



**RESOURCES AND FUNDS FOR WOMAN
HUMAN RIGHTS DEFENDERS & FEMINIST
ORGANIZATIONS**

GLOBAL FUNDS

Urgent Action Fund for Women's Human Rights

Urgent Action Fund supports women activists who are being threatened due to their work defending human rights. The Evacuation Grant is a specific type of **Rapid Response Grant**, designed for those in urgent need of relocation funding because of threats, persecution, and/or an extreme security situation. Grants in this category can be used for evacuations within a country (such as moving to a safe house in another city) or for relocation outside of a country. Grant applications can be submitted in **any language**, and you will receive a response within 72 hours. Requests can be made for **up to \$5,000**. Find more information here: <https://urgentactionfund.org/apply-for-a-grant/apply-for-an-evacuation-grant/>

Global Fund for Women

Global Fund for Women aims to get resources to organizations led by historically marginalized groups, such as women, girls, and trans people. They provide grants for operations and programs, travel and events, and for immediate responses to human crises or natural disasters. **Groups must be led by and primarily women, girls, or trans people** and have a primary focus on advancing gender equality. Applications must be submitted online and in either **Arabic, English, French, Russian, or Spanish**. Find more information here: <https://www.globalfundforwomen.org/apply-for-a-grant/#.XILXUyhKiUk>

Innovative Peace Fund

The Innovative Peace Fund (IPF) is an independent, multi-donor, global grant-making fund working to **provide financial support and technical assistance to women-led peacebuilding organizations** who have the resources but lack the capacity to manage small and medium-sized grants.

Find more information here: <https://icanpeacework.org/our-work/innovative-peace-fund/>

Channel Foundation

Channel Foundation works to globally support women's rights. **They have several different types of funding for women human rights defenders:** advancing indigenous women's rights and leadership, amplifying gender equality in media, ending violence against women and protecting women human rights defenders, ensuring participation in conflict resolution and peacebuilding, eradicating legal inequality, promoting the rights of women with disabilities, securing reproductive rights/justice, strengthening the women's funding movement, women's leadership and human rights institutes, and diverse grants. Find more information here: <https://www.channelfoundation.org/grants/>

Equality Fund

CATALYZE grant program is opened for **feminist organizations and groups led by women, girls, and non-binary people**. Groups can be unregistered. Find more information here: <https://equalityfund.ca/section/funding-apply>

International Women's Media Foundation: Fund for Women Journalists

The International Women's Media Foundation provides **grants to women journalists**. They provide two different types of funding: reporting projects or professional development opportunities. This fund prioritizes reporting projects about global underreported stories. Professional development can include security training, conferences, workshops, and media development projects. **The average grant size is \$10,000**. Find more information here: <https://www.iwmf.org/programs/fund-for-women-journalists/>

International Women's Media Foundation: Emergency Fund

The Emergency Fund **provides women journalist with financial assistance in times of crisis**. This fund can help provide small grants for psychological and medical care from threats and crises caused by journalist work, three months of temporary relocation, legal aid, and resource assistance. **Applicants need to be full-time journalists (either staff or freelance) who have at least six months of experience**. Find more information here: <https://www.iwmf.org/programs/emergency-fund/>

AidsFond

AidsFond is working to end AIDS before 2030 through grants and funding of projects devoted to prevention, treatment, care, and support of those affected by HIV/AIDS. They fund projects and fellowships devoted to sexual and reproductive rights for **\$15,000-50,000**. Individuals, registered, and unregistered organizations can apply through published calls. Find more information here: <https://aidsfonds.org/grants-and-funding>

Global GreenGrants Fund

GreenGrants provides global grants under five action areas: climate justice, right to land, water, and resources, local livelihoods, healthy communities and ecosystems, and women's environmental action. They have rapid response funding for **under \$15,000 and allow applications only by invitation**. Find more information here: <https://www.greengrants.org/what-we-do/>

Open Society Foundations

The Open Society Foundations gives grants to **groups and individuals promoting democracy and government accountability**. Their target groups for grants are HRDs, WHRDs, indigenous rights activist, LGBTQ+ rights activists, disability rights groups, and media/journalist workers. **They provide fellowship, project, and seed funding for amounts between or under \$15,000-\$50,000**. Individuals, registered, and unregistered organizations can apply through published calls and online. Find more information here: <https://www.opensocietyfoundations.org>

