of robbing them during the second half of the year.



15

Forced imprisonment

During 2023, 6 incidents of girls and women being detained and prevented from communicating with their families or the outside world were recorded.

sexual harassment

During 2023, 82 incidents of sexual harassment were monitored, including 47 crimes during the second half of the year.



During the second half of the year:

- "The street" is the place where most sexual harassment incidents occurred, with 31 incidents.
- A murder of the victim was recorded after she confronted the perpetrator and a quarrel between them.
- 7 girls/women were beaten and suffered fractures and lacerations as a result of their confrontation with the perpetrator.
- 10 murders of those defending the victim were recorded, including 4 incidents in which the victim was a family member and 6 incidents in which the victim's defender was not related to her.

Abandoning children



During 2023, 13 cases of abandonment of newborn or slightly older girls were recorded, 7 of whom were abandoned by their parents because they did not want to have girls, because they were born with a disability, or because they were the product of a customary marriage or informal relationship.

Financial and sexual extortion



During 2023, 51 incidents of sexual and financial extortion were monitored.

In the second half of 2023

6 incidents of sexual and financial blackmail by a family member were monitored. 2 incidents of sexual blackmail were due to their refusal to marry the blackmailer. 1 incident of rape of a minor girl who responded to sexual blackmail.

Refuse to marry



- During the second half of 2023, 9 crimes were recorded, the motive behind which was the victim's refusal to marry, as follows:
- 5 incidents of killing girls and women because they refused to marry the perpetrator.
- 2 incidents of death threats.
- An incident of financial and sexual blackmail due to refusal to marry.
- An incident of facial disfigurement using a sharp instrument due to refusal to marry the perpetrator.
- 4 of these crimes were committed by a member of the victim's family (cousin, two crimes by a former fiancé, one crime by a current fiancé after the victim decided to break off the engagement)

inheritance seizure



- The number of 14 incidents of inheritance seizure were as follows:
- 4 murders and 5 attempted murders of girls and women who demanded their inheritance.
- 18 incidents of beating girls and women who refused to give up their inheritance and demanded it.
- An incident of disfigurement with acid was recorded due to disputes over inheritance.

Analytical paper: Digital feminist activism Digital advocacy approaches for feminist groups



للاطلاع على الورقة وتحميلها



The world and its tools are rapidly evolving, and the Internet is one of the most important tools of the modern era, which has enabled social movements, including the feminist movement in the Arab region, to exploit it effectively. Before the Arab Spring of 2011, feminist activism was limited to civil society institutions with a rights or feminist orientation and some individual efforts, but with the broad societal movement during and after the revolutions, new issues emerged such as sexual harassment, women's deprivation of inheritance, legal discrimination, and women's suffering in divorce, alimony, custody, and granting citizenship. Demands have also evolved to include body ownership, sexuality, self-love, and intellectual and material independence. Initiatives have started from individual blogs to become support and pressure circles that have forced governments and institutions to adopt progressive discourses, going beyond treating harm to preventing it.

In this paper, we discuss the use of this wave of feminist activism on various social media platforms to bring about intellectual change, the reasons for resorting to them, the advantages and disadvantages of these platforms, and the various types of cultures that have spread due to this type of activism. We will also mention the most famous hashtags and campaigns in the Arab region that have created legal, intellectual, or societal change.

Research paper: Child abandonment in Egypt

The research paper discusses the issue of child abandonment, pointing out its causes and multiple effects on the individual and society. Among the most prominent causes that the paper highlights are: pregnancy outside of marriage, marriage of minors, birth of children with disabilities, birth of girls, and economic conditions that push some families to abandon their children.

The paper confirms that this abandonment leads to serious consequences, including psychological disorders such as invisible child syndrome, social problems such as the phenomenon of street children, and increased exposure of girls to violence and exploitation. It also addresses the absence of Egyptian legislation that recognizes the crime of "family abandonment", compared to more stringent European legislation.

The recommendations indicate the need to develop child protection laws to include clear penalties for the crime of abandonment, and to enhance economic and psychological support for families exposed to crises. It also emphasizes the importance of the role of civil society and the government in improving the conditions of care homes and following up .on the implementation of rehabilitation programs

Finally, the paper highlights real-life stories that reflect the human suffering resulting from this phenomenon, calling for a comprehensive approach to address the causes and effects with a focus on prevention and reintegration of migrant children into their families or .society



Influence campaigns

The Justice of our Menstrual Campaign

Edraak Foundation for Development and Equality was keen to continue its advocacy efforts for the International Day of Action for Women's Health and the International Day of Menstrual Hygiene, so it launched the "Our Cycle Justice" campaign on May 24, 2024, which lasted for a week, to raise awareness of the importance of adopting a comprehensive gender perspective in practices and legislation at the state, individual, institutional and community levels, to strive to respond to and achieve menstrual justice, and consider it an integral part of health justice, and to acknowledge that access to menstrual hygiene products and health information is a right for all women. The campaign aimed to introduce the concept of/shed light on menstrual justice and call for the adoption of a comprehensive gender perspective in practices and legislation at the state, community and individual levels to strive to respond and achieve menstrual justice, including:

Social solidarity and pressure to adopt a legislative proposal that seeks to oblige the state and business owners to provide menstrual supplies free of charge in public places, workplaces and schools, as a basic and necessary human need to remove obstacles to women and girls' participation in the public sphere and lift the embarrassment and societal stigma that they may be exposed to on a daily basis



Adopting a tax reduction on menstrual supplies as a basic need, not a luxury
Amending the Labor Law by including a one-day monthly leave in the Labor Law for women and girls who suffer from dysmenorrhea, to be granted according to a medical certificate.

Including materials in school curricula that help remove societal stigma from menstruation as a vital sign of women's and girls' health

Seeking to take into account women's needs when planning public spaces by ensuring that they are friendly to women and their needs, such as: providing bathrooms designated for women, providing menstrual supplies and sanitary towels

إقتباسات WEBINAR QUOTES

Quote by Ms Nagwa Ibrahim:

"There is still hope, even if it takes 100 years, we are throwing a stone into still waters and starting with ourselves to embrace menstrual justice. Unity, solidarity, collective action, and adopting various tools consistently might lead us one day to find provisions in labor laws regarding menstrual leave, tax reductions, and institutions respecting the gender perspective, providing private restrooms and supplies for women."



" في أمل ولو بعد 100 سنة، أبدأ بترمي حجري في المياه الرابدة وبنبدأ بنفسنا في أننا لننبني عدالة الدورة الشهرية، التضامن والتعاون والعمل الجماعي وأنا لننبني طول الوقت أدوات مختلفة للعمل معهن، ومثلنا في يومنا هذا لنأني في قانون العمل ملحة عن اجازة الخطب وتخفيض الضرائب وإحترام المؤسسات للمنظور الجندي عندها دعاء دعاء للسات ومؤسسات الدورة الشهرية "



Quote by Dr. Monique Magdi:

"The most important thing is to answer our children's questions when they are curious about their bodies or the menstrual cycle so that we remove the shame not only from menstruation but also from anything related to puberty and the development of our bodies. It is not a shameful thing, it is a natural thing, but we must give our children the opportunity to talk to us about it and not get their information from unreliable sources."

Quote by Ms Aziza Al-Tawil:

"In countries that are far ahead of us, not only did they talk about taking one or two days off during your menstrual period, but they also expanded it to prohibit employers from forcing menstruating employees to work during this period. And if she is forced, fines are imposed on the employer. Moreover, for example in South Korea, they decided on financial compensation for working during menstruation, meaning it becomes paid leave. In other countries, especially in Asia, there have been initiatives to legalize menstrual leave. Some schools in South India introduced menstrual leave in 1912."



في دول كانت مسبقا بخير جدا على الإطلاق عن اجازة يوم أو يومين أثناء فترة الطمث لا هم كان الموضوع انه لا يوجد لهم في الدول المتقدمة أو المتقدمة أو المتقدمة على العمل أثناء الفترة حتى ولو وتم التفاوض بين الزوجين أو كانت على تلك العمل أثناء الفترة حتى الرسوموا ملك في كوتونا اجازة مدفوعة الاجر وجون تأدية بواجب في فترة اسيا يعني هو بيكس اجازة مدفوعة الاجر وجون تأدية بواجب في فترة اسيا حتى فيها بعد فلتعلم اجازة الطمث التي هي اجازة في اجازة الطمث



Quote by Heba Al-Nimr:

"Having affordable goods and no taxes on menstrual products, along with legislation that facilitates access to them, would be much better. Collaborating to provide products for many people is important, but no matter how much we provide, these products will never be sustainable for these women on the long run."

" وجود سلع مخفضة وان هيش فترايب على منتجات الدورة الشهرية مع وجود تشريعات لتسهيل الحصول عليها حتىكون احسن بخير اننا نازل ونعاجل ونوفر منتجات للناس طاهر من مضمنا كخيارا لوفر منتجات مرطبا ما هاند استمرارية اللسان جي على طول "

ندوة إفتراضية WEBINAR

To Watch [CLICK HERE](#)

Edraak

القناة: 28 مايو
20:00 - 21:00

ZOOM

رؤى حول اليات تحقيق الاستجابة لعدالة الدورة الشهرية

إدارة الجلسة: نجوى إبراهيم، د. منى محمد، ياسمين أبو روية، هبة النمر، لاهية النمر

المعدتات: لاهية النمر، نجوى إبراهيم، د. منى محمد، ياسمين أبو روية، هبة النمر

webinar 'Perspectives on Response Mechanisms to Achieve Menstrual Justice'
Participants/Speakers in the Webinar:
Dr. Monique Magdi/Sexual Health Consultant, University of Amsterdam, Ms. Aziza Al-Tawil/ Lawyer, Ms. Heba Al-Nimr / Executive Director, Barah Aman Foundation, Session moderator, Ms. Nagwa Ibrahim/Executive Director of Edraak Foundation for Development and Equality & Ms. Yasmine Abu Raya/Partnership and Advocacy Officer, Edraak Foundation for Development and Equality

The webinar was held on the 28th of May 2024 via Zoom and published on the Edraak Foundation for Development and Equality's Facebook page as part of the activities of the "The Justice of our menstrual" campaign. The discussion featured the participation of a number of civil society organizations, feminists, journalists, lawyers and a number of attendees interested in women's issues. The webinar discussed several issues related to menstrual justice, such as societal stigma and the concept of "shame," and ways to achieve menstrual justice at various levels: legislative, societal, and institutional.

- Removing Social Stigma Surrounding Menstruation through Awareness
- Considering the Gender Aspect in Public Spaces and Amending Regulations and Laws to be More Responsive to Menstrual Justice.
- Civil Society Organizations' Experience in Menstrual Poverty and its Impact on Women

دارت مناقشة الويبينار بتاريخ 28 مايو 2024 عبر منصة زوم ونشرت على منصة مؤسسة ابراك للتوعية والمساواة على موقع فيس بوك ضمن إطار مبادرات حملة "عدالة دورتنا"، وذلك بمشاركة عدد من منظمات المجتمع المدني والسياسات والمحاميات وعدد من الحاضرين، ات المهندسين بالشأن النسوي. ناقش الويبينار عددا من القضايا المتعلقة بجدالة الدورة الشهرية مثل الوصم المجتمعي وخطر "العيب"، سبل تحقيق عدالة الدورة الشهرية على مختلف المستويات التشريعي والمجتمعي والمؤسسي، ومنها:

- إزالة الوصم المجتمعي عن الدورة الشهرية بنشر الوعي عنها
- مراعاة البعد الجندي في الأماكن العامة وتعديل اللوائح والقوانين لتكون أكثر استجابة لعدالة الدورة الشهرية
- خبرة منظمات المجتمع المدني في قضية فقر الدورة الشهرية وتأثيره على النساء

فيديو تيمثيلي Sketch video

فيديو قصير مصور يتناول حولي كمثل الحمله لم فيه اسلوب التوعوي على ايمتلة عند زور مسائلان الدورة الشهرية في المنزل العام والزيارات التي تبين النساء اذ يتألمهن الدورة الشهرية خارج المنزل ومن غير مساعدات مع عدم زور المسائلان في المنزل، وتكملة التصرف في هذا الوصف، والدرج الذي يتعرض له.

