

## UPF UK: *Unsilenced* Film Screening - Elimination of Violence Against Women

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**Elimination of Violence Against Women – 'Unsilenced' Film Screening at Universal Peace Federation - UK**

**Organised by the National Association of Women's Organisations and the Justina Mutale Foundation**

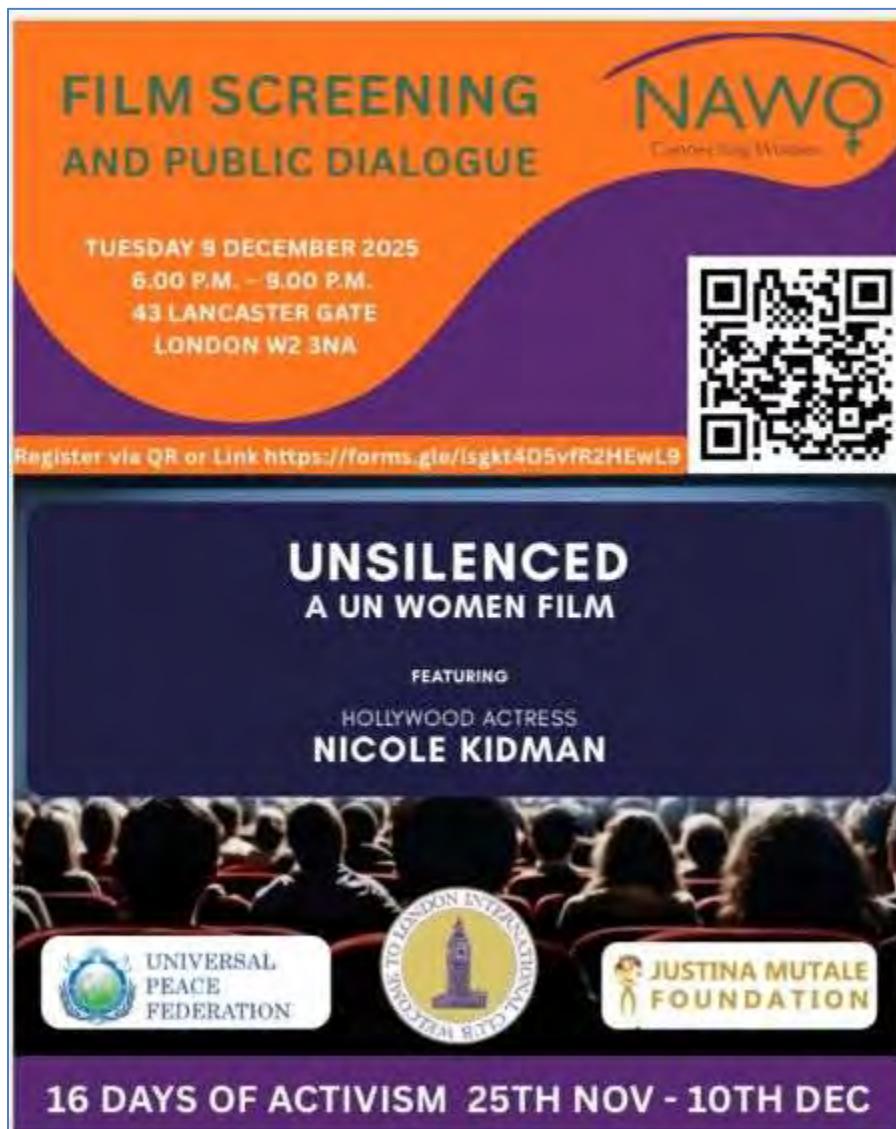
**Advocating Dignity, Safety and Human Rights for Women and Girls  
9 December 2025 | 43 Lancaster Gate, London**



As part of the **UN 16 Days of Activism Against Gender-Based Violence**, the Universal Peace

**Federation UK (UPF UK)** hosted a second programme on the **Elimination of Violence Against Women (EVAW)**, featuring a powerful screening of the UN Women documentary "*Unsilenced*."

The event was organised by the **National Association of Women's Organisations (NAWO)** and the **Justina Mutale Foundation**, both of which have delivered daily awareness-raising sessions throughout the campaign period - from **UN Day for the Elimination of Violence Against Women (25 November)** to **Human Rights Day (10 December)**.



#### **Highlighting Global Realities: The 'Unsilenced' Documentary**

*Unsilenced* captures women's lived experiences of **domestic violence**, coercion, and cultural practices harming women and girls across multiple nations. Produced by **UN Women**, the film amplifies the voices of survivors, activists, and legal advocates working to end all forms of violence against women.

The programme was moderated by **Ms Itty Bawa**, who guided discussions after each of the documentary's three thematic sections. She emphasised the **urgent need for systemic change**, noting that high percentages of women worldwide continue to face abuse. There also is a difficult course to bring a case to justice often because of stigma, shame, resistance from Police and Justice officials and societal pressure.

#### **Key Themes: Law, Culture, Religion, and Social Norms**

Speaker **Justina Mutale** highlighted the ongoing gaps in UK legislation - particularly the **slow adoption of measures required under CEDAW (Convention on the Elimination of All Forms of Discrimination Against Women)**. She noted that commitments made at international level are not yet fully reflected in UK domestic law.