Pollination Project

The Pollination Project globally supports grassroots initiatives for social change. They specialize in funding HRDs and minority defenders such as WHRDs, LGBTQ+ activists, indigenous rights activists. They **provide project and seed funding for amounts under \$15,000**. Individuals, registered, and unregistered organizations can apply online. Find more information here: <https://thepollinationproject.org>

With and For Girls

With and For Girls supports girl-led and centered organizations globally through flexible funding and support. They have a wide range of thematic issues in civil and political rights. They provide project funding for amounts under or **between \$15,000-\$50,000 and more**. Registered or unregistered organizations can apply **by invitation or referral through an annual partner**. Find more information here:

<https://wearepurposeful.org/projects/with-and-for-girls-fund/>

Prospera

Prospera is a network of women's funds that partner with grassroots women, girls, and trans people's organizations and movements to provide them resources, expertise, and structural support. **They list member funds by region** to apply for here:

<https://www.prospera-inwf.org/#/-member-funds/>

Open Society Institute – Women's Program

The Women's Rights Program offers grants and advocacy for human rights organizations led by women and gender nonconforming individuals, **those investing in feminist alternatives to current economic system** (with a particular focus on the 21st century's care economy"), or **reproductive justice** organizations supporting access to safe and legal abortions and resisting the surveillance and criminalization of sexuality.

Find more information here: <https://www.opensocietyfoundations.org/who-we-are/programs/women-s-rights-program>

Association for Women's Rights in Development (AWID)

AWID's **donor list** provides a comprehensive, multi-page list of donors for WHRDs and feminist organizations to find grants, resources, and funding. Find more information here:

https://www.awid.org/fund-me?country=®ion=&type=®istered=&priority=&op=View+entire+donor+list&form_build_id=form-ewkGq27V4FWBwkM5Vu-f3_bV8sippi-wV1C9icnWbl&form_id=awid_donors_donor_list_form#donors-search-results

Mama Cash

Mama Cash is an **international fund that supports women's, girls', trans, and intersex people's movements around the world**. They provide grants and resources to feminist and LGBTI organizations as well as facilitate the creation of advocacy and collective protection networks. They also advocate with other international funds to support feminist and LGBTI movements. <https://www.mamacash.org/en/what-we-do-1>

Red Umbrella Fund

This fund provides flexible core funding to support the general coordination, functioning, and strengthening of a group. It may be used and adjusted according to self-identified needs, not for solely project-based needs. **Organizations that apply must be led by sex workers or for the benefit of sex workers**, be committed to connect to and strengthen the sex workers' rights movement and agree with all the principles of the Red Umbrella Fund. **The grants are two years long and between 8,000 and 80,000 euro**.

<https://www.redumbrellafund.org/grantmaking/apply-grant/>

Philanthropy Advancing Women's Human Rights

PAWH provides grants and technical support for fundraising and grant writing for groups that lack resources. There are two types of grants: one is a joint fundraising opportunity to assist two organizations that **want to apply to grants of over \$1 million to advance women's rights**, but would not be able to apply individually. The other grant is called advocacy opportunities, for at least two organizations who will collaboratively advocate for new multilateral funding streams that promote women's rights. **Applicants must be a current or recent grantee of a PAWHR member institution and based in the Global South or East**. Applications are accepted on the first of every month and decisions are made within 45 days. To apply, you must email info@pawhr.org to schedule an initial interview. <https://www.pawhr.org/projects>

Global Alliance for Green and Gender Action

This global network of 14 women's funds, 5 environmental justice funds, 44 NGOs and 400+ grassroots groups work in **countries across Africa, Asia, and LAC to provide grants and capacity strengthening to women's rights and environmental justice groups**. There are no specifics on access to grants. Find more information here: <https://gaggaalliance.org>

KIOS Foundation

Grants to organizations in Africa and South Asia, with **a focus on Burundi, Ethiopia, and Rwanda, as well as Nepal and Sri Lanka**. Priority given to proposals focusing on women's rights and gender equality, human rights defenders, and the rights of vulnerable and marginalized. **Grants are for one year**. <https://www.kios.fi/en/apply-for-funding/>

