

Effective Ways To Protect The Women Human Rights

All human beings are born free and equal in dignity and rights. Yet, 60 years after these words were first enshrined in the Universal Declaration of Human Rights, many women still struggle daily to have their most basic rights protected. We always wish to live in a world where all women feel safe, have an adequate standard of living and a decent home, where they are not disadvantaged in the workplace because of their gender and where violence has no place. This is about respecting everyone, every day, everywhere. It is each Government's responsibility to ensure women's human rights are respected, protected and fulfilled through policy, law and practice. Governments aim to reduce violations in the following ways¹: (i) creating laws that make human rights violations illegal (ii) adopting policies and programs to ensure people have access to their human rights (iii) ensuring that human rights are properly enforced, including providing resources and assistance, access to courts and appropriate punishment for violations and (iv) Providing education and awareness raising programs about human rights. Human rights define the value and worth of each person and their relationship to government and society. They identify standards regarding the quality of life that each of us can expect to enjoy. Human rights are inherent, inalienable and universal. Due to some social structures, traditions, stereotypes and attitudes about women and their role in society, women do not always have the opportunity and ability to access and enforce their rights on the same basis as men.

Even though human rights exist as a birthright, to be effective they need to be supported by law and able to be used in practice. This happens in many ways: through the UN, through our governments, the police, our employers, our families, our friends and through us as individuals. Our own awareness and support for human rights is one of the most important ways to enforce them. Governments however remain accountable by protecting the women human rights by implementing the following measures within their countries:-

Implementation of respective law and policy:- Government can work towards eradicating discrimination against women, including by introducing new laws or policies, changing existing discriminatory laws and providing sanctions for discrimination where appropriate.

Working against the Trafficking and exploitation of prostitution:- Government can ensure appropriate measures to suppress all forms of trafficking of women and exploitation of prostitution of women.

By providing proper reservations in Politics and public life:- Government can sets out women's reservation and can give the same opportunities as men.

Equal right to choose the Nationality:- Government should provide that women have the same rights as men regarding the nationality of their children. It provides that neither marriage to an alien nor a change of nationality by the husband during marriage will automatically change the nationality of the wife, make her stateless or force upon her the nationality of the husband.

Ensuring the Education and Training:- Government can make ensure that women have the same opportunities as men in all aspects of education and training—Governments are required to ensure that all education is free from stereotypical concepts of the roles of men and women.

Ensuring the equal opportunity of employment:- Government can take measures to eliminate discrimination in employment so as to ensure that women have the equal right to work, the equal right to the same training and employment opportunities as men and the right to receive equal pay for work of equal value.

Measures to protect the Health of women:- Government should take all appropriate measures to eliminate discrimination against women in the field of health care to ensure women and men have equal access to health services including family planning and provide appropriate health services in relation to pregnancy and to grant free services where necessary.

Economic life, sport and culture:- Government should ensure that women have equal access to family benefits, forms of financial credit, including bank loans and mortgages, and the same rights as men to participate in recreational activities, sports and cultural life.

Extending the support to Women living in remote and rural areas:- Government should take all appropriate measures to ensure that the particular needs of rural women are met and to ensure rural women have access to health care services, training and employment opportunities, and social security schemes.

Equality before the law:- Government should treat women and men equally in all matters relating to the law, including civil matters, contractual matters, and property ownership.

Eliminate all Violence against women:- Government have an obligation to take positive steps to eliminate all forms of violence against women.

The fundamental principles of human rights that accord to each and every person the entitlement to human dignity give women a vocabulary for describing both violations and impediments to the exercise of their human rights. Finally, the idea of women's human rights enables women to define and articulate the specificity of the experiences in their lives at the same time that it provides a vocabulary for women to share the experiences of other women around the world and work collaboratively for change.

Thank You,

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