



# Your #MessageToMySister toolkit



#MessageToMySister



WOMEN *for* WOMEN  
International

# Welcome to the #MessageToMySister toolkit!

**By downloading this toolkit, you've taken the first step to letting a woman survivor of war know she isn't alone.**

**This handy toolkit will:**

- Tell you all about the #MessageToMySister campaign
- Give you all the resources you need to send a message or host a #MessageToMySister postcard writing event
- Provide you with a message template to write your message and post on your social media



*"I am so glad to receive a card from you. I have learnt so much from the programme. I am encouraged to live on."*

**Elizabeth**

Women for Women International - Nigeria



**Our programme participants love receiving their #MessageToMySister postcards from supporters from all around the world.**

The collage features nine women holding their postcards:

- Top Left:** A woman in a red shirt and headwrap holds a postcard with a message in French. Name: EYE, Country: U.K.
- Top Middle:** A woman in a blue shirt and headwrap holds a postcard with a message in English. Name: Ego, Country: United Kingdom.
- Top Right:** A woman in a green headscarf holds a postcard with a message in English. Name: Khatun, Country: UK.
- Middle Left:** A woman with red hair in a black top holds a postcard with a message in English. Name: [illegible], Country: UK.
- Middle Center:** A woman in a grey shirt and beaded necklace holds a postcard with a message in English. Name: [illegible], Country: [illegible].
- Middle Right:** A woman in a blue patterned top and headwrap holds a postcard with a message in French. Name: Thamina 53/km, Country: UK.
- Bottom Left:** An older woman in a patterned headscarf and glasses holds a postcard with a message in Arabic. Name: [illegible], Country: E.H.
- Bottom Center:** A woman in a black top with pink flamingo patterns holds a postcard with a message in English. Name: [illegible], Country: [illegible].
- Bottom Right:** A woman in a blue headscarf and patterned top holds a postcard with a message in English. Name: [illegible], Country: [illegible].

The collage is flanked by colorful abstract patterns on the left and right sides.



## #MessageToMySister

# What is the #MessageToMySister campaign?

**Twenty-seven years ago, our first batch of sponsor letters were delivered to Bosnian women trapped during the siege of Sarajevo, who were enduring daily shelling and sniper attacks. Smuggled into the city via a secret tunnel, these messages of sisterhood were an emotional lifeline and connection to the outside world.**

Since then, over 930,000 letters of support have been exchanged between people like you and women survivors of conflict around the world. Letters that say: you are not alone.

For International Women's Day, we're running our #MessageToMySister campaign, inspired by the power of this shared connection. We are asking all of our supporters to send a #MessageToMySister to a woman survivor of war: a few words of hope, friendship, and sisterhood.

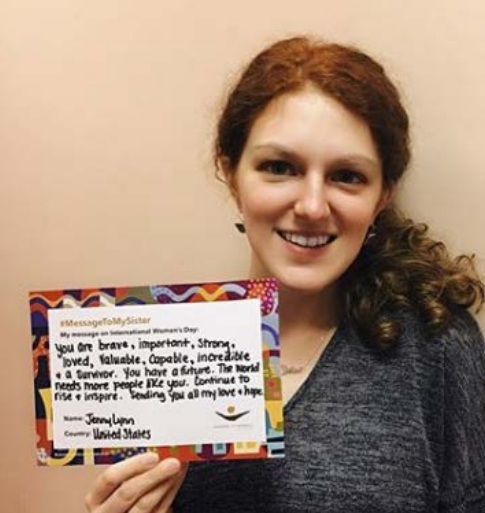
Could you become a #MessageToMySister campaign champion and show what the spirit of sisterhood is all about?



So far, the response has been incredible, we have received over **3,000 messages** from more than **60 countries!**

In 2020, we want to grow the campaign so even more women survivors of war will receive a message of support. Lend your voice and let's see the power of the global sisterhood continue to grow!





**Our amazing supporters sharing their #MessageToMySister postcards for International Women's Day 2019**



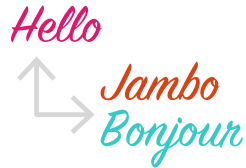
**#MessageToMySister**



# How it works



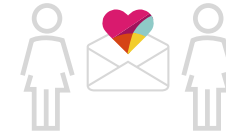
**1** You write your #MessageToMySister



**2** Your #MessageToMySister is translated



**3** Your #MessageToMySister is delivered



**4** A woman survivor of war receives your message and the power of the global sisterhood grows!

**Write your message of support** to women in countries affected by conflict and add your name and country.

**We will translate your message** and hand-deliver it to the women we support in Afghanistan, Bosnia and Herzegovina, the Democratic Republic of Congo, Iraq, Kosovo, Nigeria, Rwanda and South Sudan.



*"Sisterhood is a balm for the soul and a medicine for the wounds I have received."*

**Reem**

Women for Women International – Iraq





*"It's important to have your own goal  
in life, be persistent and strong  
in achieving your goals."*

**Huma**

Graduate of Women for Women International  
– Bosnia and Herzegovina  
shares in her own #MessageToMySister



# There are 2 ways to share your #MessageToMySister

**1** Visit [our website](#) and send your #MessageToMySister – you can download your message afterwards and share it on your social media channels to help spread the word using **#MessageToMySister** and tagging **@womenforwomenUK**

**2** Print the #MessageToMySister template on the last page ([you can also download it here](#)). Take a photo with your message and share it on your social media channels using **#MessageToMySister** and tagging **@womenforwomenUK**



# Need some inspiration?

These are a few messages we received from our supporters:



Dear sister,

You have a human right to have your thoughts, feelings, beliefs and words heard. I will stand by you in your fight to express yourself and to be treated with absolute equality.

**John,** United Kingdom

You are a strong, powerful woman. You have overcome, and you will continue to show the world your resilience. I believe in you, and in your right to a bright future. I know you can do it!

In solidarity,

**Allison,** United States

Women are supporting other women in standing up for our rights. Do not let anyone tell you what you can or cannot do, what you can or cannot achieve! We can do it together.

**Lirije,** Kosovo

Even when the times are dark, there's always hope. Maybe we are seas away but I want you to know that I stand with you and believe in you, because together we are stronger. So please believe in yourself and you will achieve big things.

**Mariana,** Mexico

# 3 ways to stay involved



## 1 Let's stay in touch!

By signing up for our mailing list you will receive updates about how your support is changing the lives of women affected by conflict, as well as general news about our work, appeals and ways to get involved.

Sign up at  
[womenforwomen.org.uk/message-2020](https://womenforwomen.org.uk/message-2020)

## 2 Fundraise

For every £289 you raise, you will be able to sponsor a woman survivor of war through our 12-month training programme, where she will gain access to the skills, knowledge and resources she needs to rebuild her life and support her family. You will also be able to exchange letters throughout the year.

## 3 Spread the word

Follow us on social media **@womenforwomenuk** and use your platform to inspire others to take part in sending a **#MessageToMySister** to women living in some of the world's most dangerous places.





# **#MessageToMySister**

**My message on International Women's Day:**

**Name:**

**Country:**



[womenforwomen.org.uk/message-2020](https://womenforwomen.org.uk/message-2020)

@womenforwomenuk

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