A short video with a voiceover as an introduction to the campaign. The video highlighted the issue of the lack of menstrual supplies in public spaces, the confusion that women experience when they unexpectedly get their period outside the home and they are unprepared with no supplies available, how to handle this situation, and the embarrassment they experience.



معلومات عن عدالة الدورة الشهرية informational posts about menstrual justice

An infographic explaining what the menstrual cycle is. The importance of providing information to women. Women are able to participate in public life without obstacles/discrimination/stigma/fear/shame. Women should have the ability to take care of themselves during menstruation. Women should have the ability to take care of themselves during menstruation.

يأتري إيه هي عدالة الدورة الشهرية يأتري إيه هي عدالة الدورة الشهرية

أهمية توفير معلومات للنساء عن الدورة الشهرية
توفير معلومات للنساء عن الدورة الشهرية
أهمية توفير معلومات للنساء عن الدورة الشهرية
توفير معلومات للنساء عن الدورة الشهرية

فيديو جرافيك- Graphic video

فيديو قصير عن الإجراءات التي يمكن أن تساهم في عدالة الدورة الشهرية

A short video about actions that can contribute to menstrual justice



شهادات حول عدالة الدورة الشهرية

TESTIMONIALS ABOUT MENSTRUAL JUSTICE

A questionnaire was used to collect testimonies of situations that women faced in public spaces, causing them embarrassment and hindering their activities due to the lack of menstrual supplies. We received 58 testimonies, which were analyzed with the following results:

عدالت دورتنا

العميلة
صاحبة متجر مطبخ غذائي خاصي قريب من مقر الدارة ليوهنا في ايام حياها وانا من مسترنا.

العميلة
انا في الدارة في ايام حياها وانا من مسترنا. انا في الدارة في ايام حياها وانا من مسترنا.

عدالت دورتنا

العميلة
انا في الدارة في ايام حياها وانا من مسترنا. انا في الدارة في ايام حياها وانا من مسترنا.

العميلة
انا في الدارة في ايام حياها وانا من مسترنا. انا في الدارة في ايام حياها وانا من مسترنا.

عدالت دورتنا

العميلة
انا في الدارة في ايام حياها وانا من مسترنا. انا في الدارة في ايام حياها وانا من مسترنا.

العميلة
انا في الدارة في ايام حياها وانا من مسترنا. انا في الدارة في ايام حياها وانا من مسترنا.

PROVIDING THE AVERAGE AGES OF THE WOMEN WHO GAVE THEIR TESTIMONIES, THE AGE GROUP FROM 19 TO 30 YEARS CAME FIRST AT 44.6%, FOLLOWED BY THE AGE GROUP FROM 31 TO 40 YEARS AT 29.3%, THEN THE AGE GROUP FROM 41 TO 50 YEARS AT 20.7%, AND FINALLY, THE AGE GROUP FROM 12 TO 18 YEARS AND OVER 60 YEARS EACH AT 1.7%.

FEMALE EMPLOYEES RANKED FIRST AMONG THE WOMEN WHO GAVE THEIR TESTIMONIES AT 50%, FOLLOWED BY STUDENTS AT 29.9%, HOUSEWIVES AT 17.2%, AND FINALLY WORKERS AT 6.9%.

الدعوة لكسر الصمت حول الدورة الشهرية

BREAKING THE SILENCE ABOUT MENSTRUATION

Infographic on "Talking about menstruation breaks the silence surrounding it. Let's talk about it openly and frankly to promote understanding and acceptance." Talking about menstruation openly empowers women and helps them more informed decisions about their health.

الدورة الشهرية

جزء طبيعي من حياة النساء لا يوجد عيب أو خجل في التحدث عن شيء طبيعي وصحي

فهم الدورة الشهرية

والتحدث عنها بشكل علني يعزوه تكسين النساء ويساعد على الخلا قرارات مستنيرة بشأن صحتهم

علينا نبدأ بانفسنا

لتحقيق عدالة الدورة الشهرية

دعوة لتحدث عنها بشكل مفتوح ومخبر لمن المهم والشيء

علينا نبدأ بانفسنا لتحقيق عدالة الدورة الشهرية

دعوة لتحدث عنها بشكل مفتوح ومخبر لمن المهم والشيء

علينا نبدأ بانفسنا لتحقيق عدالة الدورة الشهرية

توصيات

RECOMMENDATIONS

- Community solidarity and lobbying/advocacy to adopt a legislative proposal that seeks to compel public institutions and employers to provide menstrual supplies free of charge in public places, workplaces and schools, considering them as a basic and necessary need to remove barriers to the participation of women and girls in the public life and abolish the embarrassment and social stigma they may face daily.
- Adopt tax reductions on menstrual supplies, considering them a basic need for all families rather than luxury items.
- Amend labor laws to include a monthly paid leave day for women and girls who suffer from dysmenorrhea.
- Include materials in school curricula that help remove the social stigma around menstruation, recognizing it as a vital sign of women's and girls' health, and empowering educators to understand the basics of sex education and concepts related to menstruation.
- Ensure that public spaces are designed to meet women's needs, such as providing women-only restrooms, menstrual supplies and sanitary pads.
- Include menstrual supplies in social protection benefits and government support programs to ensure they are available to the most vulnerable and overlooked groups (especially women with disabilities and female prisoners).
- Relief and charitable organizations should include menstrual supplies and sanitary pads in their aid packages.
- The media and civil society organizations should adopt and launch awareness campaigns to remove the stigma around menstruation.
- Include menstrual supplies in maternity and child centers and health services locations.

- التضامن المجتمعي والضغط من أجل تبني مقترح تشريعي يسعى إلى إلزام المنشآت العامة وأصحاب الأعمال بتوفير مستلزمات الدورة الشهرية مجاناً بالأمكان العامة وأماكن العمل والمدارس باعتبارها احتياجات أساسية ضرورية إزالتها العقبات أمام مشاركة النساء والمفتات بالمجال العام ورفع أحوال الوهم المجتمعي التي تخش أن يتعرضن له بشكل يومي.
- تبني تخفيض الضرائب على مستلزمات الدورة الشهرية باعتبارها احتياج أساسي لكل الأسر وليست مستلزمات رفاهية.
- تعديل قانون العمل بإجراء إدارة شهرية لمدة يوم مدفوع الأجر قانون العمل للنساء والمفتات الاتالي بماين من عمر الطمث.
- تضمين مواد بالمنهج الدراسية تساعد على إزالة الوهم المجتمعي عن الدورة الشهرية باعتبارها علامة حيوية على صحة النساء والمفتات، وتمكين العاملين في قطاع التربية والتعليم من أسس التربية الجنسية والمفاهيم المتعلقة بالدورة الشهرية.
- السعي نحو مراعاة احتياجات النساء عند تخطيط الأماكن العامة بالحرص على أن تكون حديقة للنساء واحتياجاتهن مثل: توفير حمامات مخصصة للنساء، توفير مستلزمات الدخ والمناشف الصحية.
- إدراج مستلزمات الدورة الشهرية ضمن مزايا الحماية الاجتماعية وبرامج الدعم الحكومية لضمان توفرها للمفتات الأكثر احتياجاً والمفقول عنهن (خاصة السيدات من ذوي الاحتياجات الخاصة والسجناء).
- تبني الاعلام ومؤسسات المجتمع المدني تحلات توعوية لرفع الوهم عن الدورة الشهرية.
- إدراج مستلزمات الدورة الشهرية في مراكز الامومة والطفولة وأماكن الخدمات الصحية.

Her body, her right and her right is to decide.

Edraak Foundation for Development and Equality was keen to intensify advocacy efforts for women's bodily autonomy and freedom during October 2024, as body ownership is one of the most important issues that are not talked about in society. Simply mentioning the word "body" in any content becomes suspicious in the view of the recipient, especially in issues of women's sexual and reproductive health.

Edraak launched the "Her Body is Her Right and Her Right to Decide" campaign with the aim of shedding light on the obstacles that limit women's and girls' bodily autonomy, especially in issues of sexual and reproductive health, during and after puberty, including marriage and beyond, and the interventions, pressures and misconceptions they are exposed to, whether from the family, society or healthcare providers, and the reflection of this on marginalizing their rights and reducing their freedom to make informed health decisions regarding their bodies.

This campaign came to break the circle of silence and affirm the right of women and girls to make decisions related to their sexual and reproductive health without guardianship, in a journey that lasted for 10 days, starting on October 20 and continuing until October 30, where we agreed as a number of women's institutions and initiatives to work shoulder to shoulder within the "Her Body, Her Right and Her Right to Decide" campaign with the aim of unifying efforts to spread awareness and support and advocate for women's right to make health and medical decisions regarding their bodies without guardianship, and to work to remove the stigma that accompanies women all the time, even with regard to their sexual and reproductive health, and to call for a review of the procedures and practices that impose restrictions on women's freedom regarding their health decisions.



أنشطتنا خلال الحملة..

Virtual activities of the campaign:



Virtual Campaign Activities:

- 28 posts featuring 50 images that elaborate on the campaign topics
- 6 video reels
- 1 informative video graphic
- 1 podcast episode created in collaboration with Salmon Podcast
- 1 live broadcast session with a gynecologist
- 1 webinar "medical procedures and psychological impacts, featuring 4 specialists.
- 1 press report about the campaign's activities
- 1 form designed to gather testimonies related to the campaign topics.

الأنشطة الافتراضية للحملة:

- عدد 28 منشور يضم 50 صورة تشرح مواضيع الحملة
- عدد 6 فيديو ريلز
- عدد 1 فيديو جرافيك
- عدد 1 حلقة بودكاست بالتعاون مع سالمون بودكاست
- عدد 1 لقاء بث مباشر مع طبيبة أمراض نساء وولادة
- عدد 1 وبنينار حول الإجراءات الطبية والتداعيات النفسية بمشاركة 4 متخصصات.
- عدد 1 تقرير صحفي حول فكرة الحملة
- عدد 1 استمارة جمع شهادات حول ملكية الجسد.

What did they tell us about body? .. قائلونا إيه عن الجسد..



من خلال استمارة تسجيل الشهادات، شاركت 26 سيدة وفاة بنهارهن، حيث تناولن كيف أن نظرة الأسرة والمجتمع لأجسادهن غالباً ما تكون محكومة بالتمييز، سواء بسبب لون البشرة أو العادات والتقاليد المرتبطة بقضايا مثل العذرية، الحيض، الزواج، الخ الخ

Through the testimonial registration form, 26 women and girls shared their experiences, discussing how the family and society's view of their bodies is often governed by stereotypes, whether due to skin color or customs and traditions related to issues such as virginity, menstruation, marriage, etc.

about campaign

Body ownership is one of the most important issues that are taboos in society. Just mentioning the word "body" in any content becomes suspicious in the eyes of the recipient, especially in issues of women's sexual and reproductive health. Therefore, this campaign came to break the circle of silence and emphasize the right of women and girls to make decisions related to their sexual and reproductive health without guardianship, in a 10-day journey, starting from October 20 to 30, to dismantle misconceptions about women's bodies, and discuss practices that prevent them from making independent, informed decisions about their bodily health.

عن الحملة

ملكية الجسد هي واحدة من أهم القضايا المسكوت عنها في المجتمع، فمجرد ذكر لفظ "جسد" في أي محتوى، يصبح مثبِّراً للريبة في نظر المتلقي، لتسبعا في قضايا الصحة الجنسية والإيجابية للنساء، لذا جاءت هذه الحملة لتكسر دائرة الصمت وتؤكد على حق النساء والفتيات في اتخاذ القرارات المتعلقة بصحتهن الجنسية والإيجابية دون وصاية، في رحلة على مدار 10 أيام، بدأت من 20 وحتى 30 من أكتوبر، لتفكك من خلالها المفاهيم المغلوطة حول أجساد النساء، وتناقش الممارسات التي تمنعهن من اتخاذ قرارات مستقلة مستنيرة بشأن صحة أجسادهن.

