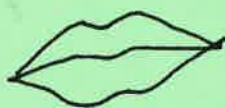


FOGHT



Like a

GIRL



USE YOUR VOICE



GIRLS

Equality, Freedom, Rights, Truth, Hope.

What do these words mean to you.

While you think, many women around this world, Are trying to scrounge up any respect they can get from their community, school, and, shocking as it may be, but especially their own homes.

In India, Pakistan and Bangladesh, the leading three countries where Acid Attacks Against women are the most common, have finally began to comprehend the impact of this issue.

Whenever women, such as wives, mothers, sisters, friends, strangers women "aggravate" men, by either speaking up for their freedom or simply the "fault" of being a woman, their own relatives throw acid on their face that permanently disfigures them and they are left fighting for every breath for the rest of their lives. It's a shame how this issue, which has been lurking in these countries for many decades as a virus that grows more and more powerful in communities with no respect for woman is finally getting some attention. Please make a difference and STOP THIS VIOLENCE AGAINST WOMEN!!

People think I am...

...weak

Incapable

EMOTIONAL

...meek

Stupid

...vulnerable

Passive

Stupid

a bitch

~~stupid~~

...a failure

mean

But I am...

AWAKE

FIERCE

ROAR

POWERFUL

a leader

STRONG

so caring

ALIVE

Kick ass

SASSY

caring

AWARE

Awesome

...capable of reaching success

**USE YOUR
VOICE!**



"to rise up



Against

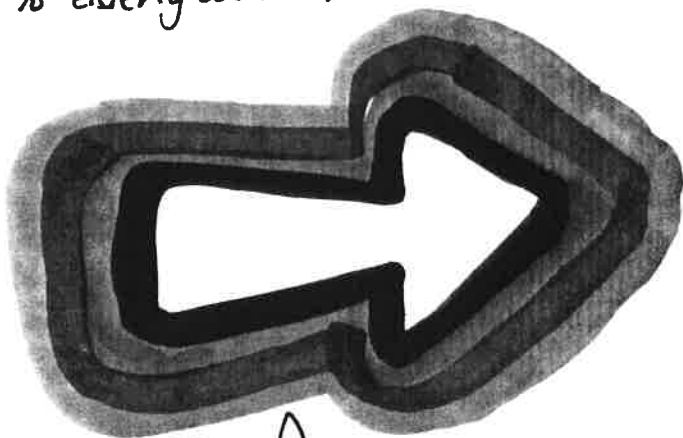
INJUSTICE



★SUCCESS★

STORIES!

Everytime you open a newspaper or turn to a news channel, the front headlines are filled with horrific cases of assaults, abuses, rapes, murders, slaughter against women. But how many times have you heard a success stories, where women take charge of their lives in a dangerous situation and beat the odds of becoming a victim? Sometimes? Once in a while? Never? Well, let's share some success stories right now from young girls aged 5 to elderly women who are seen as vulnerable.



Preach, Sister, Preach!

Samuel
Blair

Aisha was walking down the street when a stranger most likely a hobo comes up to her and starts preaching about his religion "Believe in the Lord. Believe in him! Believe!" Aisha, irritated, ignores him at first.

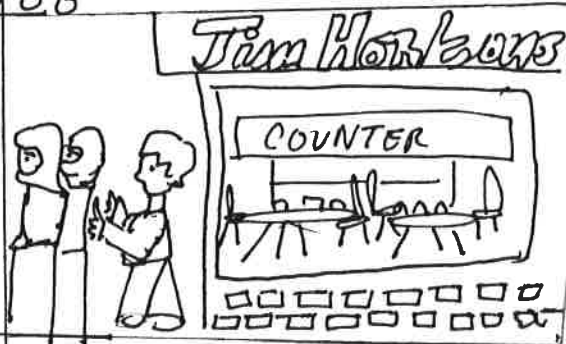


However, the man would not leave her alone. He kept saying "Believe in the Lord, or you will go to hell!" Aisha turns around and tells him "I guess I'll see you there" and then walks away, doesn't say anything.