FRIDA The Young Feminist Fund

FRIDA **funds feminist startups that must be led by young women/trans people/intersex people under the age of 30 in the Global South**. At least 70% of the organization needs to be people under 30. Preference is given to groups with little to no access to larger funding, groups located in remote areas, groups working with marginalized gender/sexuality communities, and groups using creative and innovative strategies to further their mission. **Grants are up to \$5,000** and can be used for a wide range of activities over the course of 12 months. Grants are open to renewal. <https://youngfeministfund.org/apply>

Voice

Voice provides grants to civil society organizations in **Kenya, Uganda, Tanzania, Mali, Niger, Nigeria, Indonesia, the Philippines, Cambodia, and Laos**. They have several grants to support registered and unregistered organizations and networks in these areas. Along with their general focus in anti-discrimination and political rights, they have a **thematic focus in women's, sexual and reproductive, and LGBTQIA+ rights**. They have specific grants for women facing exploitation, abuse, and/or violence here: <https://voice.global/target-group/women-facing-exploitation-abuse-and-or-violence/> and specific grants for LGBTQI+ people here: <https://voice.global/target-group/lesbian-gay-bisexual-transgender-and-intersex-lgbti-people/>

LGBTQIA+ SPECIFIC FUNDS

Arcus Foundation

Arcus is an international fund that supports LGBTQ Social Justice. They provide funds that range between **\$100,000 and \$150,000 a year**. The grantmaking process takes between **two and six months from applying**. Only given to organizations **registered** as an organizational entity with legal standing and an approved Equal Employment Opportunity Policy. Find more information here: <https://www.arcusfoundation.org/apply-for-a-grant/>

Astraea Lesbian Foundation for Justice

Astraea has four funds: **the US fund, international fund, intersex fund, and the global arts fund**. The international fund supports groups working for LGBTQI justice in any capacity around the world; the intersex fund supports organizations led by intersex people working for intersex rights; the global arts fund supports and showcases art by LGBTQI people and organizations that are using art for social change and have limited resources. **Their application period opens and closes on an as-needed basis**. Find more information here: <https://www.astraeafoundation.org/apply/>

Trans Justice Fund

TJF is a grassroots organization that **supports trans justice groups run by and for trans people in the United States**, including U.S. territories. Groups that apply must have a budget less than \$250,000. Their grant cycle for the new year opens every December until February with **grants from \$2,500-10,000** to trans justice groups. Find more information here: <https://www.transjusticefundingproject.org/apply/>

REGIONAL FUNDS

AFRICA

African Women's Development Fund

This program supports organizations that are **women-led and majority women, have a stated commitment to advancing women's rights in their mission, and are registered in any African country except Sudan, South Sudan, and Somalia**.

Grants are awarded of varying size for projects related to one of the three thematic areas: body and health rights, women's economic security and justice, and leadership, participation, and peace, as well as capacity building efforts. **Grant requests must be for less than 50% of their annual income**. <http://awdf.org/apply/>

Uhai-Eashri Fund

Uhai supports civil society **organizing for and by sex workers and sexual and gender minorities in Burundi, Democratic Republic of Congo, Ethiopia, Kenya, Rwanda, Tanzania, and Uganda** with flexible grants, capacity support, convening, and knowledge building and documentation. There are 3 grants, each increasing in length and amount. Applications are accepted in **Kiswahili, French, and English**. Find more information here: <https://uhai-eashri.org>

Urgent Action Fund – Africa

The Urgent Action Fund has a specific grantmaking process to support African Women's Human Right Defenders. **They provide technical, solidarity, and financial resources to African WHRDs and their movements.** This fund can provide **urgent 24-hour grants** for short-term intervention. Find more information here: <http://www.uaf-africa.org/apply-for-a-grant/>

Baring Foundation

An independent foundation with a **thematic focus on LGBTQI+ rights, human rights, and civil society strengthening in Africa.** They use their resources to enable civil society to work with people experiencing discrimination and disadvantage. They provide flexible funding under or **between \$15,000-\$50,000.** Grants applications are **invitation only.** Find more information here: <https://baringfoundation.org.uk/about-us/our-purpose-and-values/>

