



# A QUICK GUIDE TO SUPPORT AFGHAN WOMEN



# DONATE ONLY TO VERIFIED NONPROFITS

The borders in Afghanistan are effectively closed, now controlled by the Taliban. Most money transfer services have stopped wiring money into Afghanistan and all banks are fully depleted of cash. There are very few ways to actually get supplies and money into the hands of the people that need it right now.

There are also many predatory people and organizations trying to profit off of crisis situations, asking for donations from generous people. Instead of helping, they pocket the money.

None of us want to fill the pockets of rich men or fund private military and mercenaries, so here are a few questions to ask yourself before you donate:

- 1 How will the funds be distributed?
- 2 How will they get the money and/or supplies into Afghanistan?
- 3 Who is their point of contact in Afghanistan? Are they trustworthy?
- 4 Do they have a proven track record of integrity? Ask for receipts and pictures showing where your money has gone.



# STAY UPDATED ON VISAS + IMMIGRATION

There are lots of policies and laws that govern global immigration. It's a complicated, time-consuming process for everyone involved. Fortunately, many governments are opening up their borders and creating new ways for Afghans to apply for expedited visas.

This is an evolving situation, and it's important to stay updated on what's happening, so that you can help family and friends that may need immigration and visa assistance. Here are two ways to get started:

1

[linktr.ee/justagirl\\_global](https://linktr.ee/justagirl_global) directs you to active databases, documents and organizations with the latest information and verified donation opportunities.

2

Hundreds of thousands of Afghans may be resettling in new countries over the coming weeks and months. Stay up to date on what's happening in your community. Volunteer your time and talents to support your new Afghan neighbors.



# BE AWARE OF SECURITY RISKS

The Taliban is very tech savvy, using social media channels and private messaging apps to monitor, track and find people.

Don't let this scare you - social media is also an important tool to use as we find ways to connect and help women in Afghanistan. Instead, be mindful that people may be watching. Here are a few ways to foster social media safety:

- 1** **DO NOT** share any location information of Afghans on social media (FB, IG, TikTok, Twitter, WhatsApp, CH, LI, Messenger).
- 2** **DO NOT** ask Afghans to verbally share their city, if they're staying with family or details about who they are staying with.
- 3** **DO** consider ways for Afghans to anonymously communicate with you (e.g. a burner phone).
- 4** **DO** use apps that let you text, talk and email people securely via encryption. We use Signal and ProtonMail.



# PRIORITIZE MENTAL HEALTH

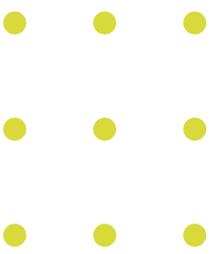
We are all feeling a deep sense of fear, sadness and grief for the women and girls of Afghanistan. These feelings are totally normal, but can also feel uncomfortable.

Don't bury these emotions. You can't pour from an empty cup. Mental health and resilience are critical to helping the women of Afghanistan in the weeks, months and even years to come. Here are a couple of ways to take care of yourself and process your emotions:

- 1 Just breathe. Five minutes of deep breathing every day can help you feel safe and connected in your body.
- 2 Connect with nature. Go for a hike, dig your feet into the dirt...go into the wild.
- 3 Create a Self-Care Plan that helps you prioritize your overall well-being.
- 4 Ask for help, if you need it. It's ok to talk to a mental health professional.



# CHALLENGE THE STATUS QUO



It's important that we go beyond the news and headlines to understand how we got here as a global community - and how we can prevent situations like this from happening in the future

Global politics and conflict are driven by systems like imperialism, patriarchy and privilege. These are ideologies that shape power dynamics, inform access and dictate opportunity in big and little ways in our daily lives.

Now is the time to challenge the status quo - to dig into these systems that have created disparities and fostered oppression all over the world. Here are some ways to get started:

- 1 Do some homework. There are great books and podcasts that can help.
- 2 Be curious. Lean into uncomfortable conversations with people from different backgrounds or experiences.
- 3 Expand your circle - follow different people on social media, join a different community group, volunteer.
- 4 Listen more than you talk. Develop the soft skills that help you build bridges.



# STAY ACTIVE + ENGAGED

We can all choose to be allies to Afghan women. We can't let their voices and experiences fade into the background. That means we must be active, engaged and advocate for our Afghan sisters. Here are a few ways to keep their human rights front and center:

1

Center Afghan women in your work. Listen to their words. Honor their voices and experiences. Find ways to uplift their voices - instead of your own.

2

Volunteer with local organizations supporting the needs of Afghans recently relocated to your community. Whether that's donating food and clothing, joining a welcome committee or contributing financially, help is needed and welcome right now.

3

Reach out to your local and state politicians. Ask them to support the the human rights of women in Afghanistan. Challenge them to improve immigration processes and support efforts for Afghans relocating to your state.

4

Have conversations with your friends and family about Afghan women and how they can foster safety and support.

