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MANAHEL AL-OTAIBI, SAUDI ARABIA

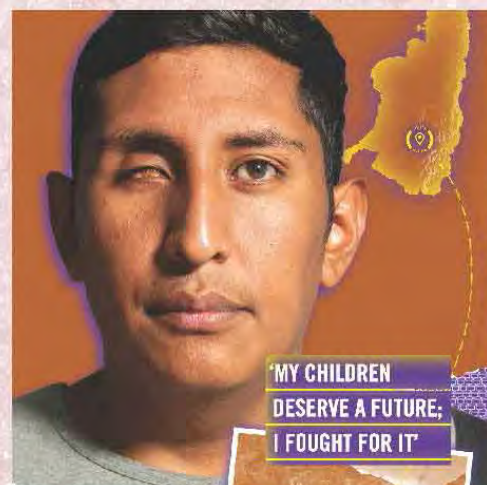
Manahel al-Otaibi is a fitness instructor and a brave outspoken advocate for women's rights in Saudi Arabia. In November 2022, she was arrested after posting to Snapchat photos of herself at a shopping mall. In the photos, she was not wearing the traditional long-sleeved loose robe known as an abaya. Manahel has been sentenced to 11 years in prison.

Demand Saudi Arabia frees Manahel al-Otaibi.



#W4R2024

Since its beginnings as a movement in 1961, Amnesty International has always included personal letter writing as one of its main campaign methods. Many have already spoken out in defense of human rights by simply taking a few minutes to write a letter. Since 2001, the organization has collected millions of messages written in support of people who are unjustly detained or persecuted, and Write for Rights has become the world's biggest human rights event.



JOEL PAREDES, ARGENTINA

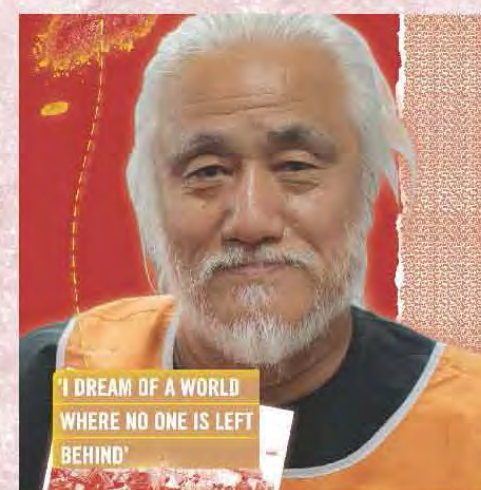
Joel Paredes is a 29-year-old father from Jujuy province, Argentina. On 30 June 2023 Joel attended a protest against changes to the province's constitution, including restrictions on the right to peaceful assembly, measures that may cause damage to the environment, and risk violating Indigenous Peoples' land rights. Police fired rubber bullets at protesters. Joel was hit, permanently blinding him in the right eye, and leaving him with debilitating nerve pain. No one has been held accountable.

Demand justice for Joel Paredes.

WET'SUWET'EN NATION LAND DEFENDERS, CANADA

The Wet'suwet'en Nation are deeply connected to their ancestral lands, but this is threatened by the construction of a fossil fuel pipeline through their territory. Their Hereditary Chiefs did not consent to this construction. Land defenders have been charged for blocking pipeline construction sites, even though these sites are on their ancestral lands. They could face prison and a criminal record.

Call on Canada to stop criminalizing Wet'suwet'en and other Indigenous land defenders.



KYUNG SEOK PARK, SOUTH KOREA

Kyung Seok Park is a dedicated disability rights activist. Holding peaceful protests on Seoul's public transport systems, Kyung Seok Park has drawn attention to how hard it is for people with disabilities to easily access trains and subways safely - denying them the ability to travel to work, school, or to live independently. Kyung Seok Park's activism has been met with police abuse, public smear campaigns and punitive litigation.

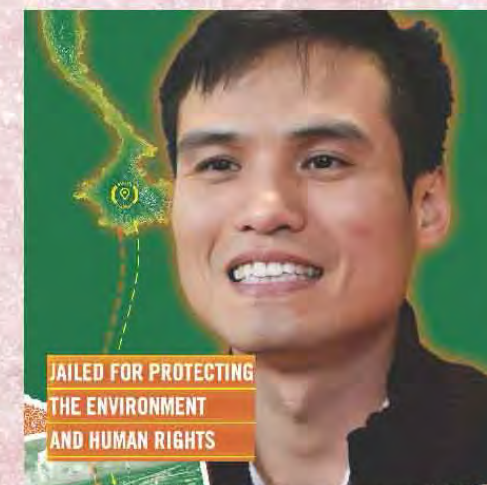
Call on the mayor of Seoul to protect Kyung Seok Park's rights.