Fund for Congolese Women

This fund provides grants to support grassroots women's organizations to effectively **promote Congolese women's and girls' rights.** The goal of this fund is to create a proximity fund to bridge the gap between international donors and local women's initiatives. The grants given are **between \$1,000-5,000** and they also provide non-financial advocacy, capacity, organizational development, and learning support. Either registered or unregistered organizations can apply through call or email. Find more information here: <http://www.ffcrdc.org/project-proposal/>

ASIA

Urgent Action Fund - Asia & Pacific

UAF offers grants to **women and non-binary activists and their families in times of crisis.** They offer two kinds of grants, the first is a security and well-being grant for urgent safety funding from physical or emotional harm. The second is a resilience grant for responding to threats, a critical issue, or opportunity in the next 3-6 months. **Grants are available for up to \$5000 and individuals or organizations can apply.** Find more information here: https://www.uafanp.org/our_grants

South Asia Women Foundation: India (SAWF IN)

SAWF IN is a **national women's fund that supports women and trans led organization working for gender justice.** They prioritize work on feminist leaderships and legal, economic, and environmental justice fellowships. Find more information here: <http://sawfindia.org/footer-links/grant-making>

TEWA

TEWA's grant making **provides support to rural, grassroots women's groups in Nepal** to aid women's social-economic conditions and help them to establish their community voice. **They provide four core grants under \$15,000** that work towards the rights of girls/women in Nepal. Only individual WHRDs can apply or registered organizations through published calls or online. Grants are only disbursed twice a year. Find more information here: <https://tewa.org.np/grantmaking.php>

Neelan Tiruchelvam Trust (NTT)

NTT is an **indigenous grant maker in Sri Lanka** that provides grants targeted to ethnic and religious minorities, women, and disability rights groups. They have several grants for sustainable projects focusing on human rights and community development. They have fellowship, project funding, and rapid response funding **between \$15,000-\$50,000**. Individuals and registered organizations can apply through published calls and online. Find more information here: <https://neelan.org/types-of-grants/>

Women's Fund Asia

This regional fund **supports women and trans people led organizations and movements**. They provide fellowship, project, and seed funding for **under or between \$15,000-\$50,000** and more. Individuals, registered, and unregistered organizations can apply through published calls or online. Find more information here: <https://womensfundasia.org>

EUROPE

Women's Fund in Georgia

A local grantmaking institution supporting women's rights organizations, grassroots groups, and individual WHRDs. Their target groups are **marginalized women**, specifically: those living in rural areas, with disabilities, LGBT women, sex-workers, and youth. Find more information here (**Website only in Georgian**): <https://www.womenfundgeorgia.org/ka/Main>

Institute of Equal Rights and Equal Opportunities (the Arasha Shelter) in Kazakhstan

A women's rights organization that **provides shelter for victims of domestic and gender-based violence**. Annually, the Arasha Shelter supports about 120 victims who receive food, clothing, medical assistance, and services from IEREO's in-house psychologists and lawyers. Find more information here (**Facebook page in Russian**): <https://www.facebook.com/ShelterofARASHA/>

Slovak-Czech Women's Fund

Local and independent women's fund in **Slovakia and Czech Republic** supporting women activist, group, and organizations within the feminist movement for peace, gender equality, and human rights. They have five types of grants: general support, project activities, travel, rapid response, and stipend grants. **Only official registered non-governmental organizations can apply**, and applications should be sent through email and mail. Find more information here: <https://www.womensfund.sk/en/what-we-do/grants/>

Bulgarian Fund for Women

This fund provides direct grants for women-led groups working to **fight for gender and sexuality justice**. They also provide trainings to help build up the capacity of these NGOs working on women's issues. Find more information here (**only in Bulgarian**): <https://bgfundforwomen.org/en/grants-programs-initiatives/>

FemFund Poland

FemFund is the only **women's grantmaking fund in Poland**. It provides small flexible grants for women-led activism and organizing. **Website is in Polish**. Find more information here: <https://femfund.pl>

Women's Fund Armenia

Local grantmaking organization that **supports women and girls in Armenia** through providing financial support and capacity building. The goal is to provide sustainable feminist philanthropy and tackle the gender issues in this region. Find more information here: <https://womenfundarmenia.org/calls-for-proposals/>