من شركائنا في الحملة؟

مؤسسة مصريين بلا حدود - مؤسسة جنوبية حرة - مركز الاعلام من أجل التنمية، نسج - مبادرة سند - مبادرة ميريت - مبادرة صولك .

Who are our partners in the campaign?

Egyptians Without Borders Foundation - ganoubia hora Foundation - Media Center for Development, Naseej - Sanad Initiative - Merit Initiative - Your Voice Initiative.



شركائنا من خلال الحملة:

سالمون بودكاست - مبادرة سوبر وومن - موقع المنصة

Campaign Partnerships

Salmon Podcast - Supewoman Initiative - almanassa

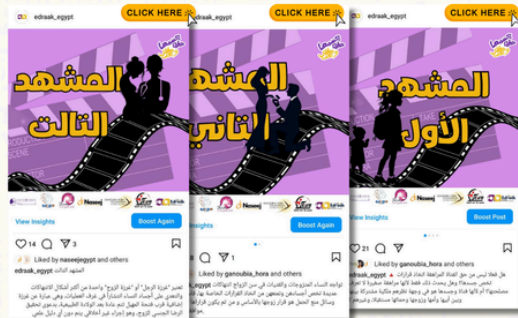


محتوى توعوي awareness content



Focus on the different stages of life in which women and girls are exposed to violations throughout their lives from an early age, clarifying the forms of violations

التركيز على مراحل العمر المختلفة التي تتعرض فيها النساء والفتيات للانتهاكات على مدار حياتهن من مراحل مبكرة، مع توضيح أشكال الانتهاكات



the femal reproductive system and misinformation

عن الجهاز التناسلي الأنثوي والمعلومات المغلوطة عنه

سلطت الحملة الضوء على شرح الجهاز التناسلي الأنثوي لإزالة المفاهيم المغلوطة حوله مع التركيز على بعض الأمور المرتبطة بغشاء المهبل والعذرية.

The campaign highlighted the explanation of the female reproductive system to remove misconceptions about it, focusing on some issues related to the vaginal membrane and virginity.



قالوننا ايه عن الدورة الشهرية؟ What did they tell us about menstruation?

تناولت الحملة تصحيح بعض المفاهيم المتعلقة بنظرة المجتمع للحرفات المرتبطة بالحيض، التي غالباً ما تؤدي إلى وصم النساء وتضع عليهن تحديات إضافية.

We tried to correct some of the notions related to society's view of menstruation myths, which often stigmatize women and place additional challenges on them.



شهادات شاركتها معنا نساء وفتيات حول علاقتهم بأطبائهم وطبيبات النساء، وركزت جميعها على تجاربهن الشخصية في التعامل مع الأطباء، حيث عبرت الكثير منهن عن شعورهن بعدم الراحة أو القلق بسبب بعض المواقف التي واجهنها، مثل عدم الاستماع الجيد لهن أو الشعور بالتجاهل لاحتياجاتهن الخاصة، كذلك تأثير الجانب الديني والمجتمعي على تلك العلاقة مع عدم امتلاك الممرضات في بعض الأحيان القدرة على اتخاذ القرار خاصة فيما يتعلق بالموافقة على إجراء جراحة منمطة الرحم.

Testimonies shared with us by women and girls about their relationship with gynecologists, all of which focused on their personal experiences in dealing with doctors. Many of them expressed their feelings of discomfort or anxiety due to some of the situations they faced, such as not listening to them well or feeling that their special needs were ignored, as well as the impact of the religious and societal aspects on this relationship, with patients sometimes not having the ability to make a decision, especially regarding consent to undergoing surgery in the uterine area.



About the relationship with the gynecologist / عن العلاقة مع الطبيب

طرحت الحملة نقاشاً حول تعرض الفتيات غير المتزوجات للوصم عند زيارة عيادة النساء مع التركيز على كيفية تعامل الأهل والمجتمع والطبيب مع الفتيات غير المتزوجات في هذا السياق.

The campaign raised a discussion about the stigma faced by unmarried girls when visiting the gynecology clinic, focusing on how parents, society and doctors deal with unmarried girls.



من حق النساء والفتيات مناقشة الطبيب أو الطبيبة بحرية، واختيار طرق العلاج التي تناسب مع احتياجاتهن، كما بحق لهن الاعتراض على الإجراءات الطبية غير المناسبة أو التي لا تشعرن بأنها ملائمة لهن.

Women and girls have the right to freely discuss with their doctor, choose treatment methods that suit their needs, and object to medical procedures that are inappropriate or that they do not feel are appropriate for them.

سلطت الحملة الضوء على أن أزمة الثقة بين المريضات وبعض أفراد القطاع الطبي تمنعهن من طلب المساعدة أو التحدث عن مشاكلهن الصحية بحرية، مما يقام من معاناتهن ويؤثر على جودة الرعاية التي يتلقونها.

The campaign highlighted that the crisis of trust between patients and some members of the medical sector prevents them from seeking help or speaking freely about their health problems, which exacerbates their suffering and affects the quality of care they receive.

مقال



كيف تكوّن الخرافة بين المرأة وحسدها؟

في إطار الحملة تم نشر مقال " كيف تحول الخرافة بين المرأة وحسدها" المقال يتناول تجارب نساء وفتيات مع الخرافات والمفاهيم المغلوطة المرتبطة بأجسادهن في المجتمع، بعضهن يعرضن كيف مررن بخلقاً بسبب تغيرات جسدهن في مرحلة البلوغ، وانقراضهن للمصادر الصحيحة للمعلومات، كما يعرض المقال كيف تنتشر هذه الخرافات حول البلوغ والعذرية والحض، وتؤثر على حياة النساء، من الفلق النفسي إلى الصراع مع الهوية الجسدية. يبرز المقال أهمية التوعية والتعليم الصحي حول الجسم في تقليل هذه الخرافات وتحسين الصحة النفسية والجسدية للنساء.

As part of the campaign, an article was published entitled "How Myths Stand Between Women and Their Bodies." The article discusses the experiences of women and girls with myths and misconceptions related to their bodies in society. Some of them show how they experienced anxiety due to the changes in their bodies during puberty, and their lack of correct sources of information. The article also shows how these myths about puberty, virginity and menstruation spread and affect women's lives, from psychological anxiety to struggles with physical identity. The article highlights the importance of awareness and correct education about the body in reducing these myths and improving women's mental and physical health.

بودكاست: كشف النساء للمتزوجات فقط!!



في هذه الحلقة من البودكاست، تم تناول موضوع الوصمة الاجتماعية المحيطة بزيارة عيادات النساء، خصوصاً بالنسبة للنساء غير المتزوجات. يناقش المتحدثون كيف يُسمح فقط للمتزوجات بزيارة أطباء النساء، بينما يُعتبر من غير اللائق أن تقوم الفتيات غير المتزوجات بذلك. يُطرح التساؤل: هل أمراض النساء مقصورة فقط على المتزوجات؟ ويستعرضون حالات واقعية لفتيات مرافقات أو بالغات تم حرمانهن من حقهن في العلاج لمجرد أنهن لهن منزوجات، مما يعكس تأثير الأعراف المجتمعية الخاطئة على صحة النساء وحقوقهن في الحصول على رعاية طبية.

In this episode of the podcast, the social stigma surrounding visiting gynecology clinics, especially for unmarried women, is addressed. The speakers discuss how only married women are allowed to visit gynecologists, while it is considered inappropriate for unmarried girls to do so. The question is: Are gynecological diseases only for married women? They share real-life cases of teenage and adult girls who were denied treatment simply because they were not married, reflecting the impact of societal misconceptions on women's health and their rights to medical care.



شهادات شاركتها معنا نساء وفتيات حول علاقتهم بأطبائهم وطبيبات النساء، وركزت جميعها على تجاربهن الشخصية في التعامل مع الأطباء، حيث عبرت الكثير منهن عن شعورهن بعدم الراحة أو اللقح بسبب بعض المواقف التي واجهنها، مثل عدم الاستماع الجيد لهن أو الشعور بالتجاهل لاحتياجاتهن الخاصة، كذلك تأثير الجانب الديني والمجتمعي على تلك العلاقة مع عدم امتلاك المريعات في بعض الأحيان القدرة على اتخاذ القرار خاصة فيما يتعلق بالموافقة على إجراء جراحة بمنطقة الرحم.

Testimonies shared with us by women and girls about their relationship with gynecologists, all of which focused on their personal experiences in dealing with doctors. Many of them expressed their feelings of discomfort or anxiety due to some of the situations they faced, such as not listening to them well or feeling that their special needs were ignored, as well as the impact of the religious and societal aspects on this relationship, with patients sometimes not having the ability to make a decision, especially regarding consent to undergoing surgery in the uterine area.

جلسة نقاشية Discussion session

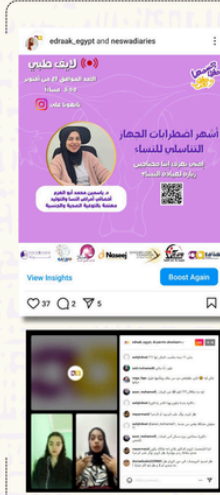
From the "Her Body Her Right and Her Right is to Decide" salon, which was held in partnership between Edraak Foundation for Development and Equality and Superwoman Initiative, to discuss body ownership and medical decision-making related to the uterus, with attendees sharing their own experiences and learning about the tools they can use to protect their rights related to their bodies. The salon was attended by the Executive Director of Edraak Foundation for Development and Equality, Nagwa Ibrahim, the Executive Director of Superwoman Initiative, Aya Mounir, Dr. Salma Elmad, Advocacy Officer at the Women's Health Education Program at Edraak Foundation, and a large number of active participants.

صالون "جسمها حقها وحقها نقر" والذي عقد بالشراكة بين مؤسسة ادراك للتنمية والمساواة ومبادرة سوبر وومن، للتحديث حول ملكية الجسد واتخاذ القرارات الطبية الخاصة بالرحم، وذلك بمشاركة الحاضرات لتجاربهن الخاصة، والتعرف على الأدوات التي يستطعن باستخدامها حماية حقوقهن المتعلقة بأجسادهن. حضر الصالون المديرة التنفيذية لمؤسسة إدراك للتنمية والمساواة نجوى ابراهيم، والمديرة التنفيذية لمبادرة سوبر وومن أية منير، والدكتورة سلمى عماد مسئولة المناصرة ببرامج التنقيف الصحي للنساء بمؤسسة إدراك، وعدد كبير من المشاركات الفاعلات



Live broadcast

جلسة بث مباشر عن أمراض النساء



تم تنظيم جلسة بث مباشر مع د. ياسمين أبو العزم - طبيبة متخصصة في أمراض النساء - للإجابة على استفسارات المتابعات حول الأمراض التي تصيب النساء، وخاصة الأمراض المتعلقة بالرحم والجهاز التناسلي.

تم تنظيم الجلسة في 27 أكتوبر 2024، عبر منصة استرجام بهدف تقديم المعلومات الطبية الدقيقة والإجابة على تساؤلات النساء والفتيات وقد لاقى الحدث استجابة واسعة.

تم تنظيم الجلسة خلال الجلسة على 35 سؤال حيث نوعت ما بين أسئلة تتعلق بالحمل والدورة الشهرية، وأمراض الرحم، والخنان وتآثراته، تجميد البويضات، ووسائل منع الحمل، وكيسات المبايض، وبطانة الرحم.

A live broadcast session was organized with Dr. Yasmine Abu El-Azm - a gynecologist - to answer inquiries from followers about diseases that affect women, especially diseases related to the uterus and reproductive system.

The session was organized on October 27, 2024, via the Instagram platform with the aim of providing accurate medical information and answering the questions of women and girls. The campaign received a wide response.

During the session, 35 questions were answered, ranging from questions related to pregnancy and the menstrual cycle, uterine diseases, circumcision and its effects, egg freezing, contraceptives, ovarian cysts, and endometriosis.