DANG DINH BACH, VIET NAM

Environmental justice lawyer Dang Dinh Bach has dedicated his life to protecting people in VietNam from pollution and the impact of climate change.

On 24 June 2021, Bach was arrested and jailed for alleged tax evasion, a tactic used by the Vietnamese authorities to silence environmental activists. He was sentenced to five years in prison for a crime he did not commit.

Call on Viet Nam to immediately release Dang Dinh Bach.



**LEARN MORE ABOUT
WRITE FOR RIGHTS AND
HOW YOU CAN JOIN!**



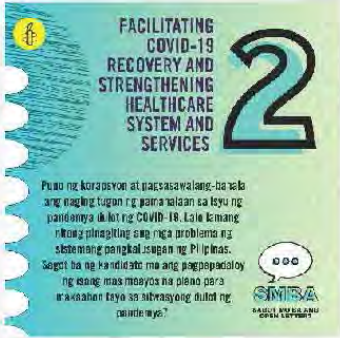
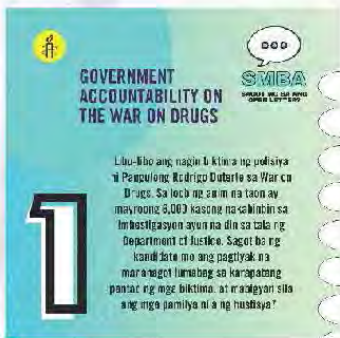
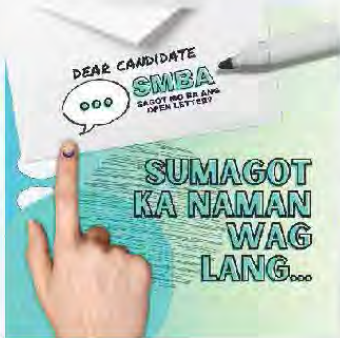


SMBA

SAGOT MO BA AKO, BBM?

Nagpadala ang Amnesty International Philippines ng isang open letter sa lahat ng kumakandidato bilang pangulo, pangalawang pangulo at senador noong 2022. Nilalaman ng sulat ang isang paalala, panghihikayat, at hamon na isama ang karapatang pantao sa mga plataporma at action plan ng mga kumakandidato. Nagsisilbi itong tanda ng pagtataya nila bilang mga lingkod-bayan sa kanilang pananagutan sa karapatang pantao.

Hiningi ang malinaw na tugon patungkol sa mga sumusunod na usapin, at patuloy itong binabantayan hanggang sa kasalukuyang administrayon sa ilalim ni Pangulong Marcos, Jr.



SA IKALAWANG TAON NG PANUNUNGKULAN NI BBM, MAY PAGBABAGO BA?

Sinagot nga ba nya ang kapakanan ng mga Pilipino?

Hiningi ng Amnesty International Philippines ang Human Rights Action Plan ni Pangulong Ferdinand Marcos, Jr. — hindi lamang ang kanyang katayuan sa mga isyu, kundi mga konkretong plano, programa at aksyon na nakikita niyang sagot sa mga problema sa karapatang pantaong hinaharap ng mamayang Pilipino.

Ang pagkakaran ng tapat at maayos na pagkakaintindi sa karapatang pantao, at sariling initiative na bumuo ng planong sumasagot sa iba't ibang human rights issues ay paunang tanda lamang ng tunay na pagkilala ng pangulo sa kanyang responsibilidad sa taumbayan.

Nilipon ng Amnesty International Philippines ang mga tinitindigang isyu tungkol sa karapatang pantao ni Pangulong Marcos, Jr. noong nakaraang halalan, narito ang ilan na maaring ikumpara sa kanyang mga naging prayoridad sa pagpapalakad sa bansa nitong nakaraang dalawang taon sa panunungkulan.

“

Amnesty International Philippines calls for realistic and transparent measures to mitigate the shortages, especially in food and other basic commodities and essential services that make it possible for Filipinos to live with dignity. Measures addressing inflation, for instance, should in particular be conscious of the lived experiences of the most vulnerable groups in society, with them at the center of the decision-making.

