

# Social Justice Watch 1110

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[Government restrictions on religion around the world reached new record in 2018](#)

[What to Say if People Pressure You to 'Make Up' With Your Estranged Family](#)

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Rosa sat, so Ruby could walk,  
so Kamala could run.



<https://www.facebook.com/photo/?fbid=10218510251415624>

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**May you never know the  
fear of having your  
human rights challenged  
every time there is an  
election, and may you  
never know the pain of  
watching loved ones  
vote against your right  
to exist fully, equally,  
and authentically.**

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<https://www.facebook.com/photo?fbid=10217182256244340>

**BOYS WILL BE BOYS.**  
**RESPECTFUL AND RESPONSIBLE**  
**FOR THEIR ACTIONS.**

**BOYS DON'T CRY.**  
**AND THAT'S OK.**

**ACT LIKE A MAN.**  
**HUMAN.**  
**BE KIND AND BE YOURSELF.**

<https://www.facebook.com/progressivesecularhumanist/photos/a.3012511165691>

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In Poland, millions of women are on strike after the newly elected right-wing government banned abortion. The massive women's protests are the largest in modern Poland history, women are refusing to go to work, demonstrate instead, until the abortion ban is dropped. Already after a week of protest, Poland's President today indicated they may have to change or reverse the law. This is the power of women. This is the power of protest!

<https://www.facebook.com/picturesinherstory/photos/a.2141381242573781/3833>

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[https://www.facebook.com/photo?  
fbid=3478643118892341&set=gm.695358257780341](https://www.facebook.com/photo?fbid=3478643118892341&set=gm.695358257780341)

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For those not in the know, Night Witches were russian women bombers who bombed the shit out of german lines in WW2. Thing is though, they had the oldest, noisiest, crappiest planes in the entire world.

These planes were so noisy that to avoid alerting the germans hearing them on their approach (and risk facing their anti aircraft guns), these Night Witches would climb up to a certain height, coast down to german positions, drop their bombs, then climb OUT ON THE WINGS OF THE PLANE TO RESTART THEIR ENGINES IN MID AIR, then climb back in and get the the hell out of dodge.

Their leader flew over 200 missions and was never captured.

pilots.

women pilots.

women pilots killing nazis.

how is this not taught in every single history class ever?

[https://www.facebook.com/photo?  
fbid=10151464830746879&set=a.60764186878](https://www.facebook.com/photo?fbid=10151464830746879&set=a.60764186878)

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**Every 11 seconds, one girl  
undergoes  
Female Genital Cutting.**

**Take action now.**

Trigger Warning:  
human rights violations and gender-based violence

Shit You Should Care About

x  
Scarlet Udaan





**Female Genital Mutilation comprises of all procedures that involve partial or total removal of the external female genitalia for non-medical reasons. (WHO)**

**It is recognised internationally as a violation of human rights of girls and women which reflect the deep-rooted inequality between sexes and constitutes as an extreme form of discrimination against women.**





This practise violates a person's right to health, security and physical integrity, the right to be free from torture, inhumane or degrading treatment and the right to life when procedure results in death.



**Type 1:**  
**Clitoridectomy:**  
  
**Partial or total removal of the clitoris.**

**Type 2:**  
  
**Partial or total removal of the clitoris, the labia minora, with or without the excision of the labia majora.**



## **TYPES OF FGC**



**Type 3:**  
**Infibulation:**

narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the inner and sometimes outer labia, with or without the removal of the clitoris.

**Type 4:**

All other harmful procedures to the female genitalia for non-medical purposes, for example, pricking, piercing etc.

