

How Can I Make A Difference?

...As an individual?

Re-examine yourself and your actions: Be more self-aware about your own everyday actions and how you might inadvertently be perpetuating gender, class or caste inequality.

Spread awareness through conversations: The next time an individual says something problematic, like “*stop being a girl*” or “*boys will be boys*”, start a conversation. Explain to them how statements and mindsets like that can contribute to rape and rape culture. These conversations don’t just have to be in person - you can have them online, over Facebook statuses, etc.

Speak out: Blog, write, be active on social media and publish how you feel about these issues. Your own thoughts may empower someone else and you will be able to reach people who you may not have been able to otherwise.

Volunteer: Make your community a safer place! There are several NGOs around Bangalore and India that are doing great work in regards to rape and discrimination against social minorities. We have compiled a resource list to share with you on our website - this will include NGOs and personalities that we personally think are fantastic!

Join our movement: Stay in touch! Consider contributing to our efforts, promoting us and/or otherwise offering to help. We intend to conduct similar workshops and events expand all over the country in the following months, but we cannot do this without your support.

...As a student/professional?

Examine your institution: Are there rules or practises that perpetuate gender or class inequality? Think about ways to structurally combat these - is there any way to bring this up with the management? Can you organize a petition? Can you at least have conversations with fellow students/employees?

Reach out: Can you get your institution involved to combat gender-based discrimination and violence?

Get creative: Think about how you can use your specific profession, field of study and/or other existing activity/commitment to help combat gender-based discrimination and violence.

Call us: We would be happy to schedule workshops in educational institutions and workplaces (as long as we are in the right city at the right time!)

Get trained: If you’re interested in holding a NCFW workshop at your educational institution or workplace, let us know and we can try to make arrangements to provide you with volunteer training. We will also keep you informed about our upcoming Workshop Training sessions and let you know how to access our Workshop Toolkit.