SONA REPORT CARD

ACCOUNTABILITY ON THE WAR ON DRUGS

• ICC: In November 2023, Marcos Jr. revealed that his administration is studying its options of returning to the International Criminal Court which strained the Marcos-Duterte alliance. This was followed by the DOJ announcement in May 2024 that it is preparing a legal brief for the President to lay out his options over possible arrest warrants to be issued by the ICC over Filipino nationals. Even with these pronouncements, President Marcos remains steadfast in its position of non-cooperation and non-engagement with the ICC. The ICC recently ruled to continue the investigation on the extrajudicial executions under Duterte's administration numbering at 6,000 by government count while human rights groups believe the numbers to be much higher estimated at more than 24,000.

• UNJP: Even during the planning and subsequent implementation of the UNJP, there were continued reports of harassment, threats, arrests, attacks, torture, disappearances and red tagging against civil society actors. The continued drug related killings (593 killings by the March 2024) by police have also raised serious ongoing concerns and undermine the objectives set for and by the technical cooperation and capacity building by all parties involved. Civil society organizations, the OHCHR and the CHR of the Philippines have all asked the Philippine Government to take steps towards the protection of civic space to enable domestic discussions to address challenges to human rights.

The program, in the strictest sense, did not advance accountability for the gravest abuses by the Duterte administration well onto the Marcos Administration The UNJP has also failed to address other key issues central to its engagement and this includes the continued implementation of repressive policies such as the Anti-Terrorism Law, the “Double Barrel and Oplan Tokhang” campaign and the National Task Force to End Local Communist Armed Conflict (NTF-ELCAC).

PREVENTION OF FURTHER HR ABUSES

• The Philippines continue to “enjoy” its status as one of the worst countries for journalists, legal professionals, trade unionists and environmentalists to operate in.

• HRD Protection: There is currently minimal legislation that recognizes the legitimacy of human rights defenders' identity and work, that protects them from harm against state and non-state actors and provides remedy when their rights are violated.

Instead, the state legitimized its attacks towards human rights defenders using the Anti-Terror Law, and the exploitative application of the Anti-Money Laundering Act and the Cybercrime

Prevention Act. Several international agencies already pointed the detrimental effects of the attacks of the state towards rights defenders. The UN High Commissioner for Human Rights noted that it “dilutes human rights safeguards” and creates a “chilling effect on human rights and humanitarian work.”¹⁷ The UN special rapporteur on freedom of expression and opinion recently stated that the Philippines must repeal the Anti-Terror Law, defund the National Task Force to End Local Communist Armed Conflict, and create policies that safeguard the rights and welfare of human rights defenders.

• The NTF-ELCAC continues to operate despite repeated calls for its abolition. The tactics used by the NTF-ELCAC such as partnering with schools through the NSTP and engaging barangays enhances the propagation of harmful narratives against activists and activism through flaunting lists of student organizations tagged as “terrorists” or “communists”, encouraging students to identify “communists” among their peers, and implementing projects to gather information and put human rights defenders, church workers, development workers among others under surveillance.

• The Marcos Administration created the Special Committee on Human Rights Coordination. While the move seemingly signals the Administration's commitment to human rights, the Committee further convolutes the human rights and justice system as the Commission on Human Rights and the Presidential Human Rights Committee already exist, with the prior lacking significant support and resources from the administration

ACCESS TO PUBLIC HEALTHCARE

• The 2024 General Appropriations Act (GAA) has earmarked approximately P241. 1 billion for the DOH, significantly rising from the initially proposed P199. 1 billion in the National Expenditure Program (NEP), highlighting an increase of P42 billion. Despite this, the Philippines continue to suffer critical gaps in its healthcare system. It suffers from inequities in the healthcare system - only 21 percent of its provinces with adequate primary care facilities that can service the poorest of the poor. There is inadequacy in health financing where over 50 percent of the hospitals are privately run. Also, the country continues to lose healthcare workers to better job offers abroad effectively worsening the medical practitioner to patient ratio.

LABOR AND SECURITY

• Labor groups currently called the recent minimum wage as “starvation wages”, describing their income cannot help up to the poverty threshold and the effects of the inflation.

Amnesty International Philippines will never look away; we are keeping watch. In fact, we are still anticipating the Palace's promise of a dialogue through the Presidential Human Rights Committee, following the release of our State of the World Human Rights Report this year. We are all set. BBM, Sagot Mo Ba Ako?