Childbirth is your decision, care is my right

Edraak Foundation for Development and Equality launched the campaign “Childbirth is your decision, care is my right” from July 13 to 18, to discuss the issue of child abandonment. Parents’ abandonment of their children is one of the most influential and most ignored crimes, and represents a complex challenge within the challenges of social issues. Therefore, Edraak Foundation was keen to uncover this hushed-up issue, especially since there are no official statistics on the number of cases of abandonment. While Egyptian law has tried to provide protection for our children and protect their rights, it has not recognized the crime of the head of the household abandoning the marital home or failing to fulfill parental care obligations as a crime in itself. In this case, the child remains under the care of the legislation regulating the mother’s living expenses only. The law also grants the mother the right to separation and divorce as a result of abandonment in the case of official relationships. Except for the provisions of alimony, there is no legal responsibility on the husband to abandon the wife and her child without care or bearing the burden of upbringing and the responsibilities of parenthood that are due to him and to evade any obligation due to him.

And believing that this issue overlaps and intersects with other problems such as children of unknown parentage, human trafficking, gender-based violence, underage marriage, and other problems related to the issue of abandoning girls, which are one of its causes or results, and in light of the effects resulting from this crime, the consequences of which are borne by the children/girls in addition to the mother. Through our campaign "Childbirth is your decision.. Care is my right", we emphasize the urgent need to shed light on these problems and address them within the legal framework and whether there is an urgent need for a text criminalizing abandonment in light of the comparative legislation of other countries that have taken a positive approach in this regard, and to identify the aspects of protection and care provided for the child in this regard, and to review the root causes of the problem and its serious repercussions



تعريف الهجران

ما هو هجران الأطفال/الطفلات؟

ترك أحد الأيون للعزل العائلي والتخلي عن الوصايا الأبوية أو الولاية القانونية، ترك المرحل لزوجته أحامل، فحمل أحد الوالدين الأخرى بوحده تعرض صحتهم وأمنهم للخطر. الاعتناء عن تسييد الطفلة الممنوعة من القصاص، وقد يكون هجران العائلة مالياً أو مهنياً، يحمل الهجران الطائفي في الإرتداد بواجبات الإلتزام على العائلة، مما تعرض أمتها واستقرارها للخطر. وقد تكون مفهوماً وتختلف في الإلتزام بواجبات التربية والرعاية النفسية والمطابقة لقرارات العائلة وحماية الأطفال والطفلات.

أرقام واحصائيات عن هجران الأطفال

أرقام وإحصاءات عن الهجران

220 مليون طفل من دون رعاية والدية أو أهم مبرهنه لخطر طفولتها، أن يخلو منه من كل 100 طفل من عائلتي طفل في جميع أنحاء العالم.

2023 في مصر زعم عدد 8 وواقع هجران طفلات سنوي الوالدة أو أهم بغير طرسي شخصي مهنياً وثقافياً نتيجة عدم قدرة الأسرة في التايك كيات أو أهم نتيجة لظرف غير رسمي أو رداً صريح.

2022 في مصر زعم عدد 8 وواقع هجران طفلات سنوي الوالدة أو أهم بغير طرسي شخصي مهنياً وثقافياً نتيجة عدم قدرة الأسرة في التايك كيات أو أهم نتيجة لظرف غير رسمي أو رداً صريح.

أسباب هجران الأطفال

تتعدد أسباب هجران الأطفال في مصر

- الحمل خارج إطار الزواج
- إعاقة الطفل أو مرضه
- إنجاب الإرتاب
- سوء الأحوال الاقتصادية
- أو أن يتم هجران العائلة لسفر الأب للخارج

من أبرز أسباب الهجران

ما زالت الثقافة الأبوية في مصر تفصل إنجاب الذكور على الإناث، مما يجعل النساء اللواتي يتجنبن إنثا معرضات للهجران والتجاهل

من بين 24.7 مليون أسرة في مصر هناك 23 مليون أسرة مسررة تمولها امرأة وهو ما يعني أن هناك 13.4% من الأسر المصرية تعملها نساء

يجب ألا تتحمل المرأة غوالب الحمل خارج الزواج وحدها، تحتاج إلى إسهامات قانونية تضمن حقوق النساء وحقوقهن من التمييز والهجران.

لنصف بجانب الأمهات اللواتي يرين أطفالهن وعملهن يجب أن تعمل على توفير خدمات الدعم الاجتماعي والاقتصادي لضمان تمتعهن بحياة كريمة ومستقرة

ورقة بحثية

تناقش الورقة البحثية قضية هجران الأطفال والطفلات، مشيرة إلى أسبابه وأثاره المتعددة على الفرد والمجتمع. من بين أبرز الأسباب التي تسلط الورك الضوء عليها: الحمل خارج إطار الزواج، تزويج القاصرات، ولادة أطفال ذوي إعاقات، ولادة الإرتاب، والظروف الاقتصادية التي تدفع بعض الأسر إلى التخلي عن أطفالهم.

تؤكد الورقة أن هذا الهجران يؤدي إلى نتائج خطيرة تشمل اضطرابات نفسية مثل متلازمة الطفل غير الحرني، ومشكلات اجتماعية كظاهرة أطفال الشوارع، وزيادة تعرض الطفلات للعنف والاستغلال. كما تتطرق إلى غياب التشريعات المصرية التي تعترف بجرمة "هجران الأسرة"، مقارنة بالتشريعات الأوروبية الأكثر صرامة.

تشير التوصيات إلى ضرورة تطوير قوانين حماية الطفل لتشمل عقوبات واضحة لجرمة الهجران، وتعزيز الدعم الاقتصادي والنفسي للأسر المعرضة للإرتاب. كما تؤكد أهمية دور المجتمع المدني والحكومة في تحسين أوضاع دور الرعاية ومناخ تنفيذ البرامج التأهيلية. أخيراً، تسلط الورقة الضوء على حكايات من الواقع تعكس المعاناة الإنسانية الناتجة عن هذه الظاهرة، داعية إلى تبني نهج شامل لمعالجة الأسباب والآثار مع التركيز على الوفاية وإعادة دمج الأطفال الهجرى داخل أسرهم أو المجتمع.

هجران الأطفال والطفلات في مصر
ورقة بحثية
مؤسسة إدراك للتنمية والمساواة

حقوق الأطفال في الدستور المصري

"الأطفال الذين يتعرضون للهجران يواجهون تحديات نفسية واجتماعية هائلة. دعونا نعمل على فهم ومعالجة هذه القضايا بشكل أعمق."

حان الوقت لتعديل التشريعات لتوفير حماية أكبر للأطفال والطفلات المهجورين وسكان وحريم الهجران على غرار الدول الأخرى.

"كل طفل الحق في اسم مناسب ورعاية أسرية وطفلة أساسية وماوى وخدمات صحية، ولتنظيم الدولة برعايته ومحاولة عدم فقدان أسرته" - نص المادة 70 من الدستور المصري 2014.

جلسة نقاشية

”قضية الهجران بين الآثار المجتمعية والتدخلات القانونية الواجبة“



عقدت الجلسة النقاشية بمقر مؤسسة إدراك للتنمية والمساواة بتاريخ 13 يوليو 2024 ضمن اطار حملة "الخلفة قرارك-الرعاية حقي" وذلك بمشاركة عدد من منظمات المجتمع المدني والنسويات والصحفيات والمحامينات وأخصائيات علم النفس وعددا من الحاضرين المهتمين بحقوق الأطفال والنساء حول قضية الهجران بين الآثار المجتمعية والتدخلات القانونية الواجبة.

وأدارت الجلسة أ. زينب خير، خبيرة في مجال حقوق الطفل ورئيس مجلس إدارة الجمعية المصرية للحقوق الاقتصادية والاجتماعية، وشاركتها المنصة د. خالد عبد الفتاح أستاذ علم الاجتماع بجامعة حلوان، للوقوف على الآثار الاجتماعية، و أ. لمياء لطفي، مدير برنامج تعزيز المساواة ومناهضة التمييز بمؤسسة المرأة الجديدة في الجانب النفسي، و أ. نجوى إبراهيم المديرية التنفيذية لمؤسسة إدراك.

وتم استعراض لإحصائيات مرصد العنف ضد النساء والفتيات وملخص دراسة هجران الطفلات والآثار النفسية والاجتماعية التي تقع على كاهل الأطفال والطفلات الذين تم هجرهم، والتدخلات القانونية وإجراءات الحماية.

اقتباسات

أ. زينب خير - خبيرة في مجال حقوق الطفل والنسويات
تتمثل في عدم كفاية تدخلات وع هجران الأطفال - كما في قوس يتناول مائة كفاية تدخلات وع هجران الأطفال - كما في تعرض الطفل للعنف - و أن آثاره النفسية تكون مشددة بالغا - لكن في الدول العربية في فرنسا مثلا - في قانون ميسر لهجران

د. خالد عبد الفتاح - أستاذ علم الاجتماع بجامعة حلوان
"بعد 3 سنوات ارتكبت جريمة الهجران التي لم يقع فيها، لكن نشأة آثار نفسية هائلة هجران الأطفال والعنف - مثل من هجره العود والكتابة التي أيا أو لوداد وكافة تدخلات وع هجران الأطفال - كما في تعرض الطفل للعنف - و أن آثاره النفسية تكون مشددة بالغا - لكن في الدول العربية في فرنسا مثلا - في قانون ميسر لهجران

أ. لمياء لطفي - مدير برنامج تعزيز المساواة ومناهضة التمييز بمؤسسة المرأة الجديدة في الجانب النفسي
"الوعي بحجم البصمة الضخمة التي تتركها "2024" في هجران الأطفال - كما في قوس يتناول مائة كفاية تدخلات وع هجران الأطفال - كما في تعرض الطفل للعنف - و أن آثاره النفسية تكون مشددة بالغا - لكن في الدول العربية في فرنسا مثلا - في قانون ميسر لهجران

أ. نجوى إبراهيم - المديرية التنفيذية لمؤسسة إدراك
"العمل في مجال وع هجران الأطفال - كما في قوس يتناول مائة كفاية تدخلات وع هجران الأطفال - كما في تعرض الطفل للعنف - و أن آثاره النفسية تكون مشددة بالغا - لكن في الدول العربية في فرنسا مثلا - في قانون ميسر لهجران

التوصيات

- ضرورة توفير إحصائيات رسمية وتداولها للوقوف على حجم جريمة هجران الأطفال والطفلات. مع التأكيد على أهمية التعاون بين الوزارات المختلفة والجهات المعنية لتوفير المعلومات.
- سن تشريعات قانونية تتضمن عقوبات للقضاء على جريمة هجران الأطفال والطفلات، على أن يؤخذ في الاعتبار الهجر المعنوي.
- توفير برامج تأهيل وتوعية لتغيير أفكار ومعتقدات وسلوكيات الأفراد تجاه أسباب جريمة الهجران ومن بينها إنجاب الفتيات والأطفال ذوي الإعاقة.
- توفير برامج تأهيل وتوعية لمسؤولي الرعاية وللآباء والأمهات بفكرة الانفصال وعدم تشويه الطرف الآخر.
- ضرورة وجود منظومة برامج شاملة لتأهيل الأطفال المهجورة نفسيا وجبر الضرر.
- إقامة حوارات مجتمعية ممتدة للحديث حول جريمة هجران الأطفال والطفلات.
- العمل على دراسات وأبحاث معمقة حول جريمة هجران الأطفال والطفلات.
- الاستعانة بالإعلام والقوة الناعمة من كتب وشعراء لإنتاج أعمال فنية تناقش جريمة الهجران.
- إنتاج كتيبات لحقوق الطفل وورش عمل لتوعية الأطفال بحقوقهم .

- تدريب وتأهيل العاملين بالمحاكم والجهات القضائية على إثبات العنف النفسي الواقع على الأطفال.
- توفير برامج توعية للأسر المعرضة للانفصال كخطوة استباقية. لتقليل فرص هجران الأطفال والطفلات والتخلي عنهم بعد الطلاق.

The method is a decision.. her right to choose

Edraak Foundation for Development and Equality launched its campaign "The method is a decision.. her right to choose" in conjunction with World Contraceptive Day, which falls on September 26 of each year. The campaign was prepared under the supervision of a specialized doctor, to enable women and girls to make decisions regarding their reproductive health consciously, freely, and responsibly



Edraak Foundation for Development and Equality launched its campaign "Contraception is a decision...her right to choose" in conjunction with World Contraception Day, which falls on September 26 of each year. The campaign was prepared under the supervision of a specialized doctor, to enable women and girls to make decisions regarding their reproductive health in a conscious, free, and responsible manner.

