

# STANDING UP & SPEAKING OUT:

## SheDecides in 2019



WITHOUT  
A WORLD WHERE EVERY GIRL  
AND WOMAN CAN DECIDE WHAT  
TO DO WITH HER BODY WITH  
HER LIFE AND WITH HER FUTURE  
QUESTION.

She Decides.

The year 2019 was in many ways a **landmark year for women's rights and the power of movements worldwide**. We witnessed historical progress on abortion rights in **Australia, Iceland, Mexico, Northern Ireland, Rwanda and South Korea** as well as the power of feminist leadership at the forefront of protest movements in Chile, India, Lebanon and Sudan - challenging gender inequality, corruption and threats to democracy and human rights.

Within this context, SheDecides continued to be a **bold, unapologetic voice** for women's full bodily autonomy and choice. Amplifying voices and putting women and girls back at the centre, challenging those seeking to impose patriarchal decisions over her right to decide.

Collective action at high-level events; the UN General Assembly, the Commission on the Status of Women, the Women Deliver Conference and the Nairobi Summit on ICPD25 brought together **SheDecides Champions**, youth-leaders and local movements; united in their commitment to influence the agenda – and realise positive change in the lives of women and girls everywhere.

Guided by the **Manifesto** and supported by a small secretariat 'The **SheDecides Support Unit (SDSU)**', SheDecides continued to grow throughout 2019 and realise impact at the community, national and international level.

**Naisola Likimani**  
Lead, SDSU



### Role of the Support Unit

- Strengthening the Movement
- Gaining Political Commitment
- Amplifying Youth Voices
- Supporting Collective Action

**She Decides.**  
Movements

**She Decides.**  
Champions

**25X25**  
**She Decides.**

# WHEN SHE DECIDES. THE WORLD IS BETTER, STRONGER, SAFER.

## SHEDECIDES MANIFESTO

She decides whether,  
when, and with whom.  
To have sex.  
To fall in love.  
To marry.  
To have children.

She has the right.  
To information, to  
healthcare, to choose.

She is free.  
To feel pleasure.  
To use ~~contraception~~.  
To access abortion safely.  
To decide.

Free from pressure.  
Free from harm.  
Free from judgement  
and fear.

Because when others decide  
for her, she faces violence,  
forced marriage, oppression.

She faces risks to her health,  
to her dignity, to her dreams,  
to her life.

When she does not decide, she  
cannot create the life she deserves,  
the family she wants, a prosperous  
future to call her own.

We - and you, and he, and they -  
are uniting.  
Standing together with her so she  
can make the decisions  
only she should make.

Political leadership and social  
momentum are coming together  
like never before.

But we can go further and we  
can do more.

From today, we fight against the fear.  
We right the wrongs.  
We mobilise political and  
financial support.  
We work to make laws and  
policies just.  
We stand up to what is right.

Together we create the world that is  
better, stronger, safer.

But only if. And only when.  
SheDecides.

[Sign the Manifesto](#)

# WHO IS SHEDECIDES?

SheDecides is a global political movement driving change, fuelled by actions in communities, with **young people at its heart**.

We are united in our belief in the fundamental rights of every girl and every woman to make the decisions only she should make. **We fight for every right.** We don't shy away from abortion, comprehensive sexuality education, or other issues that are often avoided or neglected.

The spark that ignited the SheDecides movement was the need to fill the funding gap left by President Trump's reinstatement and expansion of the Global Gag Rule in 2017, which impacted women and girls' health and disrupted life-saving services across the world.

Since that catalytic moment, SheDecides has grown to encompass a much broader vision for long-term, global change, now with multiple movements across the globe. Working together, we **take action** so that girls and women everywhere can access the information and education to make their own choices; to enjoy their bodies; to have access to the full range of quality care that unite all parts of her sexual and reproductive life and health.



SheDecides empowers politicians, organisations, creatives and people – especially young people – across the world to work together in new ways to create a new normal. We ignite energy and foster connections. Whether that's between long-time activists and emerging leaders, between artists and service providers or between policy makers and thought leaders.