Only a 40-peso increase was granted to workers in private establishments in the National Capital Region (NCR) last June 2023, despite the inflation rate rising up to 8.7% in January. The last legislated national wage hike took place over 30 years ago. Several bills in Congress propose to raise the minimum wage of private sector workers nationwide with proposed amounts varying between Php100 and Php750. Labor Secretary Bienvenido Laguesma has expressed concern that employers—particularly micro, small, and medium enterprises—would not be able to afford the wage increase.

- An estimated 38,000 jeepney drivers and their families are threatened by the Philippine Public Utility Vehicle (PUV) Modernization Program. The administration set 20 April 2024 as the deadline for PUV franchise consolidation and the traditional jeepney phaseout. An 81% consolidation rate was achieved by this deadline, but the hefty consolidation requirement threatens these drivers as they struggle to pay for modern jeepney units costing millions of pesos on measly earnings.

EDUCATION FOR ALL

- The Philippine Business for Education (PBEd) considers the Philippine educational system to be in crisis raising concerns over declining mental health of students and teachers, lack of support for teachers, culture of mass promotion of learners and lack of assessment of key issues.

- UNICEF has also raised the issue of poverty as a factor for the dwindling numbers of students in public and state funded learning institutions. The Philippine Statistics Authority has reported that approximately 16.7 million Filipinos live below the poverty line, with many of them struggling to make ends meet daily. Consequently, education becomes an unaffordable luxury for many families, especially those living in the most impoverished communities. The inability to send their children to school forces them to work instead, perpetuating the cycle of poverty for generations.

The ongoing armed conflict in some parts of the Philippines has created many challenges in the education sector. In particular, the situation has greatly impacted the lives of many children, making it difficult for them to continue their studies. With schools being forced to close and students being displaced, the government has recognized the need for alternative education systems that can provide access to education to those who have been affected by the conflict.

- Another important issue facing the education system in the Philippines is the lack of resources and infrastructure in many schools, especially in rural areas. This challenge is widespread and affects a significant number of schools in the country. According to a report by the Department of Education, around

5,000 schools in the Philippines have no access to electricity, while 10,000 have no access to potable water. This lack of basic amenities puts students and teachers at a significant disadvantage, affecting the quality of education they receive. In addition, many schools lack adequate classrooms, textbooks, and teaching materials, making it challenging for students to learn effectively. This challenge is not only limited to rural areas but is also present in urban areas.

PRESS FREEDOM

There is no progress due to the fact that we still have laws that curtail press freedom, no accountability for those who have abused their powers in the closure of ABS CBN and those who have harassed / killed and violated the rights of journalists and other media practitioners.

FREEDOM OF EXPRESSION

Regression due to the repercussions of having a status quo on "no action" policy of the government.

CRACKDOWN ON CORRUPTION

- In its 2024 Corruption Perception Index, Transparency International maintained that the Philippines remain at the lower end of the spectrum amongst its Asia Pacific counterparts. The Philippines was ranked 115th out of the 180 countries and territories on the list, up from 116th in 2023.

The Philippines is considered amongst the 'significant decliners' in the region, having been in steady decline since it placed 85th in 2014. Key concerns seen in the country include anti-corruption policies versus practice and accountability, normalization of bribery in government practice, diversion of public funds, rampant use of public position for private gain without consequence, nepotism in public appointments, non-disclosure of finances and conflicts of interest, lack of protection for people who report or witness against graft and corruption and lack of transparency on information regarding governance, expenditure and policy creation.

- The controversial Maharlika Fund, a priority of the president that was signed into law in 2023, continue to build on its operations having had its first board meeting in January 2024. Despite government assurances, critics from the business and financial experts and the academe continue to raise concerns on the investment fund as being akin to a plunder fund. The law that created the Maharlika Fund lacks safeguards to protect public funds from abuses, graft and corruption, money laundering or tax evasion. It is also open to possible abuses or gross incompetence or negligence of the presidential appointees who will manage the funds.

CAMPAIGNERS MEETING 2024

Solidarity and Organizing: Campaigners Meeting 2024

The Campaigners Team is a group of Amnesty members and activists representing their respective regions, and working with the National Secretariat in promoting Amnesty's human rights campaigns in their community, supporting activism initiatives within their group, and overall contributing to the effective planning and delivery of the our Human Rights Campaigns.

This year's meeting, held in La Breza Hotel last 02-04 August, was all about breaking down and building up the role of Amnesty human rights campaigners within their own communities and groups: as leaders--strengthening our collective understanding on the issues we campaign for before we engage others; as organizers--bringing our communities together and working with like-minded partners to deepen and broaden participation in human rights activism across all levels of solidarity; and as movers--bridging our work at the local and national levels towards greater human rights impact.