Participants explored a wide range of issues affecting women:

- Religion and harmful interpretations of tradition
- Patriarchal customs and gender norms
- Female Genital Mutilation (FGM)
- Child marriage

- **Barriers to education and economic participation**
- **Legal obstacles and limited police responsiveness**

Despite the challenging testimonies, several examples of **positive transformation** emerged. One inspiring story came from **a couple in Kyrgyzstan**, where the husband had participated in a relationship-education programme. He shared how learning equitable communication transformed his marriage: "We now discuss decisions together... we feel like a team." His testimony illustrated the profound impact of **engaging men and boys as allies** in preventing violence.

### Courage, Legal Reform and Stories of Change

The film also showcased **young women who bravely challenged legal systems**, cultural assumptions, and long-standing social barriers. Their resilience demonstrated that change is possible - even in environments where reporting violence can lead to stigma, social exclusion, or retaliation.

These "**unsilenced**" **women** serve as role models for communities and policymakers, reminding us that **ending violence against women requires courage, solidarity, and structural reform**.

### UPF UK's Commitment to Human Rights and Women's Empowerment

## TOP TIPS FOR STAYING SAFE ONLINE

Supporting people to protect themselves, their privacy, and their wellbeing in digital spaces.

**1. Screenshot, Report, Block Bullies, and Keep a Record of Incidents**

If someone is harassing, threatening, or intimidating you online:

- Screenshot everything: messages, user names, dates, and times. Evidence is powerful if you ever need to access it.
- Report the behaviour using the platform's safety tools.
- Block the person immediately after recording details to protect your wellbeing.

**2. Protect Your Email with Authy MFA**

Your email is the Master Key to your online life. It's where password resets go. To secure it:

- Enable Multi-Factor Authentication (MFA) using a secure app like Authy, NotiNoti, or Google Authenticator. [www.authy.com](http://www.authy.com)
- This means even if someone guesses or steals your password, they still can't access your account.
- Avoid using the same email for both personal safety-sensitive accounts and public-facing profiles.

**3. Don't Re-use Passwords: Level Up with Bitwarden**

Using password manager is easy for account holders to strengthen their digital security.

Strengthen your security by:

- Using unique passwords for every account.
- Letting Bitwarden, a trusted password manager, generate and store strong passwords for you. [www.bitwarden.com](http://www.bitwarden.com)
- Enabling Bitwarden's built-in MFA solution for your most sensitive accounts.

**4. Protect Your Personal Information**

The majority of what you share and where you are:

- Avoid placing your location in real time (home, work, school, daily routine).
- Keep your phone number, email, and address private.
- Limit profile visibility to trusted contacts.
- Encourage friends or family to never to share about your routine or personal life.

**5. Trust Your Instincts, If Something Feels Wrong, Act on It**

Your intuition is a powerful safeguard:

- Impersonal or odd acts, unsuitably friendly, urgent, or perfect: this is a red flag.
- If someone claims to be a student, colleague or friend, verify their identity using a method you normally use (e.g. private messaging or photo verification).
- This is especially important when impersonation is common. For example, reports of fake student accounts initiating Zoom sessions.
- If anything feels off, leave, report it, seek information you don't feel safe to pursue yourself.

**6. Keep Devices and Apps Updated**

Updates are more than new features. They patch security gaps that criminals exploit:

- Turn on automatic updates for your phone, laptop, and PC.
- Restart your devices regularly to complete updates.
- Use reputable antivirus or security software where possible (e.g. Sophos Intercept X for mobile and tablet devices and Bitdefender for computer protection).

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[www.techrelate.co.uk](http://www.techrelate.co.uk)


Consistent with UPF's founding vision of **living for the sake of others, upholding human dignity**, and promoting **One Family under God**, UPF UK continues to partner with women's organisations, faith networks, community leaders, and policymakers to:

- Support survivors
- Advocate for stronger legal protections
- Combat harmful practices

- Promote gender equality
- Empower women and girls through education and dialogue

This event forms part of UPF UK's ongoing commitment to the **SDGs**, particularly **SDG 5 (Gender Equality)** and **SDG 16 (Peace, Justice and Strong Institutions)**.

Related Articles:

[Launch of MAGE - Men Advocating Gender Equality](#)

[Elimination of Violence Against Women and Girls - UPF UK Event in the Lords](#)

[International Women's Day 2024 - March 19th, UPF - UK Event](#)

[Universal Peace Federation – UK Report: 12 Years of Action to End Violence Against Women and Girls](#)

[Beijing Declaration and Platform for Action: Thirty Years On](#)

[Elimination of Violence Against Women Nov 26th - UPF UK](#)

#### Call to Action

- [Become an Ambassador for Peace](#) – Join a global network of leaders, changemakers, and community builders committed to advancing peace, dialogue, and moral leadership.
- [Get Involved in UPF - UK's Charitable Work](#) – Support our programmes in interfaith cooperation, youth leadership, gender equality, and community service. Your participation helps build bridges across cultures and strengthens social cohesion in the UK.
- [Become a Supporter of UPF - UK](#) – Become a Monthly Donor by contributing regularly to sustain our mission. Your support enables long-term peace initiatives, leadership training, and the growth of the Ambassadors for Peace network.