The SheDecides movement disrupts the power imbalances that for too long have stopped girls and women from deciding. **Energized by evidence-based outrage, we are a conspiracy of hope.**

# WE ARE A GLOBAL MOVEMENT CELEBRATING PROGRESS IN 2019



**25**  
Generation  
of Change -  
Youth  
Leaders



**122,709**  
FRIENDS  
of the  
MOVEMENT



**15**  
SHEDECIDES  
MOVEMENTS

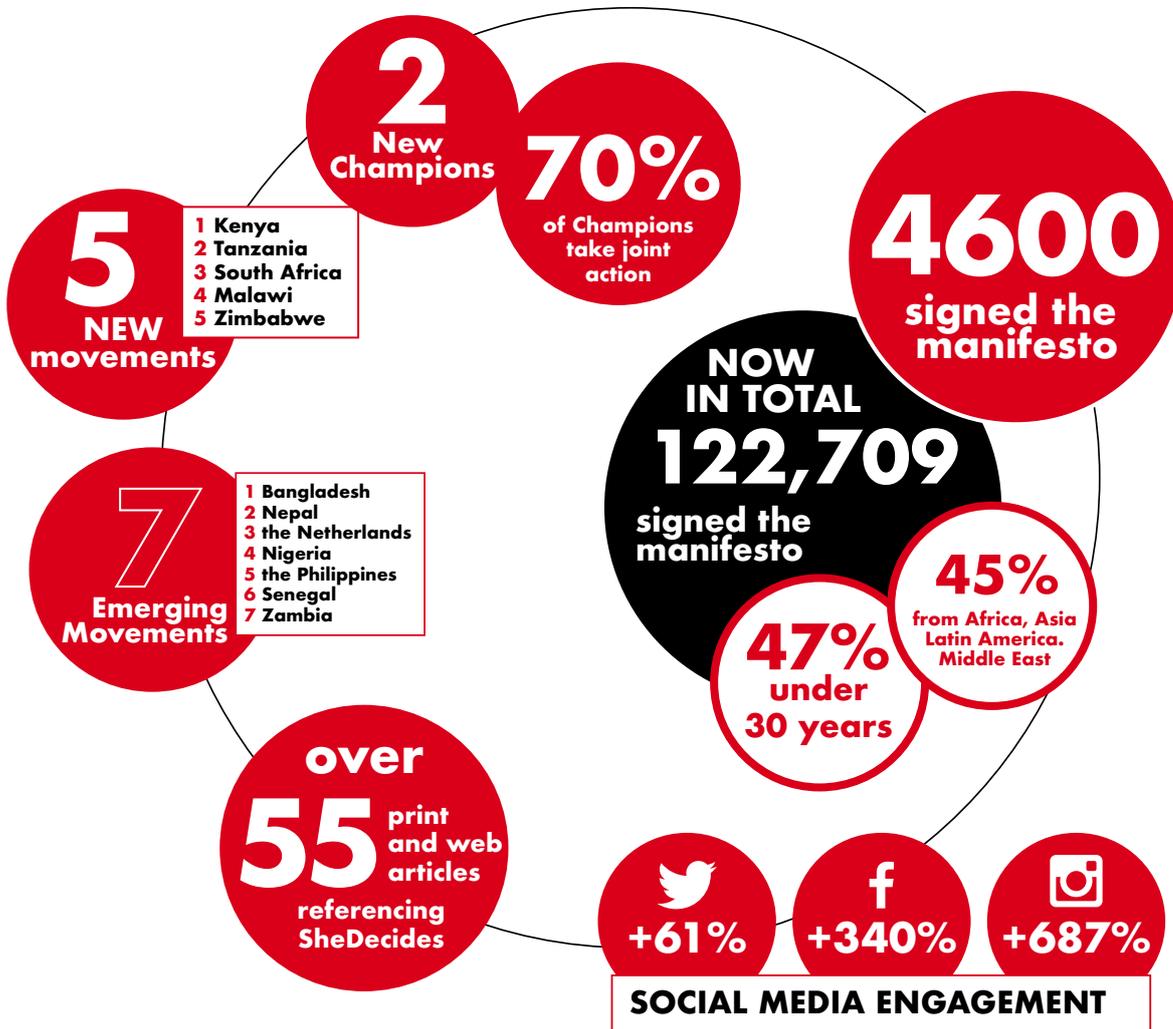
**43**  
CHAMPIONS

# A YEAR OF ACTION: HIGHLIGHTS FROM 2019

- #SheDecidesDay
- SheDecides Day Flagship event in Nepal
- Supporting Collective Action
- Spark Grants & Local Movements
- 25x25 Generation of Change
- Champions in Action
- Join the Movement



## THE YEAR IN NUMBERS



# #SHEDECIDESDAY

On the 2nd March SheDecides Champions, movements and young activists came together in global solidarity and collective action on **#SheDecidesDay**, to celebrate the anniversary of the SheDecides movement and to mobilise the global community to stand up and speak out for her right to decide.