Who we are as campaigners, and our role in our communities:

Campaigners as Leaders

"We provide strategic leadership by bringing voices into our process and identifying interventions and opportunities—theory of change." "We bridge! Not just our region to the NS, and our regions with each other, but Amnesty to partners. We can't be limited to just Amnesty." "We educate and we mobilize our members, supporters, and people, in general."

- Campaigners Team 2024





Campaigners as Organizers, Allies, and Partners

"Organizing gives us the opportunity to do more than map out the monstrosity that is the system; it allows us to build bonds between people in unique and powerful ways. By expanding our relationships and embracing interdependence, we can leverage power against the threats we face and extend care amid crisis."

Mariame Kaba, Kelly Hayes - Let This Radicalize You: Organizing and the Revolution of Reciprocal Care



Campaigners as People

As campaigners, we have a duty to care for ourselves, and for the people we engage, organize, and mobilize.

Amidst the many challenges of being human rights activists, we'll find joy in this work together, taking care of each other, and reminding each other to take care of ourselves.



Campaigners as Movers

We are also a collective of practice and learning. We put our plans to action, learn from them, and share what we learned from each other.

"In people powered movements, none of us are single player actors. Much like an ecology of the natural world, we all grow in the same space and our growth is affected by the life of others. "



MAKING SA MGA



ANO ANG KWENTONG PROTESTA MO?



Learn more!

Kwentong Tibak is a campaign launched in 09 August 2024 that highlights human rights defenders, giving them a platform to tell their stories, experiences and advocacies.

Bae Theresa



Bae Theresa shared her experience as a Manobo-Pulangiyan who had their Ancestral land taken away from them.



Issa Manalo Lopez



Issa shares her story as a child of during Martial Law with her parents in prison for being activists and how all of these events shaped her into becoming an artist.

Jhay de Jesus



Jhay tells the daily life of a Filipino human rights defender fighting against social injustices against administrations who demonize protests.



BASTA!

RUN AGAINST TORTURE XIV: FREEDOM FROM TORTURE IS OUR RIGHT

Last June 26, Amnesty International Philippines joined the United Against Torture Coalition and other member organizations for the 14th annual Basta Run Against Torture (BRAT XIV). This year's theme brings the event back to its roots: that it is every person's human right to be free from torture and other degrading treatment; and every person's responsibility to uphold and protect this right.



Unity and cooperation. More than 500 people from the civil society organizations, the Department of Justice, the Department of Interior and Local Government, and the Commission on Human Rights marched together to increase public awareness about universal right to be free from torture, and calling for the effective implementation of the existing Anti-Torture Law. With the presence of the Philippine National Police and the Bureau of Jail Management and Penology, the event is hopeful in seeking positive commitment from these duty bearers in addressing health and safety in jails and detention centers, and develop a Safe In Custody Manifesto, “reinforcing the reinforcing the collective commitment to ensuring the safety and well-being of all individuals in custody.”



International Day in Support of the Victims of Torture

Since 1997, June 26 has been declared by the United Nations and observed as the International Day in Support of the Victims of Torture. This day serves as a reminder of the continued, despite sometimes hidden, existence of torture in many countries; and a call to action for everyone to demand protection, accountability, and justice for victims of torture everywhere.

In the Philippines, despite the enactment of the Anti-Torture Law, torture and degrading treatment remains to be a reality for both suspects and detainees. It has also been increasingly used against state-labeled insurgent, and even activists in anti-insurgency operations. In United States 2022 Country Report on Human Rights Practices in the Philippines¹, the Commission on Human Rights states that “members of the security forces and police were accused of routinely abusing and sometimes torturing suspects and detainees. Common forms of abuse during arrest and interrogation reportedly included electric shock, burning with cigarettes, and suffocation.” As of August 2022, the CHR had investigated “33 cases of alleged torture involving 45 victims”; while the Task Force Detainees of the Philippines (TFDP) “documented six torture cases with 17 victims”.



HISTORY OF BRAT

The first Basta! Run Against Torture (BRAT) was held on the 25th of June 2002 led by the United Against Torture Coalition-Philippines (UATC-PH). The UATC-PH was founded by Amnesty International-Philippines, Balay Rehabilitation Center, Medical Action Group (MAG) and Task Force Detainees of the Philippines (TFDP), and soon grew to include many other NGOs and anti-torture advocates, and expanded its work with multiple government agencies. BRAT was the launch pad towards a long, but persistent freedom from torture campaign that aimed to pass a National Anti-Torture Law—a win that later came in 2009.