FundAction

FundAction is grantmaking organization that **supports activists and organizations in Europe**. Their target groups are community leaders, HRDs, and WHRDs. Their grants have a thematic focus on human rights with a wide scope of action areas, such as environmental, LGBTQ+, women, and migrant rights. Individuals, registered, and unregistered organizations can apply through published calls or online. Find more information here: <https://fundaction.eu/projects/>

LATIN AMERICA AND THE CARIBBEAN (LAC)

Fondo Accion Urgente

The Urgent Action Fund supports projects and organizations working to advance the status of women and LGBTQ people in Latin America and the Spanish-speaking Caribbean. To be eligible, the action must be implemented by civil society organizations **led by cis or trans women**, be urgent or an immediate intervention, must seek to create structural change in the long term, must be sustainable so that the action may continue, and the organization must be recognized by other similar regional groups. Grants have a maximum **duration of 3 months and \$5,000 USD**.
<https://fondoaccionurgente.org.co/es/que-hacemos/apoyos-de-respuesta-rapida/>

Fondo Mujeres del Sur (FMS)

This fund **supports women and LGBTQ+ organizations** aiming to advance gender equality and social justice. FMS has thematic interest in environmental rights, economic empowerment, leadership development, and sexual and reproductive rights. They **specifically cover organizations in Argentina, Uruguay, and Paraguay**, but are implementing initiatives throughout Latin America and the Caribbean. They provide project funding for amounts under, **between, or above \$15,000-\$50,000**. Registered and unregistered organizations can apply by invitation, published calls, or online. Find more information here: <https://www.mujeresdelsur.org>

Fondo Lunaria Mujer

Feminist organization **mobilizing resources to Colombian women** working against misogyny, racism, classism, and homophobia. Application forms can be found on their website along with guidance documents. Find more information here: <https://fondolunaria.org/proceso-de-seleccion/>

Fondo Mujeres Bolivia

An independent women's fund that mobilizes resources to feminist agenda to **promote political action of women in Bolivia**. There are no listed specifics for grants applications. Find more information here: <https://www.fondodemujeresbolivia.org.bo/index.php>

Angélica Fuentes

A philanthropic organization devoted to **supporting gender equality and women's empowerment in Latin America**. They support government projects, multilaterals, and specific non-profits/CSOs. There are no listed specifics for grant applications. Find more information here: <http://fundangelicafuentes.org/en/>

Fondo Centroamericano de Mujeres (FCAM)

FCAM is based in Nicaragua and **provides grants to women's and feminist organizations in Central America**. Their grants focus on women's rights to physical and emotional support, social and economic justice, civic engagement, and tackling gender-based violence. They provide project funding for **amounts under \$15,000**. Registered and unregistered organizations can apply through published calls. Find more information here: <https://www.fcmujeres.org/en/>

Fondo Semillas

Fondo Semillas funds **women's organizations and groups in Mexico** through economic resources, capacity building, accompaniment, and alliance building. They have thematic focuses in sexual and reproductive rights, fighting gender-based violence, labor rights, and indigenous rights. They provide project and rapid response funding for amounts **between \$15,000-\$50,000**. Registered and unregistered organizations can apply through published calls. Find more information here: <https://semillas.org.mx/en/>

IM Defensoras

IM Defensoras **provides general operating support to strengthen a regional network of Mesoamerican women human rights defenders and organizations**. Specifically, they work on ensuring WHRD's self-care, protection and safety, and to document, denounce, and give visibility to violence against women defenders in this region. In addition to financial support they provide shelter for victims of domestic and gender-based violence. Find more information here: <https://im-defensoras.org/en/>

MIDDLE EAST AND NORTH AFRICA (MENA)

Support Foundation for Civil Society (Sivil Toplum Icin Destek Vakfi)

This foundation **supports civil society organizations in Turkey** by connecting donors with human rights and grassroots groups. They have specific interest in groups working on **children, women, and LGBTQ+ rights**. They provide project funding for amounts **under or between \$15,000-\$50,000**. Registered organizations can apply through published calls. Find more information here: <http://siviltoplumdestek.org>

The Doria Feminist Fund

This organization works in the MENA region to grant better access to funding and resource to feminist projects. They provide core funding for emerging groups, project fund, knowledge production funds, and an accompaniment program. **They prioritize groups focused on women and LGBT+ human rights issues, peacebuilding and wellbeing under armed conflict**, and combatting violence against women and LGBT+ people. each program has separate amounts and criteria for the application. Find more information here: <https://www.doriafeministfund.org/programs>