**#SheDecides Day** 2019 was the second one commemorated, and saw satellite events around the world light up with activities from Nepal to Nairobi, from London to Lebanon, from Australia to Amsterdam - shining a spotlight on the action being taken to overcome the barriers and challenges faced by girls and women everywhere.

The anniversary was celebrated across the entire movement with events ranging from spoken word performances to intergenerational dialogues to street dance rallies – creating a powerful ripple effect that reached thousands on social media and saw coverage stretch from the Financial Times to the *Kathmandu Post*.

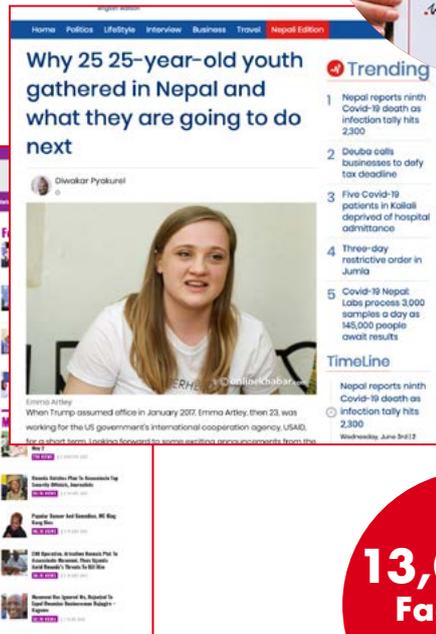
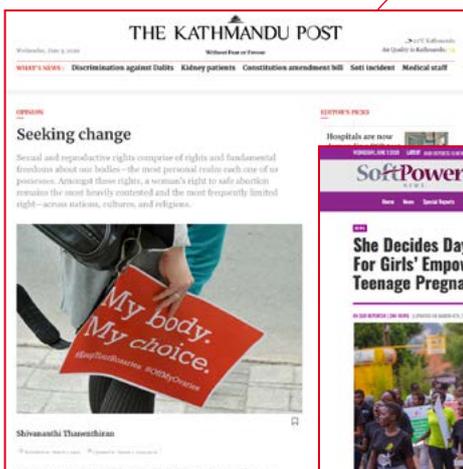
The coordinated action on SheDecides Day **reached over 600,000 people via print and online articles** and **over 800,000 people on social media**.



**25** SheDecides events spanning **14** countries

**9,714** Twitter impressions

## She Decides. Day 2019



**24,427** Page views

**363** Manifesto sign-ups

**13,000** Facebook engagements



# GAINING POLITICAL COMMITMENT

## SheDecides Day – Flagship Event in Kathmandu, Nepal

The Flagship event in Nepal brought together global leaders, including the Chair and Vice-Chair of SheDecides Tikhala Itaye and Lilianne Ploumen, leaders from Afghanistan, Bangladesh, Bhutan, Cambodia, Indonesia, Malaysia, Nepal, the Philippines, Sri Lanka, Thailand, Vietnam, youth organisations and the development community, **uniting to plan bold new action in Asia.**

The event sparked momentum for the launch of SheDecides in Nepal and the wider region. It was also the launch moment of the SheDecides 25x25 Generation of Change, who convened in Kathmandu to kick start their activity for 2019, marking 25 years since International Conference on Population and Development.

Nepal's Deputy Prime Minister and Minister for Health and Population Upendra Yadav, on behalf of the government, expressed a commitment to promote sexual and reproductive health and family planning to all women. He called on all stakeholders to **stand up and speak out** in every possible way they can in order to make sure a woman and a girl can decide about her body, her life and her future.



**“It’s important for girls and women on the ground to realise that these are our fundamental rights and no one should be denying us these rights. If we are able to raise awareness, and build capacities within communities to claim these rights from duty-bearers, we will be able to get to the point that She Decides. Without question.”**

**– SheDecides Champion, Sivananthi Thanenthiran**

# SUPPORTING COLLECTIVE ACTION

## #8 Week Challenge

When SheDecides, Women Deliver. In the build-up to the Women Deliver Global Conference in June 2019, SheDecides in partnership with Women Deliver launched the **#8WeekChallenge**. The campaign was a moment for Champions, Friends and the 25x25 young leaders to raise awareness, to educate and to inspire others around the world to change the norms that stand in the way of the freedom, rights and dignity of women and girls.

Each of the eight weekly challenges supported participants to bring their friends and extended networks into the Movement and engage their political representatives and local leaders. By 6 June, 911 members of the Movement participated. Together, they took actions online and offline, and inspired a further 2482 new Friends to sign the manifesto and commit to a world where SheDecides. Without Question.