أنشطة الحملة Campaign activities

ليه مش كل الستات عندها حرية إختيار وسائل منع الحمل

Why don't all women have the freedom to choose contraceptive methods?

سلطت الحملة الضوء على الأسباب التي تحد من حرية النساء في الحصول على وسائل تنظيم الأسرة الطوعية التي هي حق من حقوق الإنسان. ويعتبر تنظيم الأسرة ركن أساسي في تحقيق المساواة بين الجنسين. ومع ذلك، في سنات مش بتقدر تختار وسيلة تنظيم الأسرة المناسبة لها بالرغم من رغبتهن في استخدامها لـ:

- في بعض الأحيان " الزوج، الأم، الحماة" يفرضوا عليها أو يطلبوا منها استخدام وسيلة بعينها دون غيرها
- أو يتم توجيهها لاستخدام وسيلة معينة حتى لو مش مناسبة لصحتها
- أو متكوشت عندها المعرفة الكافية بالوسائل المختلفة المتاحة وطريقة استخدامها
- أو بسبب الأفكار المغلوطة المنتشرة عن بعض وسائل منع الحمل خاصة الوسائل اللي ممكن يستخدمها الزوج
- أو حتى عنشان تكلفة الوسيلة أعلى مما يمكن للأسرة تحمله فينضطر تستخدم الوسيلة المتاحة في الوحدة الصحية.

البيان الافتتاحي

يحتفل العالم في ال 26 من سبتمبر باليوم العالمي لوسائل منع الحمل، والذي يوافق هذا العام 2024 ذكرى مرور 30 عام على المؤتمر الدولي للسكان والتنمية، الذي انعقد عام 1994 في القاهرة؛ لوضع خطة عمل تضمن وتحافظ على الحقوق الإنجابية والجنسية للأفراد، وتلزم الحكومات بتوفير المنتجات الصحية اللازمة ضمن ميزانياتها باعتبارها أساساً للتنمية. وإيماناً بحق النساء والفتيات في اتخاذ القرارات بشأن صحتهم الإنجابية والجنسية التي تتضمن قرارات تنظيم الأسرة، تطلق مؤسسة إدراك للتنمية والمساواة حملة "الوسيلة قرار.. حقها تختار" على مدار 5 أيام للتوعية بالوسائل المستخدمة في تنظيم الأسرة والتركيز على حقوق النساء والفتيات في الوصول واتخاذ القرارات الصحية بشأن وسائل منع الحمل وتنظيم الأسرة.

تُعرّف الصحة الإنجابية بأنها حالة من الرفاه البدني والعقلي والاجتماعي في جميع الأمور المتعلقة بالجهاز التناسلي، في جميع مراحل الحياة. وتشمل الصحة الإنجابية أن تكون الولادات آمنة والحمل مرغوب فيه، بالإضافة إلى حماية النساء والفتيات من فيروس نقص المناعة البشرية، وتوفير السلع والخدمات الصحية اللازمة للتمتع بصحة إنجابية وجنسية جيدة.

Opening Statement

On September 26, the world celebrates World Contraception Day, which this year, 2024, marks the 30th anniversary of the International Conference on Population and Development, held in Cairo in 1994, to develop a plan of action that guarantees and preserves the reproductive and sexual rights of individuals, and obliges governments to provide the necessary health products within their budgets as a basis for development.

In the belief in the right of women and girls to make decisions about their reproductive and sexual health, including family planning decisions, Edraak Foundation for Development and Equality is launching the "Method is a decision.. Her right to choose" campaign over 5 days to raise awareness about the methods used in family planning and focus on the rights of women and girls to access and make health decisions regarding contraception and family planning.

Reproductive health is defined as a state of physical, mental and social well-being in all matters related to the reproductive system, at all stages of life. Reproductive health includes safe births and desired pregnancy, in addition to protecting women and girls from HIV, and providing the health goods and services necessary for good reproductive and sexual health.

Break the mold campaign

Edraak Foundation launched the “Break the mold” campaign on November 25, coinciding with the 16 days of activism against violence against women, with the aim of shedding light on the stereotyping that women and girls are exposed to as a type of psychological violence that society inflicts upon them, in addition to breaking the stereotypes imposed on women and girls as a form of gender-based violence.



تنميط في الشغل

تتقالل النساء في بيئة العمل أشكال مختلفة من العنف التي يتخلفهن بحسباً بعد الأمان. وتتضمن من ممارسة حياتهن اليومية بشكل مريح وأمن. ويعتبر التنميط أحد أشكال العنف في مجال العمل والتي ينتربب عليه تأثيرات كثيرة من الناحية النفسية والاقتصادية.

واحدة من أبرز أشكال التنميط في بيئة العمل هي الصورة النمطية المتفككة بقدره الرجل على العمل لساعات أطول أو السهر بشكل متكرر وبندى الطولية للراحة بناءً على موافق وأحكام مسففة منس مرتبطة بكفاءتهم أو مهاراتهم.

كذلك، الصورة النمطية من عمل النساء يكون لها تأثير على الفجوة في الأجور بين الجنسين. في بعض الأماكن، يُعتبر إن الرجل يستحق مرتب أعلى لأنه "هو الذي يبرصف على بيته"، حتى لو كانت الموظفة عندنا نفس الكفاءة والمهارات. وده يعمل ضغط اقتصادي كبير على النساء، خصوصاً اللي بيعولوا أسرهم أو حتى شبايلين مسؤولة نفسهم. ويزيد من التحديات اللي تتواجههم في الحياة اليومية.

وأحياناً بتشر الساعات إتهم تحت الميكروسكوب في كل تصرف أو كلمة، في حين إن نفس المواقف لو حصلت من الرجال بتعدي من غير مشاكل. وده يبيار على نفقتهم في نفسهم واحساسهم بالأمان الوظيفي. ويتجلبهم بشعروا إهم دائماً تحت المراقبة. وفي النهاية ده بيأثر على إنتاجيتهم في العمل. ويتجلبهم بواجهاو تحديثات نفسية واجتماعية نتيجة لتعمير التعمير.

يقول كده بنت وست عاملة حتك تستغلي في بيته عمل آمنه من غير تنميط ولا كاشبهات

Women in the workplace face various forms of violence that make them feel unsafe and prevent them from living their daily lives in a comfortable and safe manner. Stereotyping is a form of violence in the workplace that has many psychological, economic and social effects on working women.

One of the most prominent forms of stereotyping in the workplace is the stereotype related to a man's ability to work longer hours or travel frequently without the need for family approval, and therefore he is preferred in hiring and promotions over women. This deprives women of many opportunities simply because they are women, and gives priority to men based on preconceived positions and judgments that are not related to their competence or skills.

Also, the stereotype about women's work has an impact on the gender wage gap. In some places, it is considered that a man deserves a higher salary because "he is the one who pays for his household", even if the female employee has the same competence and skills. This puts great economic pressure on women, especially those who support their families or even bear responsibility for themselves, and increases the challenges they face in daily life. Sometimes women feel that they are under the microscope in every action or word, while the same situations if they happen with men they pass without problems, and this affects their self-confidence and sense of job security, and makes them feel that they are always under surveillance. In the end, this affects their productivity at work, and makes them face psychological and social challenges as a result of continuous discrimination. We say to every working girl and woman that you have the right to work in a safe work environment without stereotyping or clichés

التخصصات الجامعية

بالرغم من إن الدستور المصري بيكفل حق كل فرد في التعليم بغض النظر عن جنسه، ولكن الثقافة السائدة في المجتمع لها رأي ثاني. فممازال في آراء بتشوف إن تعليم المرأة شيء ثانوي وإن في الآخر البست ملهاتش إلا بيت جوزها على اعتبار إن الرجل لازم يتعلم أحسن تعليم ويستغل أحسن شغلانة عشان هو اللي يبرصف على البيت.

ويستغل التنميط من النوع السابق، ثقافة تحجيمه بتأثر على اختيار البنات للتخصص الجامعي، فبدل ما يبقى السؤال تاني البنت شاطرة في إيه أو إيه مؤهلهها أو هي عايزة تستغل إيه، بيشت الإهتمام الأكبر با تروى الأزي التخصص الجامعي هياتر عليها بعدن لما تتجوز أو الناس هتقول عليها مع، مع إن لما بتشوف بنت حقت إنجاز علمي المجتمع يحفظل بيها!

عشان كده نقول: التخصصات الجامعية مش حكر على جنس بعينه

Although the Egyptian constitution guarantees the right of every individual to education regardless of gender, the prevailing culture in society has a different opinion. There are still opinions that consider women's education secondary and that in the end, a woman has nothing but her husband's house, considering that the man must get the best education and work the best job because he is the one who provides for the house.

The stereotyping of the previous type creates a social culture that affects girls' choice of university major. Instead of asking what the girl is good at what her talents are, or what she wants to do, the greater concern is how the university major will affect her later when she gets married or what people will say about her, even though when we see a girl achieve a scientific achievement, society celebrates her!

That's why we say University majors are not limited to a specific gender although clichés

تنميط في الجواز

رفي سن الجواز بعد هذا الجواز تتقالل النساء عصب نفسي بأشكال مختلفة يمكن معكوش أرو واضح في البداية. بسنا العنف من أول مرحلة اختيار الزوج، جايته لو كانت عدت الـ 30، بتلقى إن المحيط الاجتماعي بيستلمهم هضم في اختيار شريك الحياة على اعتبار إهم كده عدده 40 سنة، جنس بتعطيهم هضم في حين إن لو العريس كان عليل وبو ولا،

وحتى بعد الجواز يتقالل السمات تميز كبير في كثير من المواقف اليومية مع أزواجهم. وينسب التنميط اللي بيحصل بحسباً بعد التقدير وإكثام معبودين شتاين أزواجهم بسن حاج جنش موجود عشانهم وعلى أتر المسكحات اللي بتحصل نتيجة التنميط بتلقى بنات كثير في سن الزواج يتكلموا خالص من الخطوة دي. لإهم مش عازلين حياتهم تتحول لتكارب مؤلمة في تجارب اللي حياولهم.

لأسباب في إنا ندعم حق النساء في إزها لعيش حياة أسرة مستقرة قائمة على الاحترام والتقدير المتبادل لإنسانية الطرفين. من غير تنميط ولا كاشبهات

At the age of marriage and even after marriage, women face psychological violence in various forms, the effects of which may not be clear at first. Violence begins from the first stage of choosing a husband, especially if they are over 30. You find that the social environment despises them of their right to choose a life partner, considering that they are no longer young and the marriage contract will pass them by, while if the groom is 40 years old, no one comments on his age, what matters is how much money he has and is able to spend on the house or not!

Even after marriage, women face great discrimination in many daily situations with their husbands, and because of the stereotyping that occurs, they feel unappreciated and as if they are there for their husbands but no one is there for them!

As a result of the problems that occur as a result of stereotyping, we find many girls of marriageable age who are afraid of this step, because they do not want their lives to turn into painful experiences like the experiences of those around them.

For these reasons, we support women's right to live a stable family life based on mutual respect and appreciation for the humanity of both parties, without stereotyping or clichés.

تنميط في الأرباط

At every stage of marriage, we see stigma and stereotyping that girls and women are exposed to in different ways. Starting from the stage of getting to know each other and getting engaged, we begin to see discriminatory situations in every detail of the stage. For example, we find that sometimes a girl who gets to know someone for the purpose of marriage is stigmatized and her morals are questioned. At the same time, if she decides to do the opposite and refuses to get to know anyone, she is stigmatized as having a psychological complex that prevents her from getting engaged! During the engagement stage, girls and women are exposed to some stereotypes that make them confused in dealing with the other party, because they feel that all their actions are subject to pre-judgments, which may result in the marriage being cancelled simply because of unrealistic ideas and expectations in the mind of the other party and the surrounding environment.