Currently, UATC-PH and BRAT are geared towards ensuring proper and effective implementation of the Anti-Torture Law, the Optional Protocol to the Convention Against Torture (OPCAT) by advocating for the National Preventive Mechanism Bill, which also addresses inhumane and degrading conditions for persons deprived of liberties.

PROTECT PRIDE





PROTECT THE PROTEST, PROTECT THE PRIDE

On Saturday, June 22, Amnesty International Philippines attended the Love Laban 2 Everyone Pride PH Festival, touted as Southeast Asia's biggest pride event attended by 200,000 people.

Pride is Protest, the AIPh contingent's shirts reminded.

While Pride is indeed a happy celebration of what the LGBTI community has gained globally and locally thus far, it remains—at its very core—a protest against ongoing inequality and discrimination.



PRIDE MARCH

AIPh distributed flowers with QR codes that linked to a petition for the SOGIE Equality Bill during the march itself, further encouraging activism at Pride during the march from Quezon City Hall.

MOVING ACTIONS

Represented by staff and youth members, AIPh enjoined members of the LGBTI community and its allies to protect the nature of Pride as a protest through a signature campaign for the Human Rights Defenders Protection Bill.

AIPh emphasized the role of LGBTI activists as Human Rights Defenders and the importance of protecting protest as an avenue for achieving true SOGIE equality.



CDO PRIDE

Members from AIPh PHINMA COC and AIPh Cagayan de Oro joined Cagayan de Oro Pride, highlighting pride as protest. A booth was set up to facilitate petition signing for SOGIE Equality and the Human Rights Defenders Protection Bill.

AIPH AND NORTHERN LUZON PRIDE

Members from AIPh Baguio-Benguet (BaBe) set up an activism booth with the UP Baguio group at Pride Fair 2024: Anik-anik ni Ac c ling in Baguio City on June 27-28. Organized by UP Baguio Bahaghari and the Northern Luzon Pride (NLP) Network, the event gave AIPh members the opportunity to engage with a large network of LGBTI and allies. Together they gathered 200 signatures for the SOGIE Equality and Human Rights Defenders Protection Bill petitions, and 23 photo actions.



QUICK IMPACT PROJECT



The campaign for the recognition and protection of human rights is indeed an enormously challenging task. Nevertheless, this calls for genuine and stronger cooperation among human rights advocates, defenders, groups, and the government.

Recognizing the value of cooperation and partnership-building as fundamental to achieving its goals, Amnesty International Philippines (AIPh) has mobilized and maintained partnerships with various human rights advocates, groups, and institutions since it started its human rights campaign in the Philippines. One, in particular, is the country's National Human Rights Institution, the Commission on Human Rights.

For several years, Amnesty International Philippines and the Commission on Human Rights has consistently teamed up in various endeavors towards the protection and promotion of human rights. One recent collaboration was on the co-implementation of the Quick Impact Project (QIP).

The QIP is an initiative of the Commission on Human Rights and Governance in Justice (GOJUST), with support from the European Union and Spanish Agency for International Development Cooperation (EU-AECID), which basically gives resource allocation to successful applicants to fund small scale projects aimed at promoting and safeguarding human rights. Projects under QIP are generally low-cost and time-bound. Eligible to avail of the QIP are law student organizations, Center for Human Rights Education (CHRE) partners, and CHR-accredited CSOs.

As a trusted partner of the Commission on Human Rights, AIPh was among the invited CSOs to participate in QIPs. To qualify, AIPh went through the Commission's accreditation process and a Certificate of Accreditation was issued to the organization in April 2024, with a validity of three (3) years. AIPh submitted two QIP proposals which were subsequently both approved.

Implemented in May 2024, the first project was under the category 'human rights promotion and advocacy'. It involved a two-day capacity learning session and consultation organized for an Indigenous Cultural Community (ICC), the Manobo-Pulangiyan, a community consisting of 1490 families that AIPh has been assisting since 2022 in their ancestral land repossession journey. AIPh' support in the past included empowering the community through consistent conduct of various educational and capacity enhancement activities among others. The Manobo-Pulangiyan have lawfully been recognized as the rightful owners of about 1,000 hectares of ancestral domain situated in the village of Kiantig, municipality of Quezon, province of Bukidnon in Mindanao, yet the land in question remains at the hands of a powerful family-owned company.