# STRENGTHENING THE MOVEMENT

We provided **7 Spark Grants** which funded result-oriented activities, contributing to movement building and movement engagement within the 3 main pillars in our strategy:

**STAND UP,  
SPEAK OUT  
CHANGE THE RULES  
UNLOCK RESOURCES**

2019 was an important year for local action with SheDecides Movements increasing their presence and advocacy work at the national level. **5 new SheDecides movements were launched in Kenya, Tanzania, South Africa, Malawi and Zimbabwe** and with the light touch support and spark grants from the SheDecides Support Unit, concrete action was taken in advancing a new narrative on bodily autonomy, strengthening inclusive platforms for bold conversation and advocacy on women’s right to choice and autonomy.

## Uganda

Hundreds of young people, human rights activists, civil society representatives, policymakers, development partners and service providers gathered at the SheDecides Uganda Festival in Kampala to commemorate SheDecides Day 2019. The festival organised by SheDecides Uganda and SheDecides Champion Patrick



Mwesigye with support from the Government of Belgium reached over 1000 young people. Activities at the Festival included a community flash-mob, provision of free SRH services – HIV testing for 300 people, educational theatre and musical performances, and a SheDecides Gender Equality award for 7 deserving advocates.



## South Africa

On International Safe Abortion Day, SheDecides South Africa took to the streets to tear down posters advertising unsafe abortion services, and distributing accurate information on where safe, legal services could be accessed.



## Kenya

SheDecides Kenya participated in a street protest against graphic anti-abortion billboards in Nairobi, and delivered a petition to the Governor to have the billboards taken down, which they were!



## Democratic Republic of Congo

SheDecides DRC organised a young mother's forum for 100 girls and young women in Goma, eastern DRC, where they shared the manifesto and information on bodily autonomy and provided a safe space for participants to speak out on the discriminatory norms they face in their communities.



## The Philippines

An awareness raising cycling event to Break the Cycle of Violence Against Women was organized by the Belgian Embassy, in partnership with SheDecides Philippines, UNFPA, UN Women through the Spotlight Initiative and Intramuros Administration.



### Movement Spotlight:

## She Decides.

### Tanzania

SheDecides Tanzania, in partnership with UNFPA, organised a youth-led caravan that travelled to 12 regions in Tanzania and Zanzibar. They reached 300,000 young people, becoming the largest on the ground mobilization of the SheDecides Movement to date. Discussions were held with in and out-of school youth on the SheDecides Manifesto, with emphasis on teenage pregnancy, maternal mortality, HIV/Aids, female genital mutilation, child marriage, gender-based violence and menstrual health management. The reach and depth of the youth consultation and dialogue were key given that Tanzania recently implemented retrogressive policies regarding sexual and reproductive health, including for young mothers. Following the three-week exercise, SheDecides Tanzania disseminated key recommendations, both at the Nairobi Summit on ICPD25 and domestically to local and national policy makers.



STAND UP,  
SPEAK OUT

CHANGE  
THE  
RULES

UNLOCK  
RESOURCES



# AMPLIFYING YOUTH VOICES

## Generation of Change

The 25x25 Generation of Change was a unique initiative in 2019 - 25 phenomenal young people born in 1994, the year of the International Conference on Population and Development (ICPD).



With support from the SheDecides Support Unit (SDSU) and Spark Grant investments, the 25x25s held powerful youth-led dialogues, 'Open Mics', to engage communities in conversations on bodily autonomy and consolidate their views and aspirations for the Nairobi Summit {on ICPD25}.

They reached almost 3,000 people and developed a concrete set of reflections and recommendations for policy makers and other stakeholders.

"Getting involved politically is the best way to change the rules in your city, in your province and in your countries. It's awesome when you can see the 'rules' are changing. But to change the rules is not the final goal, you must defend and protect the rights you've achieved, because we don't earn the rights, we conquer them."

– Camila Fernandez, Argentina

**Read the 25x25 Aspirations here**

"Still in Nepal, a woman dies giving birth to a child, a young girl is raped in a chappaudi hut (menstrual hut) and a young child grows up without any understanding of her own body. These are the push factors that makes me work harder every day. As young leaders we now have a responsibility to use this platform to bring forward the issues experienced by us young women of around the world. To hold our government accountable for the commitments they have made and also create a nation and a world where She can Decide without question."

