



Yinyandzaleyo!

STOP
GENDER-
BASED
VIOLENCE



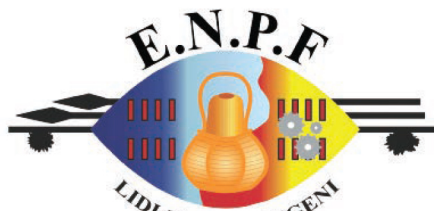
16 DAYS OF
ACTIVISM

25 NOV - 10 DEC

LET'S INVEST AND UNITE TO END GBV

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versations in the workplace. We need to show empathy towards survivors of GBV and provide care and support for them. As a woman, I deeply empathise with the devastating effects of GBV on not only women but the society at large. Violence negatively affects women's physical and mental health and well-being at all stages of their lives and impacts their professional development and economic empowerment. Therefore, my message will unpack three key areas that can help fight GBV in the country.



INVESTING IN MENTAL HEALTH, WELLNESS

In line with this year's theme, there are calls for investments to end GBV. One of the key focal areas needs to be scaled-up is wellness programmes and mental health. A paper by Global Health Action, 2014, noted that empathy, self-esteem, compassion, emotional regulation and resilience, stress management, relationship building and challenging problematic social norms are crucial in the primary prevention of GBV. While the journal was published years ago, their findings are strikingly relevant in the present day.

Furthermore, competencies such as rapport building, group processing, emotional nurturing, modelling and the prevention of vicarious trauma among staff are essential for the successful implementation of GBV primary prevention programmes.

As a corporate leader and manager, I believe every workplace needs to invest in the wellness of staff and programmes that can be replicated in the family context.

COMMITTING TO DENOUNCE GBV

The perpetrators of GBV live within the same society we are in. We need to engage each other to take a stand to never one day be accused of GBV. This starts with you and me speaking out against GBV at our workplaces, churches and social gatherings and inculcating a culture of zero use of violence to solve issues.

We need to invest the same time we use to discuss social and professional issues to denounce GBV. Ask yourself, when was the last time you reminded friends, colleagues and family about the importance of being anti-GBV to have a society that is productive and functional?

This call aligns with the 2023 theme advocacy objective, which states that we should take a stand publicly, engaging in activities and events to

raise awareness of anti-GBV in our communities.

Let us play our part.

ENPF'S PLEDGE AGAINST GBV

While I have stated my views on GBV, the organisation I serve is also passionately and actively against all forms of GBV.

As an organisation dedicated to the well-being of our staff and our community, we are unwavering in our stance against gender-based violence.

We believe that every person deserves to be treated with dignity and respect and call upon every member of society to join us in cultivating a culture of respect, equality and safety for all.

We believe in working together to end GBV and create a more just and harmonious society where one feels valued and safe.

ENPF has an active Wellness Programme, and we continuously invest in ensuring that our staff are supported on all the key pillars of the wheel of wellness.

The eight dimensions of the Wellness Wheel are interconnected to achieve balance and personal well-being and assist in preventing GBV and mitigating its effects on our staff or anyone connected to them.

The dimensions include emotional, financial, physical and occupational wellness, to name but a few.

In conclusion, we pray that through these 16 days of activism against GBV, we will witness fewer, if not zero, incidents of such violence. We also hope that beyond the 16 days, each member of society will play a crucial role in fighting GBV in all spaces they are in.



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