Presently, the Manobo-Pulangiyan indigenous families continue to live on the roadside with no proper shelter, inadequate food, and water, while also facing security threats and intimidation. The QIP aimed to strengthen the knowledge and capacity of MP leaders and members on human rights enabling them to actively engage different government actors and institutions in their ancestral land re-claiming efforts. It also sought to provide a space to discuss ways forward and thoroughly plan their re-instatement to their ancestral domain.

The second project, which was conducted in June 2024, belonged to 'legal assistance caravan for everyone' (LACE) category. In this project, a two-day Paralegal Training was arranged for community human rights advocates from 2 communities – Barangay Holy Spirit (Quezon City) and Barangay Bagong Silang (Caloocan City). The participants who are active leaders in their respective communities have centered their advocacy and mobilization work on justice and accountability-seeking as the left-behind families of the previous administration's drug war. Through AIPh's Justice Project, these leaders had previously undergone a series of capacity-building sessions to transform themselves into human rights advocates. The QIP was an opportunity to further strengthen their competences as community leaders, such that they may become more effective human rights defenders within their communities. Topics that were tackled during the 2-day Paralegal training included input on human rights monitoring, basic fact-finding and evidence-gathering, affidavit-making, guide in doing proper interviews and tips on self-care and basic security.

While QIPs were designed to address immediate needs of the communities or target beneficiaries, sustained interventions to these communities on capacity development and community action campaigns along with other needed support, is imperative to achieving meaningful long-term impact. For AIPh and the Commission on Human Rights, the recent QIP cooperations had been an opportunity to strengthen the current partnerships and unlock potential future collaboration initiatives.



COLLECTIVE CARE

Ang salitang Ingles na care ay maraming pagsasalin sa Pilipinas, tulad ng alaga, ingat, asikaso, at kalinga (Tagalog), aywanan (Ilokano), sésé (Kapampangan), pag-atiman (Cebuano), halong (Ilonggo), pag-ataman, panginano (Waray), quidao (Chavacano), XXX (Kolibugan) at siyap (Meranao). Makikitang kabahagi ito ng ating pakikipag-ugnayan bilang Pinoy dahil may mga salita tayong katumbas nito. Marami ang pamilyar sa bayanihan, ang sama-samang pagtulong at pakikiisa para sa kasama sa bayan (kabayan) sa pagsasagawa ng gawain o pag-igpaw sa suliraning pansarili o pang-komunidad. Ito ay sumasalamin ng care sa ating kultura. Ayon sa Dakbalangay: Building a Community of Care for Filipino Human Rights Workers (2024), ang communal care (tulad ng bayanihan) ay malawakang isinasagawa sa Pilipinas bago pa ang mga pananakop lalo na sa mga katutubong grupo. Ito ay nakatulong upang sila'y manatiling buhay at ligtas. Sa kasalukuyan, may mga gawi pa ding nanatili sa mga pamayanan na kapareho ang layunin, tulad ng community sinking fund (FIFF, 2024, p. 4). Ito ay sama-samang pag-iimpok para sa pinansyal na tulong sa mga miyembro ng komunidad para sa kasal, libing, pag-papagamot at kalamidad. Kapag hindi kayang magbahagi ng pera ay maaaring magbigay ng serbisyo sa mga kailangan ng komunidad o ng okasyon. Sa ating pang-araw-araw, makikita rin ang care sa pagtatanong ng “Kumain ka na?” sa mga bisita. At kapag may umaalis, tayo ay nagpapabaon ng “Ingat!” Bilang Pinoy, likas nga sa atin ang care.

Para sa mga human rights defenders (HRDs) at mga tibak (slang ng aktibista), ang pagpapakita ng care ay mismong pagtaya at pagkilos upang makamit ang higit na mabuting mundo para sa lahat. Ito ay care na higit sa pansariling kapakanan at pangkasalukuyang pakinabang. Pero maraming pagkakataon na ang care na ito ay tinatapatan ng karahasan. Ayon sa Philippine Commission on Human Rights nuong 2020, ang mga HRDs sa Pilipinas ay humaharap sa mga banta sa buhay, kalayaan at kaligtasan, ang pagbaluktot sa konsepto ng karapatang pantao at pang-aalipusta sa mga HRDs at sa aktibismo ay nagdulot nang negatibong pagtingin sa HRDs; talamak na red-tagging, pananakot sa mga progresibong grupo at kanilang miyembro at pag-gamit sa batas (tulad ng Anti-Terror Act) upang patahimikin ang mga kritiko ng gobyerno (Jesse M. Robredo Institute of Governance, 2023, p. 8). Bukod dito, ayon sa research na Well-being in Human Rights Activism ng Amnesty International and The Roots Project ng Greenpeace (2024), ilan sa mga hadlang sa kagalingan (well-being) ng mga aktibista ay mula sa mga institusyon na may kapangyarihan (tulad ng gobyerno), mga isyung panlipunan, mga gawi, kasanayan at pamamalakad ng mga organisasyong kinabibilangan ng mga aktibista at kanilang mga personal na kalagayan at dinaranas labas sa aktibismo. Bilang tibak, hindi ka ba mayayanig? Paano mo “ililigtas” ang mundo, kung ikaw ay kailangan ding “iligtas”?