– Sabina Pokhrel, Nepal

**OpenMics were held in 25 countries reaching 3,000 people**





## CHAMPIONS IN ACTION

With thanks to all bold SheDecides **Champions** and **Guiding Group members** standing up and speaking out for a world where SheDecides. Committed to make sure that laws, policies and procedures are changed for the better, resources are unlocked and harmful attitudes are put to an end.

Throughout 2019 SheDecides Champions spread the message of the movement within their spheres of influence, through media and social media, through action on SheDecides Day, as well as through financial pledges tied to the SheDecides message, advancing the narrative and building global and regional solidarity for women's rights.

**Aaron Motsoaledi** • Federal Health Minister, Government of the Republic of South Africa

**Alexander de Croo** • Deputy Prime Minister, Government of Belgium

**Alvaro Bermejo** • Director General, IPPF

**Aminatou Sar** • Country Director, Senegal, PATH

**Bernard Haufiku** • Special Advisor to the Vice President on Health, Government of the Republic of Namibia

**Bience Gawanas** • UN Secretary General's Special Envoy on Africa, UN

**Carlos Fuchtner** • President, FIGO

**Christine Stegling** • Executive Director, Frontline AIDS

**Delber Nazari** • Minister of Women's Affairs, Government of Afghanistan

**Georgia Arnold** • Executive Director, MTV Staying Alive; Viacom

**Hatsumi Taniguchi** • Board Member, International Confederation of Midwives

**Indira Jaising** • Senior Advocate, Delhi High Court

**Isaac Adewole** • Federal Health Minister, Government of Nigeria

**Jona Turalde** • Member, International Youth Alliance for Family Planning in the Philippines

**Jovana Rios** • Chairwoman of the Board, IPPF WHR; High Level Steering Group, Every Woman Every Child

**Julia Bunting** • President, Population Council

**Kate Hampton** • President, CIFF

**Katja Iversen** • President, CEO, Women Deliver

**Latanya Mapp-Frett** • President and CEO, Global Fund for Women

**Lilianne Ploumen** • MP, The Netherlands

**Lina Abirafteh** • Executive Director, Arab Institute for Women

**Mabel Van Oranje** • Chair, Girls Not Brides

**Malayah Harper** • Chief Advisor, Fair Share of Women Leaders

**Maria Consuelo Mejia** • Executive Director, Catholic Women for Choice

**Maria Flachsbarth** • Parliamentary State Secretary of the German Federal Ministry for Economic Cooperation and Development (BMZ), Government of Germany

**Marlene Schiappa** • Minister of State for Gender Equality, Government of France  
**Maryam Monsef** • Minister of International Development, Government of Canada  
**Patrick Mwesigye** • Executive Director, Uganda Youth and Adolescent Forum  
**Penny Mordaunt MP** • UK International Development Secretary and UK Minister for Women & Equalities  
**Peter Eriksson** • Minister for International Development, Government of Sweden  
**Rasmus Prehn** • Minister for Development Cooperation, Government of Denmark  
**Senait Fisseha** • Director of International Programmes, Susan Thompson Buffet Foundation  
**Sigrid Kaag** • Minister for Foreign Trade and International Development, Government of the Netherlands  
**Simon Cooke** • CEO, Marie Stopes International  
**Sivananthi Thanenthiran** • Executive Director, ARROW  
**Tamara Kreinin** • Director Population and Reproductive Health, David & Lucile Packard Foundation  
**Tikhala Itaye** • Co Founder, Her Liberty, Malawi  
**Ton Coenen** • Executive Director, Rutgers  
**Trine Skei Grande** • Minister of Culture and Equality, Government of Norway  
**Victoria Fuentes** • Executive Director, Mexfam  
**Ville Skinnari** • Minister for Development Cooperation and Trade, Government of Finland  
**Vuyiseka Dubala** • Director, Africa Centre for HIV & AIDS Management



**“If leaders everywhere decided that the lives of women and girls were worth saving the question of access to safe abortion would be irrelevant. We must trust women and their choices.”**

*–SheDecides Champion Simon Cooke  
 CEO, Marie Stopes International*

**She Decides.**  
**Champions**

# JOIN THE MOVEMENT

The evidence is clear: when She Decides about her body, the world is better, stronger and safer. Respecting her rights improves her health, life and future – and those of her family, community and society.

The SheDecides movement took bold steps in 2019 – Standing Up and Speaking Out, Unlocking Resources & Changing the Rules – steps which are moving us closer to realizing a world where SheDecides.



**She** Decides.



With generous support from the Government of Belgium, the Government of Denmark and Anonymous Donor