- Global estimates indicate 200 million women have undergone the cut worldwide, 40 million of them were cut when they were 14 years or younger.
- In the EU and the United States, 500,000 girls and women living in Europe are living with consequences of FGM in the US.
- An estimated 4 million girls are at the risk of undergoing Female Genital Cutting every year and this figure is expected to rise up to 4.6 million in 2030.
- It affects the lives of millions of girls, women and non-binary individuals across the world in 92 countries including parts of Asia, Europe, United States and Africa.
- A further 68 million girls are estimated to be at risk over the next 10 years (UNICEF)

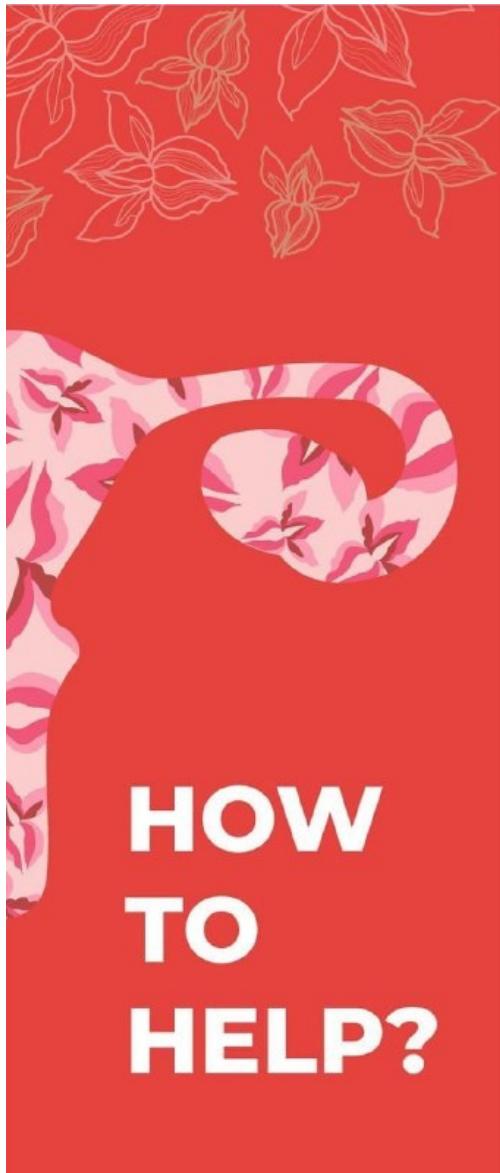


## **Implications of FGC**

There are a wide range of health implications that survivors of female genital cutting may experience throughout their lives.

- Survivors of FGC may develop post-traumatic stress disorder, anxiety and depression following the practise.
- A study conducted by the BJPsych Bulletin in 2015 found that FGC survivors are likely to link their FGC procedure to the development of mental health disorders.
- Some of the risks of FGC include:  
Urinary Tract Infections, Menstrual problems, difficulty in passing urine, infertility, complications in pregnancy, injury to adjacent tissue and the fracture or dislocation of limbs as a result of restraint.
- It is important to note that no survivor should be placed in one singular category.  
Survivors of FGC must be seen as individuals, with varying degrees of psychological needs specific to them and their experiences.





- Join Scarlet Udaan to help raise awareness on Female Genital Cutting by advocating towards eradicating this practise.
- Raise awareness on FGC and the health implications it has within your community, your friends and family.
- Write to your government representatives and leaders urging them to invest in resources to End FGC in your country.
- There is an urgent need for a strengthened commitment by international organisations and world leaders to end FGC.
- Urge governments to invest in resources to support the wellbeing of survivors.

<https://www.facebook.com/shityoushouldcareabout/posts/794052511437041>

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# did you know?

DidYouKnowFacts.com

**Incoming US Presidents are not required to use a bible when being sworn into office, but very few have not. John Quincy Adams, who was a deeply religious man, chose to swear on a book of law because he wanted to make it clear that he was protecting the Constitution and laws of the United States above all else.**



PHOTO: BIOGRAPHY.COM

 DIDYOUKNOWFACTS.COM

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# 消息精选

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New York state's congressional delegation will have seven Black members, the largest number in Congress from any state ever [on.wsj.com/36fm3e9](https://on.wsj.com/36fm3e9) source WSJ

New York's Congressional Delegation to Be Most Diverse in State History  
The New York delegation to the House of Representatives will have a total of seven Black members after last week's elections, including two men who will be the first Black and gay members of Congress.