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This foundation **supports civil society organizations in Turkey** by connecting donors with human rights and grassroots groups. They have specific interest in groups working on **children, women, and LGBTQ+ rights**. They provide project funding for amounts **under or between \$15,000-\$50,000**. Registered organizations can apply through published calls. Find more information here: <http://siviltoplumdestek.org>

Mediterranean Women's Fund

The Mediterranean Women's Fund works to support women led actions and projects **originating from and around the Mediterranean region**. Specifically, they work with groups or NGOs led by women and that have a clear commitment to women's human rights. **Women must fill most or all leadership roles in the organization**. They give **priority to groups in the first five years of activity** that do not have access to institutional funders. Find more information here: <https://www.medwomensfund.org/submit-project.html>

Alfanar

Alfanar provides support in **Egypt, Lebanon, and Jordan** for organizations working towards civil society strengthening, women's empowerment, education access, and migrant rights. Their target groups are WHRDs, migrants and/or refugee defenders, children's rights activists, and youth activists. They provide project funding and other grants for amounts **under or between \$15,000-\$50,000**. Registered organizations can apply through published calls or online. Find more information here: <https://www.alfanar.org/our-impact>

RES URCES FOR WELLBEING

Ana María Hernández Cárdenas & Nallely Guadalupe Tello Méndez, **"Creating a healing space for Women Human Rights Defenders"** (2018) | Open Global Rights

This article **debriefs the guiding principles and best practices of Casa La Serena: a space dedicated to the self-care and wellbeing of women who are activists and defenders** in the national chapters and networks of IM-Defensoras in El Salvador, Guatemala, Honduras, Nicaragua, and Mexico. A longer 2018 research article by the pair on the same subject can be found here.

Self-care and self-defense manual for feminist activists (2008) | Artemisa, Elige and CREA

This self-help manual written by Marina Bernal and others with the collaboration of Artemisa, Elige and CREA, **proposes to feminist activists to undertake a journey of self-exploration** in order to learn to build their own self-defense strategies.

“New funded wellbeing support for women human rights defenders” (2020) | Open Briefing

This article gives a **brief overview of a new initiative to provide wellbeing support to at-risk WHRDs from Latin America**. The initiative provides remote counseling in Spanish, a wellbeing action plan, and referrals to peer support and resources. (See bio of Paulina Acosta Del Rio, the lead psychologist running this project.)

“List of Materials and Resources for Women Human Rights Defenders” | The Association for Women’s Rights in Development

This report **provides resources for WHRDs concerning self-care, self-defense, and human rights documentation and monitoring**, and topics relevant to HRDs, including specifics related to sexual orientation and religion.

“Claiming Rights, Claiming Justice: A Guidebook on Women Human Rights Defenders” (2007) | Asia Pacific Forum on Women, Law and Development

This guidebook is meant to **help raise awareness and provide tools around the issues women and LGBTQ+ human rights defenders face**. It works to shed light on and mitigate the risks WHRDs face by looking at specific gender-related types of human rights violations and providing tools for protection.

The Astrea Collective Care Blog

This blog was **created during the coronavirus pandemic to share tools and resources to help marginalized communities and movements continue their work** during this time.

Interview with Tanja Vultier, **“Activism and health: protecting women through psychosocial support”** (2019) | Peace Brigades International

This interview with Tanja Vultier **highlights why psychosocial and gender-sensitive support is critical for human rights defenders**. Vultier was the coordinator of PBI’s regional Latin American project from 2017 to 2019 with the Iniciativa Mesoamericana de Mujeres Defensoras, financed by Dutch development cooperation.

Ginger Norwood, **Promoting Self Care and Well-Being Among Feminist Activists and Women’s Rights Defenders: Reflections from Burma and Palestine** (2013) | Women for Peace and Justice

This paper **explores self care and well-being for feminist activists and WHRDs**. This paper specifically touches on the role of spirituality and social action in well-being. Importantly, it analyzes self care and well-being workshops in Burma and Palestine to produce an analysis that is useful for other organizers.

Jane Barry & Jelena Dordevic **What's the Point of Revolution if We Can't Dance?**

(2007) | Urgent Action Fund for Women's Human Rights

This book examines the experiences of **more than 100 activists globally**. These activists overview the personal side of activism that leads to psychological trauma and fatigue.