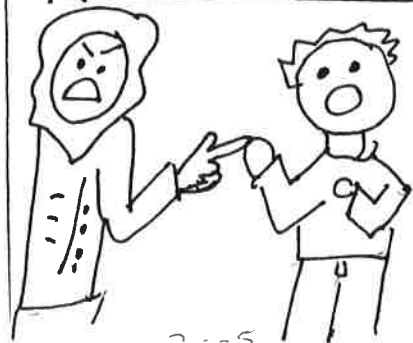


Hey You!!

Aisha and her sisters were coming from Tim Hortons after buying coffee late one night. Suddenly, one man appears out of nowhere behind one of Aisha's sisters, and starts harassing her.



Aisha, irritated by this man's obnoxious and insulting behaviour goes up to his face, points her finger at him and shouts "Hey, You! You leave us alone!!" Man, shocked, by such an unpredictable comment leaves her alone.



Trouble In Paradise! - Sahlla Abbas

Cassie was 16 years old when she met her "love of her life" Mack who was 27 years old. They both hit it off instantly. Mack treated Cassie with respect and treated her like a princess. He promised her the world and would give her everything and anything she wanted. She felt as if she was the luckiest girl in the world.



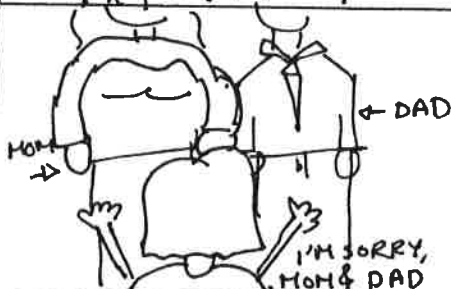
However as time passed, and as they grew closer and closer Mack started to isolate Cassie from the rest of the world. She started skipping school and stopped hanging out with her friends. She was fighting more often with her family and Mack didn't like Cassie going anywhere without his permission.



Things got so worse, that Cassie decided to move away with Mack despite her parents disapproval. He quit school and moved away to an apartment with Mack. Things were great at first, but like always there was trouble in paradise. Mack began to insult Cassie and started to abuse her.



Cassie just thought it was normal, however when he got really abusive he decided to go back home. He ended up running away from Mack and after all her parents "told you so" arguments, things were finally back to normal. However one day Cassie got a call "I'm downstairs, I'm going to kill myself!"



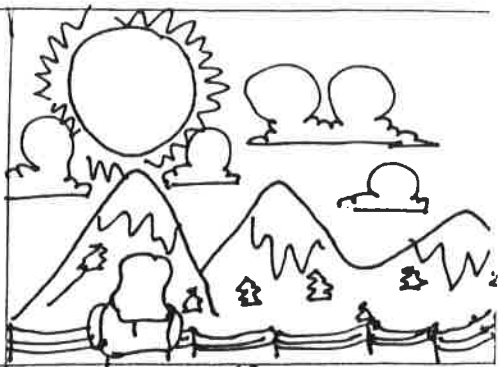
Neglected Cassie ran downstairs to find Mack in the car with a gun. He threatened that if "he can't have her, no one can." Cassie used her words to convince Mack to let her go back home and she would just do her job and come back. She called the police.



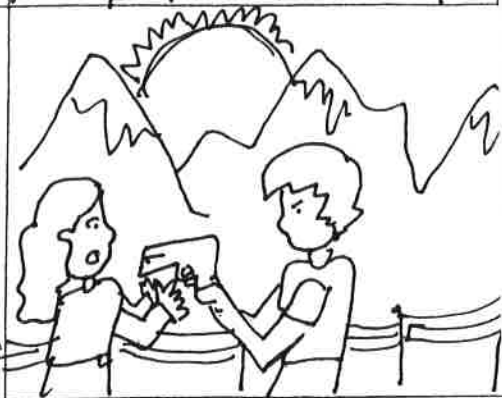
And How Does That Make You Feel?

Sahla Abba

Jennifer was standing atop a mountain, doing some sightseeing. There weren't many people around. She was overlooking the beautiful city, until she felt something.