Ang self-care at communal/ collective care ay hindi bagong usapin sa konteksto ng aktibismo. Nagsimulang palaganapin ang self-care ng mga Black feminists nung panahon ng Civil Rights Movement sa Amerika. Isa sa nanguna dito si Audre Lorde, na nagsabing “Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” Ang self-care ay itinataguyod nuon para mapanatili ang pansariling kalakasan at maipagpatuloy ang pagkilos laban sa kaapihan. Sa Pilipinas, ayon sa Forging Intersectional Feminist Futures (FIFF) Network Philippines, sa development sector, ang solidarity-based support na kahalintulad ng communal care ay umusbong mula sa NGOs na nagmula sa social movements at church-based social action programs. Malaki din ang impluwensiya ng mga feminists na namuno sa mga naunang naitala na civic organizations sa Pilipinas - Women's Red Cross Association (1899) at Women's League for Peace (1905) (FIFF, 2024, p. 8).

Kung likas ang care bilang Pinoy pero bilang tibak ay maraming balakid sa ating well-being, paano natin pwedeng pagtagpuin ang mga ito para magtatag at isabuhay ang self-care and collective care bilang Amnesty? Ayon sa Well-being in Human Rights Activism (2024), ang mga makakatulong sa well-being ng mga aktibista ay – (1) Support and Resources, (2) Safety and Security, (3) Community and Connection, (4) Rest and Capacity, (5) Physical and Mental Health, (6) Recognition and Respect at (7) Impact and Results. Ang mga ito ay masusupportahan ng inclusive organizational culture kung saan binibigyang halaga at ginagawang kabahagi ng araw-araw na pagkilos ang well-being culture, good organization and coordination and good communication, leadership and participation. Makikita din ang kaugnayan nito sa Guiding Principles on Feminist Leadership ng Amnesty International. Sinasabi dito na ang feminist leadership ay pagsasagawa ng panlipunang transformative change kasabay ng transformative change sa loob ng organisasyon. Isa sa Guiding Principle ang planadong pagsuporta sa well-being ng mga kasamahan habang pinangangalagaan ang sariling well-being. Ang pantay na pagpapahalaga at pagsasabuhay ng aktibismo, self-care, at collective care ay kailangan nating gawing popular at seryosong gawain sa loob ng Amnesty International, mula sa formations hanggang sa national secretariat at board of trustees.

“Mapapagod tayo bilang tibak, pero kakalingain natin ang sarili at isa'tisa para bukas at sa mga darating na panahon ay sama-sama pa din tayo sa pagiging kontrabida sa mga mapang-abuso sa karapatang pantao, at sa pagkilos bilang Amnesty.”

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INTERNATIONAL



10 million
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In 1961, British lawyer Peter Benenson was outraged when two Portuguese students were jailed just for raising a toast to freedom. He wrote an article in The Observer newspaper and launched a campaign that provoked an incredible response. Reprinted in newspapers across the world, his call to action sparked the idea that people everywhere can unite in solidarity for justice and freedom.

This inspiring moment didn't just give birth to an extraordinary movement, it was the start of extraordinary social change.

“

ONLY WHEN THE LAST PRISONER OF CONSCIENCE HAS BEEN FREED, WHEN THE LAST TORTURE CHAMBER HAS BEEN CLOSED, WHEN THE UNITED NATIONS UNIVERSAL DECLARATION OF HUMAN RIGHTS IS A REALITY FOR THE WORLD'S PEOPLE, WILL OUR WORK BE DONE.

Peter Benenson, Amnesty International founder

”



PHILIPPINE SECTION

Perseveranda Townhomes II
6C Maningning corner Maamo Streets,
Sikatuna Village, 1101 Quezon City

+63 2 7744 4108
section@amnesty.org.ph
www.amnesty.org.ph

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