

# **'Thursdays in Black'**

## **- Towards a world without rape and violence -**

Gender based violence is a universal and global issue that harms men, women and children in their most private spheres. We often feel helpless and hopeless in the face of so much pain and injustice.

However, we can all be involved in a simple but powerful campaign to address gender violence. Every Thursday, people around the world wear black as a symbol of strength and courage, representing our solidarity with victims and survivors of violence, and calling for a world without rape and violence.

'Thursdays in Black' encourages everyone, men and women, to wear black every Thursday. This can be a campaign T-shirt, other black clothing or simply a campaign badge as a sign of their support.

Wearing black on Thursdays shows others that you are tired of putting up with violence, and calls for communities where we can all walk safely without fear; fear of being beaten up, fear of being verbally abused, fear of being raped, fear of discrimination. The campaign is not confined only to countries at war, but recognizes that violence takes many forms – including domestic violence, sexual assault, rape, incest, murder, female infanticide, genital mutilation, sexual harassment, discrimination and sex trafficking.

'Thursdays in Black' focuses on ways that individuals can challenge attitudes that cause rape and violence, on a personal and public level. It provides an opportunity for people to become part of a worldwide movement which enables the despair, pain and anger about rape and other forms of violence to be transformed into political action.

CABSA became involved in the 'Thursdays in Black' campaign in 2012 and has been actively promoting the campaign ever since. Joining this campaign has been a profound journey for the organization and has changed the way the organization thinks and responds to gender issues and gender based violence. For us at CABSA, 'Thursdays in Black' has become a spiritual discipline rather than just another campaign.

'Thursdays in Black' is supported by individuals, churches, denominations and organizations worldwide.

**[www.thursdaysinblack.co.za](http://www.thursdaysinblack.co.za)**

## How can I join?

- ✓ Wear Black on Thursdays and say NO to abuse of women and children.
- ✓ Commit to this campaign and sign the pledge at:  
[www.thursdaysinblack.co.za/pledge/](http://www.thursdaysinblack.co.za/pledge/)
- ✓ Wear the 'Thursdays in Black' badge and encourage others to support the campaign.
- ✓ Badges can be ordered from CABSA's offices or the 'Thursdays in Black' website.

## The 'Thursdays in Black' Pledge:

### *By supporting 'Thursdays in Black' I stand;*

- In protest against systems and societies that encourage violence in any form.
- In solidarity with 1 in 4 women worldwide who face violence in their lives.
- In mourning for men, women and children who are harmed and killed in sexual violence.
- For awareness and information about the challenges of gender based violence.
- In the hope that a different reality is possible.

By making this pledge I undertake to stand up and make a difference in the world where I live, work and play.



**CABSA**

Christian AIDS Bureau for Southern Africa  
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proud  
supporter of



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