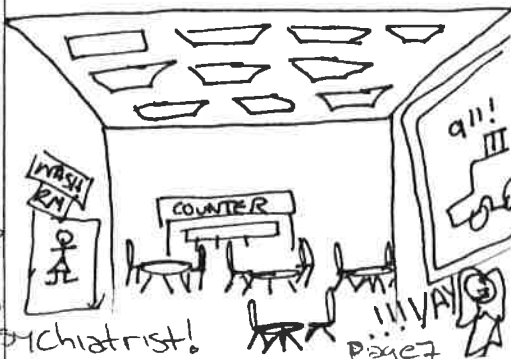
A man Jennifer had never seen before had a gun pointed at her. Jennifer was startled. But she was a quick thinker, you see. She began to tell the stranger she was a psychiatrist and she could help him.



They began walking down the mountain, gun pointed at Jessica. Jessica continued her story about being able to help the man. They eventually reached the bottom and went to a nearby cafe.



They sat at a table and talked, until Jessica excused herself. On her way to the washroom, she let an employee know the man had a gun & told the employee to call 911. When she left the washroom, the man was gone. The man got away, but Jessica was safe. oh yeah, she's not a psychiatrist!



Zoey went over to her best friend's house so they could hang out. She was only 10 years old. When she got there, she saw a strange man. He was a friend of her friend's dad.



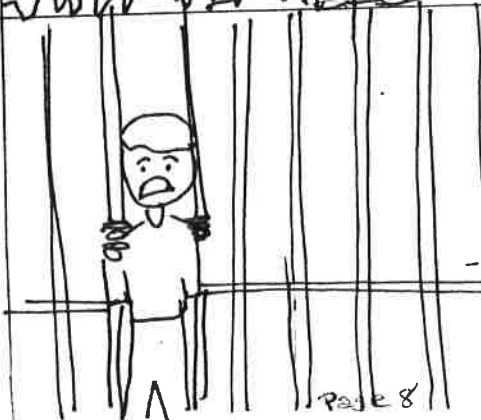
The stranger grabbed Zoey and pulled her into the bedroom. He tried to rape her. Zoey started yelling as loud as she could for help.



Zoey's four pitbulls heard her yelling and came to her rescue! They broke down the door, ran to the bedroom, and attacked the man.



Zoey ran away and into her home. She called the cops, and they came and arrested the man. He was charged with rape & possession of a gun. Zoey was safe! SUCCESS!



LITTLE MARY-JANE!!

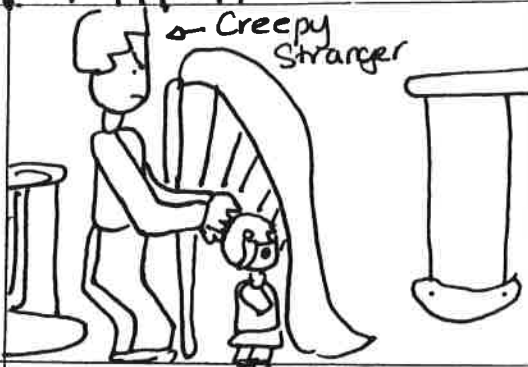
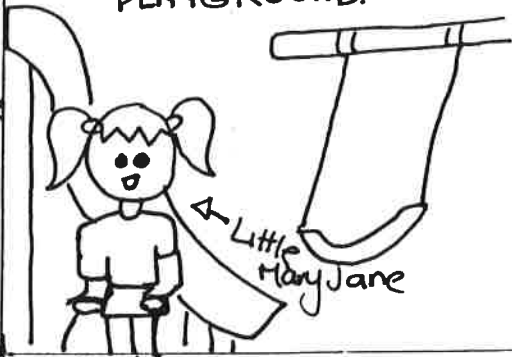
Little Mary-Jane (of course that's not her real name.) Was on the playground of her school. Only 5 years old, little Mary-Jane was suddenly caught up in a frenzy. While the teachers rushed to a kid inside who was badly injured, and other kids rushed inside as well, she was left alone on the playground.

Suddenly, a stranger man came out of nowhere and grabbed Little Mary-Jane from the back. Frightened, Little Mary-Jane tried to defend herself by remembering what her mother taught her.

Her mother was a Wendo instructor who teach women how to defend themselves in abusive situations. Her mother taught her how to defend herself in a serious situation.

Mary-Jane punched the creepy stranger's man's face so hard, she broke his nose and his cheekbone. Defeated, the man fainted and Mary-Jane ran away inside the school to inform her teachers. Her mother was so proud.