Stereotyping at this stage is not only possible from the other party, but also from families and friends, which in turn affects the quality of understanding between the two parties. Instead of finding the girl or woman at this stage to be two mature, aware people who have decided to build their lives together, she is surprised by opinions and comparisons that may occur that make her feel that she will not be bound to a life partner, but will be bound to the partner, the two families, their friends and relatives... We support the conscious, independent decisions of every girl or woman who has decided to take the step of commitment, and we tell her to break the mold and tell them enough of the clichés.

لفي كل مرحلة من مراحل الجواز بتشوف وصم وتنميط بتعرض له البنات والنساء بشكل مختلف بداية من مرحلة العارف والأرباط. بيبدأ بتشوف مواقف تمييزية في كل تفاصيل المرحلة، مثلاً بتلقى إن في بعض الأحيان بتوصم البنت اللي بتتعرف على شخص يفرض الجواز بديم التنسكيب في أخلاقها، في نفس الوقت اللي لو قررت تعمل العكس وترفض تتعرف على أي شخص بتوصم بانها عندها عقدة نفسية تمنعها من الأرباط!

خلال مرحلة الأرباط بتعرض البنات والسيدات لبعض التنميطات اللي يتخلفهم مرتبكين في التعامل مع الطرف الآخر. لإهم بحسباً إن كل تصرفاتهم بيتم إصدار أحكام مسففة عليها، ممكن ينتربب عليها إن الجوزة تلقى لمجرد بس أفكار ووقفات غير واقعية في عقل الطرف الثاني والبيته المصطنع.

في المرحلة دي من بيته يبيس ممكن يحصل من الطرف الثاني ولكن كمان من العائلات والأصدقاء، واللي بالتالي بيأثر على جودة التفاهم بين الطرفين، فبدل ما بتلقى البنت أو الست في المرحلة دي إهم شخصين ناضحين وعاين قرووا بيونا حياتهم سوا، بتتفاجيء بأراء ومقارنات ممكن تحصل بتجنسها إزها مش هترتبط بشريك للحياة ولكنها هترتبط بالبنسكيب والعاينين واضافهم وقاربهم...

بندعم القرارات الواقعية المستقلة لكل بنت وست قررت تأخذ خطوة الأرباط ويتقولها إكسري القالب وقولهم كفاية ولا كاشبهات

تنميط في الطلاق

من أشهر صور التنميط التي تواجه النساء، هو التي يتقبلها في حال قررت تفصل عن الزوج، مجرد التفكير في اتخاذ قرار الطلاق في حد ذاته يمثل عبء كبير عليهم، مثل بسن عشان سائلة مالياً وأثرة تحمل الفئات المادية الشخصية ونفقات الأبناء، كي كان بنسب المعتقدات السائدة والقيود التي يفرضها بسبب كونها مطلقة.

في حالة الطلاق، يقع اللوم عادة على النساء وكان مسؤولة نجاح الحياة الأسرية على عاتقهم فقط، وده ببسبهم ضغط نفسي مختلف وإحسان والذنب تجاه الأبناء قد يستمر لفترات طويلة.

وفي حال قررت الأم الزواج مرة أخرى أو حتى فكرت فيه، يتحول في عيون المحيطين لذنية بشكل مضاعف، في البداية لما استحالالت بشرة بينها وبين الزوج الأول وبنو مرة أخرى.

بناكد على كل نبت استحالتها بينها العشرة وبين الزوج وأخذت قرار الطلاق، إن مسؤولية استقرار الحياة الأسرية هي مسؤولة مشتركة بين الزوجين، وفي حال كان الطلاق هو الحل الأنسب لاستمرار وجود علاقة صحية مع الأبناء، يبقى ده القرار الصحيح.

تنميط الأدوار الرعايائية

تقبل النساء كمعظم من نوع خاص بمجرد ما يتحول من عزباء لمتزوجة وبعد ذلك إلى أم، سواء من الزوج أو الأهل أو المحيط الاجتماعي، الذي دائماً يجعل الست لوجدها مسؤولة الحفاظ على استقرار البيت، والتي بالتالي يضطرها نفسياً طول الوقت ويزيد من إحسانها بالتفسير وتأييب الضمير، ومهما تعمل بتحسين إنه مش كفاية!

والتنميط من اللوم ده مش بيضفطهم نفسياً ولكنه بيكون سبب من أهم أسباب عدم الاستقرار الأسري، لأن المحيط الاجتماعي لكز دائماً يتوقع منها محافظش ولا غلطة، حتى مع الخطأ الأول الذي يتصرف من خلاله على جانب جند في نفسها، ويبدأ الأمر بسوء في وجود روح مش بيتشاركها في الأدوار الرعايائية التي تقوم بيها، بل ويشترط المحيط الطامخ في إنه يحملها مسؤولية الأدوار الرعايائية لوحد.

وفي الوقت الحالي ومع تغيير ظروف الحياة، عدد أكبر من النساء يتنزل لسوق العمل التي يضفطهم نفسياً من ناحية ثانية، ومع كونها أم، يزيد العمل من إحسانها بالذنب خاصة وأن الثقافة المجتمعية للمحيط الاجتماعي لها بتأكلها طول الوقت إنها المسؤولة الوحيدة من رعاية الأسرة، وفي حالة كونها معلقة أو يتشارك في إغاة أسرته وأثرت كتحقق أقل تحسن بالذنب لأنها مش بتوفر المال الكافي لأسرتها، ولو اشتغلت أكثر بتحسين الذلبي نده بيأثر على فترة بقائها معاهم.

تنميط مظهر النساء

عن أجساد ومظهر النساء والفتيات ينتقال كثير ويتكرر القوالب ويظهر بشكل واضح أكبر، والمطلوب منهم كبروا على مظاهرهم، وهي التي رسموها ولا اختاروا بتعدر لتنميط وبعهم إحسان ومظهر النساء والفتيات هو أكثر أنواع التنميط انتشاراً، سواء في الشارع أو بين الأصدقاء أو في أفراد العائلة الواحدة، والتي يوصل لإصدار الأحكام المصنفة على أخلاقهم بناء على الطريقة التي قرروا يظهروا بها.

وما بين كل مجموعة يظهر قالب معين، زي لما تلقى مجموعة تعتبر إن الجمال مقصر على البنات والسيدات أصحاب البشرة البيضاء، ومجموعة ثانية شافية إن الست صاحبة الوزن الزائد أكثر أوثق في مقابل العكس التي يتسوهوا أقل أوثق، وينتج عن ده إننا ممكن لاقى نفس الست التي تصورها مجموعة أقل أوثق كمال، بالنسبة لمجموعة ثانية هي الأكثر أوثقاً.

بناكد على إن وضع وتنميط أجساد ومظهر النساء هو نوع من أنواع العنف، وعلى إن اختلاف مظهرهن وأجسادهن ميزة مش عيب.

تنميط في التنقل

في كل مكان وزمان بتلاقى إن في شكل من أشكال التنميط التي يقع على النساء والفتيات، حتى في الشوارع وأثناء استئصال المواصلات العامة، وإلى جانب مظاهر العنف المتعددة التي يتوجهها النساء والفتيات في الشوارع، العنف الجنسي كأحد منهم، والتي بقي يتوقع في كل وقت، زي إن كاتني التاكسي يطلب منهم إجراء أكثر تلقا منه إهم هيفأخروا بترسو.

ويمكن من أشهر أنواع العنف النفسي التي يقع عليهم في الشوارع وبالأخص في المواصلات العامة، هو التي يتخطى عليه ال "مانسبريدنج" وهو مصطلح يعرفه قاموس أكسفورد الإلكتروني بأنه "ممارسة يتخذ بموجهها الرجل وضعية الجلوس مع فتح ساقه بطريقة تعدى على المقعد المجاور له"، والتي تم اعتباره كواحد من السلوكيات الغير أخلاقية على مستوى العالم.

أما على لو ست سائلة عربية، رطقي محور وضع وتنميط طرل الشارع، على أساسين ووجهة نظر شافية، فتقول إن البنات متعرفش تسوي في حاجة تحصل في الطريق العام وتكون بطلتها ست، بتساقف إياها حاجة مغطيه، بالرغم من إن عدد حوادث الطرق التي يتركها البنات قليل مقارنة بعدد الحوادث التي يتركها الرجال!

تتميط المرضعات

Pain stereotyping is one of the problems that all girls and women face and causes them great psychological harm when they express their pain and ask for help, whether from their family, the surrounding environment or even from medical workers, and their pain is met with mockery, and this is a number of girls and women refrain from speaking up and asking for help again, and in this way they are exposed to greater health risks. Mocking women's pain is a prevailing culture in society, which reduces the extent of their suffering, and stereotypes it as just an exaggeration, and is not taken seriously, so a girl may get sick at a late hour and need to be treated as soon as possible, but because of the concerns of those around her about society's view of them if they go out late, she is told "bear 'tilt tomorrow morning because it's late".

And if the woman is concerned about her health, for example, and does periodic check-ups or consults a doctor whenever she needs to, she is seen as obsessive. Although regular checkups help prevent many diseases, and if a woman is diagnosed with a certain disease, they help detect it at an early stage.

In addition, during our last campaign "Her Body is Her Right and Her Right to Decide", we received testimonies from patients who were stigmatized and stereotyped by some gynecologists, including one who was criticized for being a virgin and seeking advice from a gynecologist as if the gynecologist clinic was only for married women! She also mentioned in her testimony that doctors treat her differently and issue preconceived judgments. If the case is unmarried, but she is not a virgin, as she described it.

On the other hand, there is a widespread culture among a number of people that says that if a girl gets sick a lot, no goons will accept to marry her, and if a married woman gets very sick, her husband will marry another woman, while when these same people find a woman whose husband is sick, they say to her, "A noble woman is the one who endures her husband's illness," she supports every girl and woman who is suffering and we tell her that your pain is important, even if no one feels for you, we feel for you. You have the right to receive sympathy and support from those around you during your illness, and you have the right to receive scientific medical advice from a specialist without endoscopy.

تتميط سلوكيات النساء

Usually, the behaviors of girls and women take a wide space of stereotyping and stigmatization, whether in the street or on social media platforms, at the same time that if the same behaviors were issued by men, no one would comment. It is as if it has become a profession for those who have no content, violating their privacy and their right to express and comment on their behaviors and the way they express themselves.

Before, for example, we used to see neighbors' comments on girls and women who return home late, which led to stigmatizing their behavior and questioning their morals, which still continues to this day in some circles. However, recently, after the emergence of social media platforms, we have started to see influencer pages based on stigmatizing women and stereotyping their behaviors.

Not long ago, we followed a number of incidents of stigmatization and stereotyping of women on digital platforms, such as what happened with Olympic athletes Yomna Ayyad, Nada Hafez, and Iman Khalif. The issues of girls and women who expressed their joy by dancing, Samar at her graduation party, Aya during a Nike party with her fellow teachers, and university professor Mona El Prince.

The societal stigma that many girls and women have been and are being exposed to, not only affects their digital security and constitutes an additional burden in addition to the first burden due to the stereotyping and stigma they are exposed to in the street. But it also results in violence on larger levels, as happened with the university professor who was dismissed by the university, and the teacher who was not only fired from her job but also divorced by her husband.

We emphasize to every girl and woman that prejudices are just assumptions, but they do not necessarily express your reality, and you have the right to live in a safe environment that respects your personal boundaries and your right to expression.

تتميط الأمثال الشعبية

Folk proverbs also practice stereotyping and stigmatizing women, and the danger is that they are practiced on a daily basis, in an unconscious and unintentional way, and on a wide scale, and thus the popular proverb that stigmatizes and stereotypes women turns into a culture and a habit among us.

That's why we say that it is necessary to reformulate our concepts and encourage a positive language that respects and appreciates every woman and every role she plays. It is true that proverbs are part of our heritage and past, but they are not necessary part of our present or future...

الفن وتميط

Artworks are not just stories that are told, but they express the culture of societies, and are a reason for developing, changing and influencing them.

