16DaysofActivism

#NotoDigitalViolence

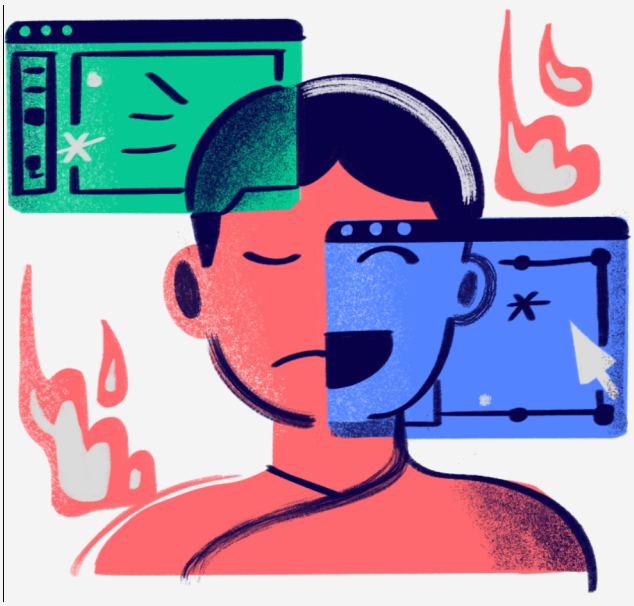
As we mark the end of the 16 Days of Activism against Gender-Based Violence under the theme, “UNiTE to End Digital Violence against All Women and Girls", we stand united against digital violence and cyberbullying. At Pangaea Zimbabwe, we stand in solidarity with all women and girls, recognizing that online abuse can threaten safety, dignity, and health. Our work empowering women through access to digital health information and supportive services reminds us that creating safe online spaces is essential for wellbeing and equality. We call on communities, platforms, and individuals to act responsibly, speak out against online abuse, and promote respect, safety, and empowerment in every digital interaction. Together, we can stop digital violence and ensure everyone can engage online without fear.

“From 25 November to 10 December 2025, the global UNiTE campaign is running under the theme “UNiTE to End Digital Violence against All Women and Girls”, with the core message that digital violence is real violence and there is no excuse for online abuse.

What the theme is getting at is that Digital violence isn’t just “people being mean online.” It includes things like:

- Cyberstalking, doxxing and threats
- Image-based abuse and non-consensual sharing of intimate content
- Deepfakes and AI-generated sexual images
- Harassment campaigns, dog-piling, and gendered hate speech
- Tech-facilitated control in intimate relationships (monitoring phones, tracking, coercive messaging)





Why does it matter in 2025?

Three big shifts are in the background of this theme:

1. Life is digital by default. For many women and girls, education, work, activism, and relationships are all mediated through screens. When digital spaces become hostile, it effectively pushes them out of public life.
2. AI has supercharged abuse. The rise of cheap, accessible AI tools has made it easier to fabricate nudes, impersonate people, and automate harassment at scale. UN and regional bodies are starting to treat this as a serious human-rights and governance problem, not just a tech glitch.
3. Law and policy are playing catch-up. New frameworks, like the African Union’s 2025 Convention on Ending Violence Against Women and Girls, explicitly include violence in cyberspace, which signals that states can no longer pretend “online” is outside their jurisdiction.

This year's focus isn't just "raise awareness and wear orange again." It's a call for:

- Governments to criminalize and properly prosecute digital GBV, protect privacy, and support survivors with real services, not just hashtags.
- Tech platforms to redesign systems so that women and girls are not default targets: better reporting tools, stricter policies on image-based abuse, action on deepfakes and coordinated harassment.
- Communities & movements to treat online attacks as serious red flags, especially because digital violence often links to or escalates into offline harm.

Global actors are explicitly framing these as forms of gender-based violence, not separate, lesser problems. WHO and UN agencies are stressing that safety and dignity have to exist online the same way we demand them offline.