PLAYGROUND:



FLASHBACK

NOW, MARY I WANT YOU TO DEFEND YOURSELF IN ANY SITUATION WHERE YOUR LIFE IS IN DANGER. PUNCH LIKE THIS.



Mary-Jane's first page

Creepy Stranger

VICTORIOUS!!!



Shelby

Who's the boss of
MY LIFE?

I AM!

Who's the boss of

MY BODY?

I AM!

Who's the boss of

MY MIND?

I AM!

You're the

BOSS!

USE YOU
VOICE



Every woman

Poem by Sahle Abbasi

Every woman has dreams, dreams she can achieve.
Then why do others bring her down and leave.
Every woman has rights, rights she is entitled to.
Then why do others strip them away, and she is left lied to.

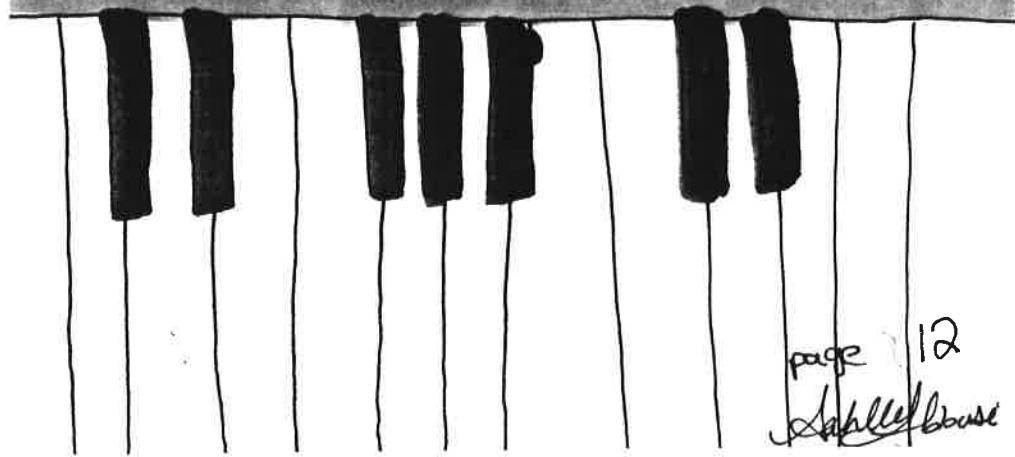
Every woman has hopes, hope for the future.
Then why do others tear it apart, and treat her like a creature.

Every woman has strength, strength to defend herself.
Then why do others make her feel so that in the end she can't fend ^{for herself.}

Every woman has freedom, freedom to do what she wants
Then why do others cage her up, and all she hears is mean taunts.

Every woman has respect, respect for herself and others.
Then why do others not reciprocate, and isolate their own wives,
friends, mother

Every woman has herself, herself is all she needs.
Then why do others make her feel worthless, as if she's only there to clean ^{and} feed.





The only thing THAT

NEEDS

Adjustments IS **YOUR**

CONFIDENCE.

REAL

Beauty

DOESN'T

NEED

Adjustments.

LOVE



YOURSELF.

TO-DO LIST

- ☒ Respect Myself
- ☒ Learn Something New Everyday
- ☒ Defend someone from injustice
- ☒ Be in charge of my life
- ☒ Be Confident
- ☒ Stand up for my rights
- ☒ Be proud of my achievements
- ☒ Don't let others define me.
- ☒ Always aim high.
- ☒ Express my feelings and emotions
- ☒ Have others respect my line of comfort
- ☒ Take advantage of every opportunity
- ☒ Strive for equality in all environments
- ☒ Feed the goldfish

We Can Do It!

STILL



Remember!

We haven't
changed in
a decade,
in 50 years
or a century,
and we won't
change!

We are still
the same strong
women as
the women
before us and
we will stay
this way.

We will
continue to
show in
any
environment,
in any
setting, in

any form. We
are not defined
by how people
think of us.

We are defined
by our own ideas,

our own strength,
our own choices
and our own thoughts
of OURSELVES!

*Selfie
2008*

page 417

USE YOUR
VOICE