Perhaps the most famous female characters in television and cinema works that we grew up with are two characters that stereotyped the character of women and their roles in life:

- 1) The character of Mrs. Amina in the movie "Between the Two Palaces", which was the most famous model of the submissive, oppressed wife, and perhaps one of the most influential scenes that illustrates the extent to which inequality has reached, was the breakfast scene when Amina stands next to Mr. Sayed until he finishes eating first and then she eats, she does not sit and eat with him.
- 2) The character of Amina in the movie "I am Free", which stereotyped the character of the working woman and showed her in an extreme way as if she rejects the idea of marriage, and in a scene at the end of the movie after years pass and she gets a job, she sees a suitor who proposed to her and she rejected him with a bang, along with his family, and signs of regret appear on her.

However, artistic works usually portray girls and women as the origin of evil and the plots and the cause of problems in any family. And how wonderful it would be if the story centered on a man and they quarrel over him as if he is the prize they are competing for and it is presented in a comedic framework, like the family of Hajj Metwally and the fourth wife and others...

And the secretary who even if she does not have a relationship with the manager or is confined to the seductive role, we find that the one who usually plays the role of the secretary is a woman and not a man, which consequently limits the role of the woman to the nurturing roles even in the work environment.

And just as we find that in certain roles women are widespread in presenting them, in certain roles we rarely see women presenting them as if they are reserved for men, like political roles for example.





البيان الختامي



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إكسري القالب

إكسري القالب

Closing Statement

Today we conclude the "Break the Mold" campaign, which was launched on November 25, the International Day for the Elimination of Violence against Women, in support of the 16 Days of Activism against Gender-Based Violence, and continues until December 10, which is International Human Rights Day.

At the end of our campaign, we affirm our rejection of all forms of stereotyping that surround women from all sides and place them in specific molds within a framework of preconceived judgments, which limits their capabilities and participation in the public and private spheres and deprives them of their basic rights and life powers, in addition to being a form of violence against women.

The stereotyping and discrimination practiced against women is fueled by society, customs and traditions under societal guardianship and appears in many practices that increase the burden on women and emphasize the imbalance of justice and inequality.

In addition, gender stereotypes, especially those that are cumulative and intersect with other stereotypes, can have a double negative impact on certain categories of women, such as women with disabilities, women from lower classes or those with low economic status, and immigrant women.

Therefore, it is necessary to work on raising awareness to confront the stigma and stereotyping surrounding women and girls, in addition to working on changing the societal culture hostile to women, in the street, the media and school curricula. With attention to developing public policies to confront stereotyping and gender-based violence and presenting a positive and realistic image of women away from the stereotype.

بيان ختامي

نختتم اليوم حملة "اكسري القالب" التي انطلقت يوم 25 نوفمبر في اليوم العالمي للقضاء للعنف ضد المرأة دعماً لأنشطة 16 يوم لمناهضة العنف ضد المرأة، وحتى اليوم 10 ديسمبر والذي يوافق اليوم العالمي لحقوق الإنسان.

نؤكد في ختام حملتنا على رفض كافة أشكال التنميط الذي يحيط بالنساء من كل جانب ويضعهن في قوالب محددة في إطار من الأحكام المسبقة، الأمر الذي يحد من قدراتهن ومشاركتهن في المجالين العام والخاص ويحرمهن من حقوقهن الأساسية وصلاحياتهن الحياتية، فضلاً عن كونه أحد أشكال العنف ضد النساء.

التنميط والتمييز الذي يمارس ضد النساء يفتتق المجتمع والأعراف والتقاليد في ظل وصاية مجتمعية ويظهر في ممارسات عديدة تزيد من العبء الواقع على النساء وتؤكد على اختلال العدالة وعدم المساواة.

كما أن القوالب النمطية الجنسانية خاصة التراكمية والمتقاطعة مع قوالب نمطية أخرى يمكن أن يكون لها تأثير سلبي مضاعف على فئات معينة من النساء، مثل النساء ذوات الإعاقة، والنساء المنحدرات من الطبقات الدنيا أو ذوات الوضع الاقتصادي المتدني، والنساء المهاجرات.

ولذلك من الضروري العمل على زيادة الوعي لمواجهة الوصم والتنميط الذي يحيط بالنساء والفتيات، إلى جانب العمل على تغيير الثقافة المجتمعية المعادية للنساء، في الشارع ووسائل الإعلام والمناهج الدراسية، مع الاهتمام بوضع سياسات عامة لمواجهة التنميط والعنف القائم على النوع الاجتماعي وتقديم صورة إيجابية وواقعية للمرأة بعيداً عن الصورة النمطية.

Joining forces to intensify efforts

My Safe Work is a Priority campaign

The "My Safe Work is a Priority" campaign, which started on April 28, the World Day for Safety and Health at Work, and ended on May 1, the Labor Day in Egypt, focused on providing the necessary protection for women in the work environment, especially since they represent the category that is subject to various forms of attacks that affect their rights as workers, such as: arbitrary dismissal, deprivation of equal wages with men who do the same job, and employers' failure to adhere to legal working hours. In addition to other violations such as sexual, physical and psychological violence.

The campaign came out with a proposal for procedures in light of Convention No. 190 of the International Labor Organization, and on the other hand, it represents the application and activation of a number of basic human rights, stipulated in the Human Rights Law and also in the Egyptian Constitution. So that the official authority in Egypt can take them to provide every working woman with a safe work environment. In partnership with a group of civil society institutions and initiatives: Super Women, Al-Noon for Family Care, Free Southern Foundation, Solomon Podcast, and efforts to support human rights defenders.



This webinar mainly discussed the issue of safe work environment and how we can enhance the safety and security of workers in work environments in various service and economic activities. The discussion focused on providing protection for women - in particular - as they bear the brunt of various forms of discrimination and violence in the work environment. The webinar also discussed ILO Convention No. 190 and its importance in achieving a safe work environment, and Egypt's position on it, in addition to the national efforts currently being made to provide a safe work environment, whether by the government or civil society organizations.

Eye on Sudan

The campaign aimed to draw the world's attention to the repercussions of the ongoing war in Sudan since April 15th until the writing of this statement

The fighting began on the morning of April 15th, 2023 between the Sudanese army forces and the Rapid Support Forces militias in the heart of the capital Khartoum

The Rapid Support Forces militias were able to extend their control over large parts of the capital Khartoum, Darfur State and Al-Jazeera. The government moved to the city of Port Sudan overlooking the Red Sea.

The expansion of the militia's control and the repeated withdrawal of army forces from sites with large populations affected the delivery of humanitarian aid and accelerated the destruction of infrastructure, which affected access to basic services, energy and electricity services and access to water throughout the country and in areas most affected by the conflict.

About 15 million people are now in need of urgent health assistance in Sudan

Nine million people have been forcibly displaced from their homes, farms have been looted and farmers' crops have been stolen by armed forces, whether regular or not, preventing the entry of relief supplies into areas under the control of opponents and using starvation as a weapon of war.

The humanitarian situation in Sudan has reached a post-catastrophic collapse stage and the devastating effects are being felt by citizens, both men and women, without exception. We are well aware of the specific effects of armed conflict on women, children, people with disabilities and other marginalized groups, so this campaign has tried to review the context of the situation in Sudan, especially since we are on the brink of a cholera outbreak.



عين على السودان
البيان الافتتاحي

تهدف الحملة إلى إعادة توجيه أنظار العالم على الحرب في السودان والتداعيات التي تنجم عن استمرارها حيث أن منذ بدء القتال في أبريل 2023 بين القوات المسلحة السودانية، التي تدير الحكومة في البلاد، وميليشيات قوات الدعم السريع..

عين على السودان
البيان الافتتاحي

وتزايد الجوع لأن تسعة ملايين شخص فروا من منازلهم، بحسب أرقام الأمم المتحدة، ونهبت المزارع بحثاً عن الغذاء من قبل ميليشيات، وعملت الأطراف المتحاربة على منع دخول إمدادات الإغاثة إلى المناطق الخاضعة لخصومهم و يستخدموا التجويع كسلاح في الحرب .
و تشكو وكالات الإغاثة من أنها تواجه منذ بدء الحرب مشاكل لوجستية وأمنية وبيروقراطية هائلة.

فالأوضاع الإنسانية في السودان وصل إلى الانهيار الكارثي وأثرت بشكل مدمر على حيوات المواطنين السودانيين لذا سنحاول من خلال الحملة أن نستعرض ونفهم الوضع في السودان خاصة وأنها

Eye on Sudan
Opening Statement

The campaign aims to redirect the world's attention to the war in Sudan and the consequences of its continuation. Since the beginning of the fighting in April 2023 between the Sudanese Armed Forces (SAF), which runs the country's government, and the Rapid Support Forces (RSF) militia, the situation has escalated.

Over the past year, the RSF militia has managed to extend its control over large parts of Khartoum and Darfur. They have destroyed the country's main agricultural infrastructure, along with the roads, water supply, and sanitation services. The blocking of humanitarian aid, along with the destruction of infrastructure, has increased the threat of famine and cholera, and people urgently need assistance to survive.

88 مليون شخص في حاجة إلى مساعدات إنسانية
25% من المرافق الصحية تعمل في المناطق الأكثر تضرراً
500 شخصي

Edraak Foundation | Your Voice | UNICEF | UNHCR | WFP | WHO

Workshops and trainings



Exploring and learning advocacy methods and tools

A number of sexual and reproductive health issues are not widely known, and at best are met with denial or ridicule, as the social context works to reduce women's pain and complaints. In order for Edraak Foundation for Development and Equality to spread awareness of women's and girls' issues, the Foundation held a training workshop "Exploring and learning advocacy methods and tools in health and sexual education issues" over three consecutive days, during which participants were able to learn how to create a digital advocacy campaign in sexual education issues, starting from analyzing the campaign topic and the general context and up to the follow-up and evaluation stage

The first session was moderated by Dr. Salma Emad, who discussed the importance of health and sexual education and how to work on sexual and reproductive health issues and topics according to age targets.

The second and third sessions were moderated by trainer Mr. Mahmoud Abdel Zaher, who discussed the nature of advocacy, its principles and levels, and how to plan digital advocacy campaigns, starting from analyzing the topic and up to the evaluation and follow-up stage.

In the fourth session, the trainer, Dr. Amr Wagih, discussed the topic of how to create advocacy campaigns on social media and deal with the digital audience on sexual and reproductive health issues

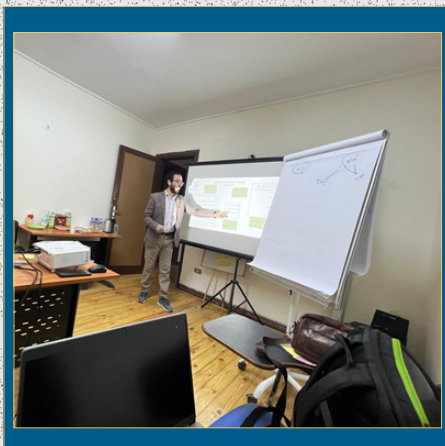


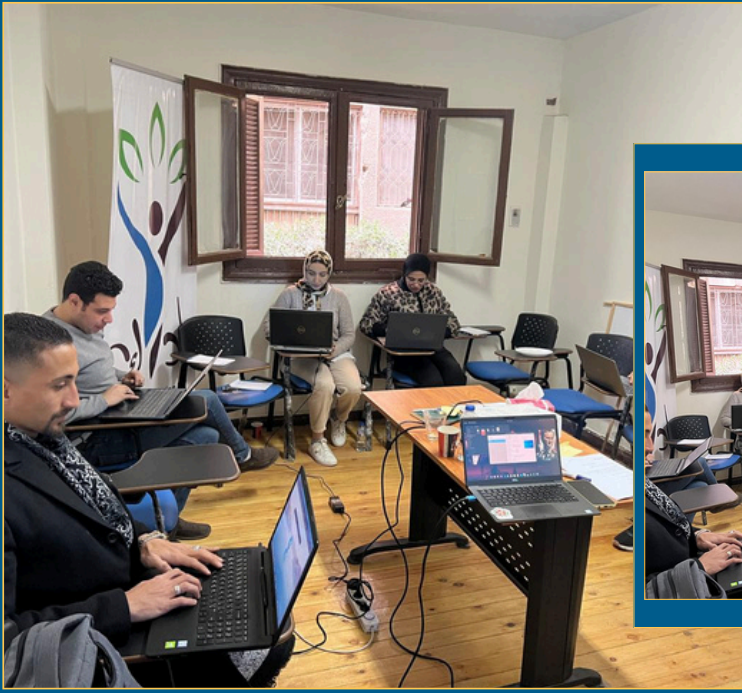


Monitoring and Evaluation Workshop

Edraak Foundation for Development and Equality held a two-day monitoring and evaluation skills workshop for its team, as part of the project to enhance health protection for women and girls (Her Right to Decide), between February 22 and 23. The workshop provided the information and monitoring and evaluation skills required to help the team develop a monitoring plan and be able to develop and implement monitoring and evaluation activities during the different stages of the project.