Practicing Individual and Collective Self-Care at FRIDA (2016) | FRIDA The Young Feminist Fund

This short guide examines how FRIDA staff members and other WHRDs **may practice individual and collective self-care**. The article also links to a list of FRIDA's working style and principles for employee wellbeing.

Hope Chigudu, **"Heart-Mind-Body: Creating Organizations with Soul"** (2011) | Just Associates

This article **debriefs a workshop held for Zimbabwean WHRDs** as part of the Heart—Mind—Body program, an innovative strategy lead by JASS Southern Africa that puts women's wellbeing, integrity, and safety at the center of sustained women's organizing and movement-building.

RESURCES FOR SECURITY

Deflect

Deflect is a DDoS mitigation service to **respond to attacks that censor internet freedoms**. This service is available to civil society groups, individuals and organizations working for human rights or independent news outlets, as well as activists promoting democracy, ecology, women's rights, and the principles of the International Bill of Human Rights. You must register on their website and provide an IP address, and then configure what services you will be requesting from them. It is a **free service**. <https://docs.deflect.ca/en/latest/tos.html>

Access Now

Access Now supports civil society and human rights organizations facing threats to **digital freedom**, such as censorship, surveillance, online harassment, and lack of data protection. Access Now funds groups focused on women, the LGBTQI+ community, journalists, activists, and human rights defenders. **They offer four grants:** project grants (explicit end goals and finite timelines), core grants (applied to general operational costs), discretionary grants (small, short term, urgent), and digital safe spaces grants (for organizations particularly at risk online). **Applications must be made on referral**. <https://www.accessnow.org/grants/#who-we-fund>

Instituto Panameño de Derecho y Nuevas Tecnologías (INPANDETEC)

IPANDETEC **monitors violence against human rights in the digital environment in Panama and Central America**. They have developed specific capacities for the active participation of women and LGBTI+ groups in the digital ecosystem. Find more information on the general page: <https://www.ipandetec.org>

Cyber-women

Cyberwomen is a **digital security curriculum from a feminist perspective**. This guide has tools to provide learning experiences to HRDs and journalists working in high risk environments. Specifically, it **has modules for digital protection training such as, digital security basics, privacy, safe online advocacy, and safer mobiles**. In addition, it has trust building exercises and ones for rethinking our relationship with technology. It has guides in English, Spanish, and Arabic. Find more information here: <https://cyber-women.com/#read-more>

University of York: Digital Security

This webpage links **different tools for women human rights defenders to protect themselves online**. This includes Security in a Box (a toolkit for digital security), Me and My Shadow (a tool for controlling your data), and Digital First Aid Kit (self-diagnostic tool for protecting from hijacking, malware, and website defacement). **Provided in English, Spanish, Arabic, Swahili, and Bahasa**. Find more information here: <https://securityofdefendersproject.org/resources/digital-security>.

The Empowering Internet Safety Guide for Women

This guide **offers tools for women to deal with harassment on social media, online, and in life**. It provides a guide for protecting oneself and navigating social media (Twitter, Facebook, Instagram, and Snapchat) accounts to prevent doxing, hacking, and locating. Find more information here: https://www.vpnmentor.com/blog/the-empowering-internet-safety-guide-for-women/?utm_campaign=85e66120d9-EMAIL_CAMPAIGN_2019_12_12_03_27&utm_medium=email&utm_source=IGWG&utm_term=0_a24996ea0a-85e66120d9-6090707

Amaranta

A feminist NGO located in Chile that runs the Aurora Program which specifically **investigates incidents of violence against women (cis, trans, non-binary) on the internet and through devices**. It has three lines of work: research, workshops, and community campaigns to exchange knowledge and empower women's voices on the internet. Specifically, they **work to train female identifying individuals in communication and digital citizenship with a feminist perspective** by offering trainings in and campaigning for free feminist digital communications. Find more information here: <https://amarantas.org/programa-aurora/>

Cyborg Feministas

This website works to **promote understanding of gender and sexuality-based discrimination and violence on the internet through research, information, and events**. This website provides digital security toolkits for collective actions as well as several zines on digital freedoms and feminism. Website is offered in Spanish or English. Find more information here: <https://cyborgfeminista.tedic.org>

