

Violence is humiliation. We must not humiliate women either physically, mentally or intellectually. They are equal half of the society. Let us be affectionate to them!

- **Abdul Samir Nassimi**
Civil Society Activist



“You should not treat them [women] with harshness.” ~ Quran, Surah An-Nisa, Verse 19

Our view as men towards women is formed in the context of our society subconsciously, and the consequences of it are inflicted on women.

I say this with honesty and I believe in what I say: a woman is another side of the coin and is she is the light of the home.

- **Fardin Faakhir**
Musician

Women make up half of the population of society. The development of any society is related to the level of engagement of women in all social, political and economic spheres.

In recent years a number of brave Afghan women have joined the national police force and other security sectors. They play a key role in maintaining security, countering terrorism and helping with the development of Afghanistan. Women prove that they too can be active like men.

- **Sediq Sediqqi**
Spokesperson, Ministry of Interior

**Medica Afghanistan – Women’s
Support Organization**

www.medicaafghanistan.org



Men in Support of Women and Elimination of Violence Against Women

In this pamphlet you will read the voices of just some of the many Afghan men who stand in solidarity with Afghan women to eliminate violence and discrimination and to ensure equal access to human rights and personal dignity.

Violence against women (VAW) can only be eliminated when men speak up against it and urge equal treatment among women and men.

Medica Afghanistan is a pioneer in fighting on behalf of victims of gender-based violence in Afghanistan. We offer psychosocial counseling and legal services, and we advocate for justice, equality and elimination of violence against women. Further, we provide sensitization and awareness-raising training to men and women.



Violence against women is violence against society and all humanity, and it demolishes the efforts that are aimed to move society forward. Violence is the most visible form of discrimination and a violation of human dignity. Therefore, any effort to reduce and even eliminate violence against women, not only liberates women (the other, equal half of society) from systematic subjugation, but also acts to improve societal wellbeing and pave the way for human and economic development.

Many values that we are committed to, such as democracy, human rights and equality, can only be fulfilled in a context that is non-violent, in particular free of violence and discrimination against women.

We are all obliged to eliminate violence against women, so we can ensure prosperity and sustainable peace in our society.

- Zia Moballegh
Civil Society Activist



Life starts with women. Violence against women is violence against the whole of humanity.

- Abdul Sami Hamid
Poet

If we, as men, despise women, we should be despised even more.

- Shafiq Mureed
Musician



Weak men, who do not have the power to control their instincts, are slaves to violence. Great men, on the other hand, follow the qualities of the prophets. They believe in the magic of kindness. Prophet Mohammad (PBUH), as one of the most powerful men of his time, believed in tenderness and kindness as the source of power in human beings.

- Farhad Darya
Musician, Songwriter

Al-Tirmidhi Hadith 628 Narrated by Abu Hurayrah:

The Prophet (saws) said: Among the Muslims the most perfect, as regards to his faith, is the one whose character is excellent, and the best among you are those who treat their wives well.

- Shafiqullah Kamawi
Gender Training Specialist

All types of violence against women have not been eradicated in any region in the world, and Afghanistan is a country where the level of violence against women is frightening. Violence against women cannot be justified. In order to eliminate it, we, as men and women, must stand up against the traditions that promote violence.

- Shakib Mosadeq
Musician

Violence Against women has roots in masculine attitude of men and in patriarchy. In order to eliminate violence against women, the attitude, which legitimizes misogyny, must change. Unless we, as men, do not correct ourselves and do not change our attitudes towards women, misogyny will not be eradicated.

Thus, men should put steps forward to eliminate violence against women.

- Barry Salaam
Civil Society Activist