During the workshop, the team was able to identify the importance of monitoring and evaluation and the differences between them. Their ability to design a monitoring and evaluation plan for their projects developed, in addition to identifying the different types of evaluations and determining the type of study appropriate for the different stages of the project. On the other hand, the participants learned about the different methodologies, mechanisms and tools for collecting data.





Digital Security Workshop

Edraak Foundation for Development and Equality held a digital safety workshop for the work team, within the framework of the project to enhance health protection for women and girls (Her Right to Decide), which lasted for two days, with the aim of developing their digital safety and security behaviors while they are in the digital space.

The workshop covered several topics, the most important of which were: learning about digital security, threats on the Internet, and computer operating systems. In addition to the above, participants were able to learn how to deal with various threats and secure their personal accounts on social media platforms.





Strategic Planning Workshop

Edraak Foundation for Development and Equality held a strategic planning workshop for the work team, within the framework of the project to enhance health protection for women and girls (Her Right to Decide), over two days, to develop the team's skills in the area of institutional planning.

During the two days, the team was able to learn how to develop a strategic plan for the organization by defining its vision, mission and general principles. In addition to identifying strengths, weaknesses, opportunities and challenges and how to address them, and on the other hand, identifying issues that can be worked on during the period following the workshop.



Various activities

Anti-Discrimination Commission Launch Conference



The Anti-Discrimination Commission Working Group held its first press conference to announce the establishment of the task force and its plan to push for the Anti-Discrimination Commission Law on Wednesday, July 10.

The task force was formed by the Edraak Foundation for Development and Equality and a number of civil society organizations and initiatives: the National Front for Egyptian Women, the Future Builders Association, Egyptians Without Borders Foundation, Superwomen Initiative, Moanath Salem Initiative, Cairo Foundation for Development and Law, and the Egyptian Women's Issues Foundation, in addition to individuals joining at the invitation of the Serious Women Foundation to discuss the establishment of an anti-discrimination commission, which is stipulated in the 2014 Constitution, but no law has been issued regarding it yet.



consultative meeting to discuss progress and challenges in implementing the Beijing Declaration and Platform for Action



Edraak Foundation for Development and Equality hosted a consultative meeting with a number of civil society organizations working on women's issues and feminist initiatives; To discuss the efforts of civil and national institutions and organizations concerned with women's issues, and the progress made and challenges facing the implementation of the Beijing Declaration and Platform for Action 30 years after its adoption in 1995 during the Fourth World Conference on Women. The meeting was attended by (Women's Issues Foundation, New Woman Foundation, Cairo Foundation for Development and Law, Egyptians Without Borders Foundation, Noon Foundation for Family Care, Your Voice Initiative, My Right Initiative, Bar Aman Initiative, Mo'net Salem Initiative, Sand Initiative).



Discussion session

Her body, her right and her right to decide

From the “Her Body Her Right and Her Right is to Decide” salon, which was held in partnership between Edraak Foundation for Development and Equality and Superwoman Initiative, to discuss body ownership and medical decision-making related to the uterus, with attendees sharing their own experiences and learning about the tools they can use to protect their rights related to their bodies. The salon was attended by the Executive Director of Edraak Foundation for Development and Equality, Nagwa Ibrahim, the Executive Director of Superwoman Initiative, Aya Mounir, Dr. Salma Emad, Advocacy Officer at the Women’s Health Education Program at Edraak Foundation, and a large number of active participants.



Podcast

Her body, her right and her right to decide

PODCAST



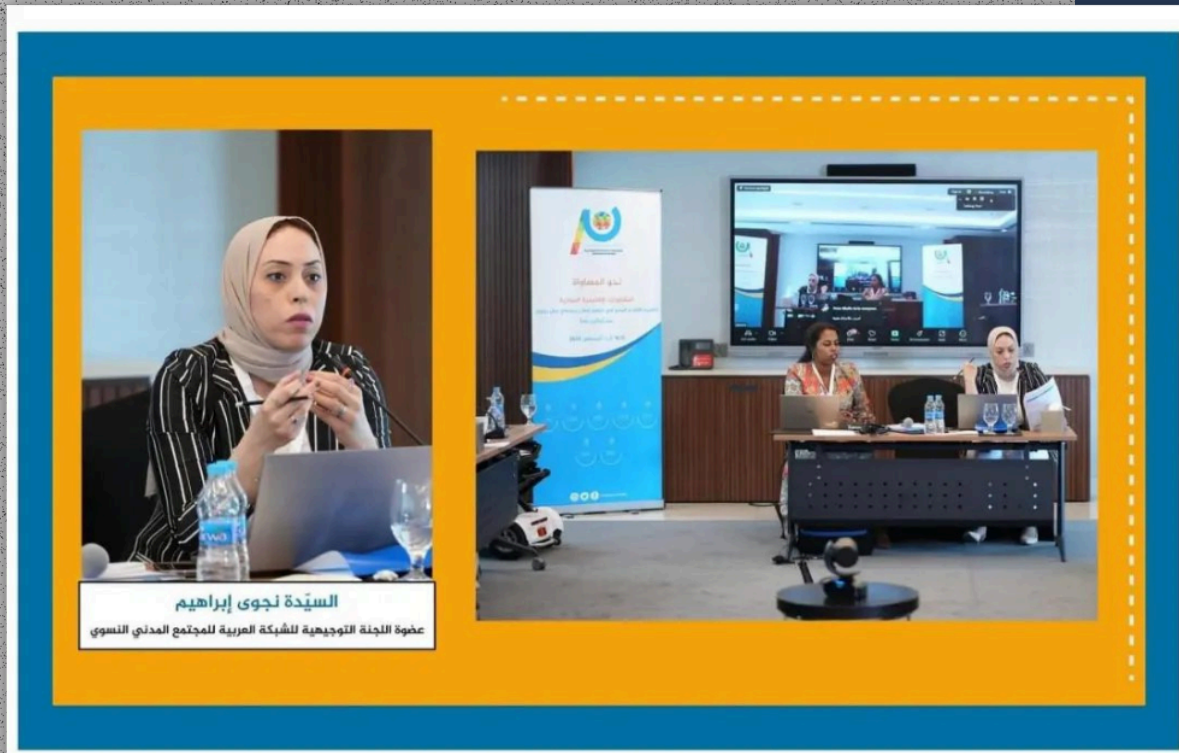
In this episode of the podcast, the social stigma surrounding visiting gynecology clinics, especially for unmarried women, is addressed. The speakers discuss how only married women are allowed to visit gynecologists, while it is considered inappropriate for unmarried girls to do so. The question is: Are gynecological diseases only for married women? They share real-life cases of teenage and adult girls who were denied treatment simply because they were not married, reflecting the impact of societal misconceptions on women's health and their rights to medical care.

To listen to the episode on:



Regionally

Moderated by Ms. Nagwa Ibrahim - Executive Director of Edraak Foundation for Development and Equality for the session "Freedom from Violence, Stigma and Stereotypes"



السيدة نجوى إبراهيم
عضوة اللجنة التوجيهية للشبكة العربية للمجتمع المدني النسوي



15 أغسطس | 2024

المشاورات الإقليمية الموازية
لتقييم التقدم المحرز في تنفيذ إعلان ومنهاج عمل بيجين بعد ثلاثين عاماً

Ms. Nagwa Ibrahim's intervention during the Arab Women's Civil Society Network's convening of parallel regional consultations to assess progress made in implementing the Beijing Declaration and Platform after thirty years, in which she spoke about stigma and stereotyping as one of the forms of violence faced by women and girls, and pointed out the importance of working to eliminate it through networking and joint cooperation.

Speech by Ms. Nagwa Ibrahim during the conference to launch the parallel regional report on the Beijing +30 Platform for Action



During the conference held by the Arab Network for Women's Civil Society for parallel regional consultations to assess the progress made in implementing the Beijing Declaration and Platform after thirty years, Najwa Ibrahim, Executive Director of Edraak Foundation, stressed the importance of involving young women at various levels, whether in international platforms, regional conferences, or national work.

She explained that this is the first time that the Arab region has issued a joint report parallel to the Beijing Report, which represents a great opportunity for greater interventions at the regional and international levels for Arab countries, as Edraak worked to issue the Egypt Report and then the Arab Region Report in cooperation with a number of civil society institutions and initiatives in various countries.

General issues at the national level

Edraak Foundation for Development and Equality issued a statement condemning the statement of the Egyptian Olympic Committee regarding boxer Yomna Ayad on July 28.

Text of the statement

The menstrual cycle is not shameful, but the shameful thing is that we do not follow up on the athlete to know the timing of her ovulation, and take the necessary precautions for weight gain and hormonal changes during this period. We condemn the statement of the head of the mission, which reinforces the stigma of the menstrual cycle in society, and makes disclosing it contrary to customs and traditions, which are the same customs and traditions that increase the monthly suffering of women and girls and help isolate them from the public sphere.

The menstrual cycle is a natural matter related to the health of women and girls. Do all girls and women participating in the Olympic Games not have their periods during the games? Of course not, and that is why we must take this issue into consideration, in terms of following up on the timing and dates of the menstrual cycle for 6 months, taking into account weight gain resulting from fluid retention, and prescribing medications that may be delayed until after the Olympic Games.

Are the Egyptian mission leaders and the accompanying doctors taking the circumstances of women and girls seriously, or are they evading responsibility and placing the burden on the players and helping to stigmatize them?



Edraak Foundation issued a statement regarding the irresponsible statements of a gynecologist, in cooperation with the "Her Body is Her Right and Her Right is Decided" campaign team, in addition to the participation of a number of citizens by sharing their signatures.



We, the undersigned group, condemn what was stated in the circulated video of an obstetrician and gynecologist in which she spoke about cases of women who arrived at the hospital where she works. The doctor did not respect the ethics of the profession, as she issued moral judgments in advance about the patients while talking about them in a crude sarcastic manner, which we consider a blatant violation of the ethics of the profession and a breach of the foundations of health care that require neutrality and respect for patients, their feelings and their privacy.

The doctor interfered in the details of the patients' personal lives and projected her beliefs onto her professional practice. In the video that was widely circulated on social media, she encouraged physical violence against girls and beating them by their parents as a method of upbringing, attacking modern education schools, claiming that they are the cause of moral corruption.

We therefore confirm that these actions undermine women's confidence in the healthcare system and exacerbate the psychological effects on women and girls who seek medical assistance for sensitive issues related to their bodies and health. We also emphasize that protecting the dignity and privacy of patients and maintaining their confidentiality are among the basic principles that the medical profession adheres to, and that any violation of this principle is a clear violation of professional ethics.

We have previously addressed the problems of gynecologists' dealings with female and female patients and the extent of women's ability to deal with the medical system and make medical decisions, during the "Her Body is Her Right, Her Right is Decided" campaign. We noticed from the testimonies of some women and girls that they were uncomfortable dealing with gynecologists for fear of projections and biases in dealing.

**Write
about us**



Journalist Hajar Othman published a report on the “Her Body, Her Right and Her Right to Decided” campaign on the “fakr tny” platform, in which she discussed the campaign’s vision of breaking taboos and misconceptions about women’s bodies and the right of women and girls to make medical decisions regarding their bodies without the guardianship of male relatives.



Several press sites, such as Darb, Al-Manasa, and Al-Bawaba News, published the opinion of the Edraak Foundation for Development and Equality regarding the irresponsible statements made by the gynecologist, especially after the Medical Syndicate's response and positive action regarding the doctor.





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