

## Human Rights Award ceremony 2019

On December 10<sup>th</sup>, 2019 Ruth Richardson attended the human rights award ceremony held in Utrecht, the Netherlands.

We are doing well in the Netherlands. But human rights are still often under pressure. Every day many people are committed to the human rights of others. Often without knowing it and naming it that way. This commitment is of great importance and we want to support it.

That is why on December 10<sup>th</sup>, International Human Rights Day, we assign the title Human Rights Person to a person or organization that has made a special commitment to human rights in the Netherlands. This year the prize was dedicated to preventing and combating violence against women.

During the panel discussion a few organizations were talking about violence against women and girls, on the streets, at home, school and online. Women, men, girls and boys are facing sexual harassment. Also, there is violence against women in an independent situation. That is why several organizations are calling for: "Stop violence against women and girls". It is also important for children to be told more about the subject of violence, being more gender transformative, emancipation and raising gender standards.

Everyone has the right to live free from violence and discrimination. Time and again it appears that women are disproportionately often confronted with violence. This can involve sexual, physical or psychological violence. At home, on the street or online. By a (former) partner, family member or unknown person. This has serious consequences and affects both the women and society. This requires a firm approach to the problem and its causes.

The Human rights prize 2019 went to:

### **Fairspace:**

The founders of Fairspace, Laura Adèr and Eve Aronson, won the Human Rights Human Price 2019 for their commitment tackling violence against women in public spaces. The Netherlands Institute for Human Rights (SIM) presents the prize annually on December 10<sup>th</sup>: the international day of human rights.



### **Hameeda Lakho:**

Hameeda Lakho has been nominated for her commitment to the victims of domestic violence. She is the initiator of the Academy for recovery and experiential expertise, a movement for and with fellow sufferers. Lakho was able to turn traumatic experiences from her youth into power for the worldwide victims of domestic violence and child abuse. With her work she contributes to the awareness about domestic violence and the empowerment of women. Hameeda Lakho: *"I offer fellow sufferers' recognition. It is so important that there is open talk about what happened, about its illegality. Society must know what a long agony it can be to recover. Fellow contact helps women to tolerate what has happened"*



to them. "

Hameeda later added: *"violence against women and girls starts with your family from years back and that goes on to the generation that comes into family. Where she thought to break this by writing a book, giving lectures and advising women to give the lesson to their children to read about violence, it is very bad and should not happen in families. We must love ourselves, our children and generations who are acknowledged."*

**Jens van Tricht:**

Jens van Tricht, who was also nominated, is the founder of Emancipator. He is convinced that combating violence against women is only possible if we focus on the causes: boys, men and

masculinity. His work is important for raising awareness about the role of men in combating violence against women. With his workshops, lectures, debates and training weekends, he knows how to make boys and men enthusiastic about acting against violence against women. Jens van Tricht: *"If men don't stop beating, violence won't stop. We must acknowledge that violence and masculinity are connected in a problematic way. All kinds of messages that boys and men receive mean that we would rather see them as perpetrators than as victims. They have a world to win if they can let go of the straitjacket of masculinity. "*

I was very glad to be present to hear what we are going to do to stop violence against women and girls, but also against men and boys. And to meet interesting people who are also working hard to stop violence against women and girls.