TEDIC

NGO that works to defend digital rights for a freedom of speech on the internet. They have specific focus groups that work on freedom of expression, access to information, gender and digital exclusion, disruptive technologies and civic participation, and campaigns and community. Find more information here: <https://www.tedic.org/en/>

Hiperderecho – “After the Law: Seeking Gender Justice for Women and LGBTQ+ People Who Face Gender Violence Online in Peru”

This specific program **works to report crimes of online violence and harassment to the Peruvian justice system.** They have specific cases of helping feminist activists and journalists who had their personal data shared and sent in threatening ways. Find more information here: <https://www.hiperderecho.org/despuesdelaley/>

Internet_Feminista

A feminist group in Mexico, Luchadoras, created **a Justicia website to offer a guide to penal processes and to provide relevant report data for tracking investigations of gender-based violence on the internet.** They have various digital care toolkits to stay safe online as women. Find more information here: <https://luchadoras.mx/internetfeminista/>

COLLECTIVE PROTECTION RESOURCES

Power and Protection

JASS and Fund for Global Human Rights created this **interactive resource that discusses protecting human rights from a gendered perspective.** It outlines how activists and organizations are pushing back against restrictions on civil space and highlights how networks of defenders and other collective protection strategies can not only increase the security of defenders but also enhance their capacity for advocacy. Find more information here: <https://www.jass-fghr.org/power-and-protection>

Rethinking Protection, Power, and Movements

This resource at JASS associates **collects lessons from WHRDs in Mesoamerica about the shortfalls of national, regional, and international protection mechanisms for activists.** It discusses how WHRDs can take protection into their own hands and create a better enabling environment for themselves and their peers. Find more information here: https://justassociates.org/sites/justassociates.org/files/jass_mch6_rethinking_protection_power_movements_4.pdf

A Feminist Alternative for the Protection, Self-Care, and Safety of WHRDS in Mesoamerica

This resource from JASS looks at IM-Defensoras' collective protection mechanisms to **show the ways that feminist collective protection strategies can produce results**. Find more information here http://im-defensoras.org/wp-content/uploads/2018/06/J-Human-Rights-Practice-2013-jhuman_hut017.pdf

Our Right to Safety: WHRDs' Holistic Approach to Protection

This guide from AWID outlines **tools for holistic security in the face of threats specific to WHRDs**. The report highlights existing protection mechanisms and promulgates recommendations on how to improve them. Find more information here: https://www.awid.org/sites/default/files/atoms/files/Our%20Right%20To%20Safety_FIN_AL.pdf

Integrated Security Workshop and Manual

This workshop and manual focuses on **integrating security and wellbeing practices into the work of WHRDs**. While not specifically focused on collective security, many of the recommendations and practices can be used on a collective basis, while others focus on individual security and wellbeing. Find more information here: <http://www.integratedsecuritymanual.org/the-workshop>

Self-Care and Collective Wellbeing

This Black Feminisms Forum and the Advisory Group on Wellbeing webinar **teaches practices for collective wellbeing** within and between human rights organizations. Find more information here: <https://www.awid.org/news-and-analysis/webinar-summary-self-care-and-collective-wellbeing>

The Better Peace Tool

This handbook offers steps for the **effective inclusion of women peacebuilders** and gender perspectives in mediation, conflict prevention, and peacemaking. Find more information here: <https://icanpeacework.org/wp-content/uploads/2017/03/Better-Peace-Tool-English.pdf>

A Guide for NGOs and Women's Human Rights Activists at the UN and CSW (2017)

This NGO guide provides NGOs and WHRDs **tools to advocate and protect their rights** by using the UN Commission on the Status of Women as a case study. Find more information here: https://www.peacewomen.org/sites/default/files/NGO-Main-Guide-2017_0221-FINAL-1.pdf

Gendering Documentation: A Manual for and About Women Human Rights Defenders

This manual **encourages and frames documentation** as a politically motivated story telling of WHRD's journeys. With tools, the chapters focus on how to capture WHRD's rights violations through gender analysis. Find more information here: <https://www.defendingwomen-defendingrights.org/2016/09/04/gendering-documentation-a-manual-for-and-about-women-human-rights-defenders-2/>