So, in short:
2025's theme takes the fight against gender-based violence into the digital battlefield, insisting that what happens behind a screen is not "less real," and that states, platforms, and communities have run out of excuses for letting online abuse slide."

PZ Executive Director
Imelda Mahaka



“Digital violence isn't a virtual problem—it's a real-world crisis designed to silence women and girls. Shrouded in anonymity and the perceived safety of digital spaces, perpetrators inflict abuse with impunity, eroding dignity and leaving a devastating footprint of far-reaching negative consequences on the social and mental well-being of women and girls.

The time for passive observation is over. This systematic abuse prevents women and girls from participating fully in public life.

To avert this deepening crisis, we need:

- Robust legislation that holds perpetrators and platforms accountable.
- Comprehensive support systems for survivors of online abuse.
- Mandatory digital literacy and safety education for all users.”
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PZ Program Quality Director- Barbra Ncube





“Words online can hurt just as much as words in person. Let’s choose respect and kindness every time we post.”

PZ BDU Officer,
Cleopatra Makura

“No one should feel unsafe in their own digital space. Together, we can stop online abuse before it spreads.”

PZ Research Assistant,
Sibusisiwe Sibanda





"Everyday is a call to action. Gender-Based Violence is not a season, it is a lived reality for many, both in their homes and on the digital spaces we occupy. This year's reminds us that our advocacy must evolve; we must stand, speak, protect, and empower; not only in communities but also online- 365 days a year."

PZ BDU Officer,
Belinda Magarira





"Standing here today, I am reminded that change starts with honest conversations and brave choices. Gender-based violence is not a private issue, it's a human rights issue. We all have a role to play by educating ourselves, supporting survivors, challenging harmful norms and creating spaces where everyone can live free from fear from cyberbullying and digital violence"

PZ HR Coordinator,
Samukele Sibanda



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“We stand in solidarity with women and girls, advocating for safer online environments where everyone can access information, health services, and opportunities without threat. Together, we can challenge cyberbullying, stop digital violence, and build a culture of respect, empathy, and empowerment online.”

PZ Finance Assistant
Charity Lisah Zhou





“Every click, comment, and share has power. Use it to uplift, not to harm.”

SHAZ Hub! Clerk,
Ruramai Mudzingwa

16 DAYS OF ACTIVISM

AGAINST GENDER-BASED VIOLENCE

Theme: UNiTE to End Digital Violence against All Women and Girls



Safer Pathways, Empowering the girl child

Preventing violence against adolescent girls and young women (AGYW) requires strong community engagement alongside meaningful economic empowerment. Pangaea Zimbabwe's experience implementing the Determined, Resilient, Empowered, AIDS-Free, Mentored and Safe (DREAMS) programme showed that when government line ministries, parents, mentors, traditional leaders, young people and service providers come together using a layered approach, they can create an environment where harmful social norms are challenged and safer pathways for girls can emerge. Importantly, AGYW voices play a critical role in shaping community attitudes about safety, consent and equality.

Within DREAMS, community engagement was combined with practical opportunities for AGYW who were screened and identified as having experienced violence. Economic empowerment proved to be one of the most effective tools for reducing AGYW's vulnerability to sexual violence. When AGYW gain skills, access livelihoods and strengthen their financial independence, they have more choices, and their risk of exploitation, including HIV acquisition, decreases. ed to and successfully linked to the support they needed. The DREAMS programme demonstrated that layering economic strengthening with health services, mentorship and social protection can shift life trajectories, ensuring that all AGYW eligible for post-violence services were referr

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During these 16 Days, we are reminded that lasting change is achieved when communities unite and when AGYW are not only protected but truly empowered through layered interventions. The DREAMS experience showed that active referrals for AGYW exposed to violence, combined with a comprehensive package of age-appropriate violence-prevention and economic-strengthening interventions, can transform lives. By investing in both social transformation and meaningful economic opportunities, we expand access to violence-prevention services, strengthen girls' resilience, and create safer pathways for their futures. This is how we move closer to a Zimbabwe where every woman and girl can live free from violence and full of possibility.





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