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[#video](#)

<https://www.youtube.com/watch?v=kyk5GHKJLGY>

YouTube

No More Presidents | Renegade Cut

Do we need a head of state? Does the United States of America need a president? Support Renegade Cut through Patreon:  
<http://www.patreon.com/renegadecut>

#2020election #president

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[uyghur concentration camps](#)

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[What to Say if People Pressure You to 'Make Up' With Your Estranged Family](#)  
| 原文

Telegraph

What to Say if People Pressure You to 'Make Up' With Your Estranged Family  
As the holidays approach, you might be steeling yourself for the usual “Why don’t you just give them a call?” comments. By Julia Pugachevsky November 9, 2020

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An anti-CCP campaign and argument isn't necessarily an anti-authoritarian one. We need to be clear what we are fighting for. [source](#)

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[telegra.ph/Government-restrictions-on-religion-around-the-world-reached-new-record-in-2018-11-10](https://www.telegraph.co.uk/news/2018/11/10/government-restrictions-religion-around-world-reached-new-record-in-2018-11-10/)

Telegraph

Government restrictions on religion around the world reached new record in 2018

Government restrictions on religion rose to a record high in 2018, while religion-related social hostilities fell slightly but remained near peak levels, according to Pew Research Center's 11th annual study of restrictions on religion. Restrictions by governments...

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# Government restrictions on religion around the world reached new record in 2018

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Border guard police in Burma (Myanmar) patrol the fence in the “no-man’s land” at the country’s border with Bangladesh in August 2018. More than 14,500 Rohingya Muslims were reported to have fled to Bangladesh in 2018 to escape abuses, and at least 4,500 Rohingya were stuck in the border area. (Phyo Hein Kyaw/AFP via Getty Images)

Government restrictions on religion rose to a record high in 2018, while religion-related social hostilities fell slightly but remained near peak levels, according to Pew Research Center’s 11th annual study of restrictions on religion.

Restrictions by governments include official laws and actions that curtail religious beliefs and practices, while social hostilities encompass everything from religion-related armed conflict to harassment over clothing. The analysis

covers policies that were in place and events that occurred in 198 countries and territories in 2018, the most recent year for which data was available.

Here are key findings from the report.

This is the 11th in a series of annual reports by Pew Research Center analyzing the extent to which governments and societies around the world impinge on religious beliefs and practices. The studies are part of the Pew-Templeton Global Religious Futures project, which analyzes religious change and its impact on societies around the world.

To measure global restrictions on religion in 2018 – the most recent year for which data is available – the study rates 198 countries and territories by their levels of government restrictions on religion and social hostilities involving religion. The new study is based on the same 10-point indexes used in the previous studies.

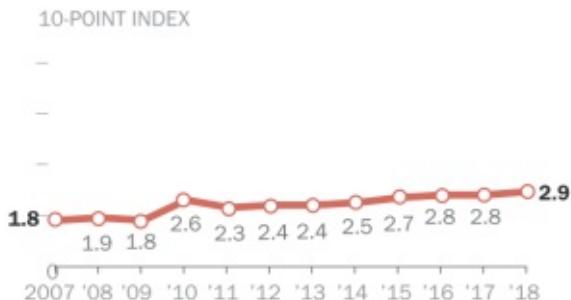
- The **Government Restrictions Index** measures government laws, policies and actions that restrict religious beliefs and practices. The GRI comprises 20 measures of restrictions, including efforts by government to ban particular faiths, prohibit conversion, limit preaching or give preferential treatment to one or more religious groups.
- The **Social Hostilities Index** measures acts of religious hostility by private individuals, organizations or groups in society. This includes religion-related armed conflict or terrorism, mob or sectarian violence, harassment over attire for religious reasons, or other religion-related intimidation or abuse. The SHI includes 13 measures of social hostilities.

To track these indicators of government restrictions and social hostilities, researchers combed through more than a dozen publicly available, widely cited sources of information, including the U.S. State Department’s annual reports on international religious freedom and annual reports from the U.S. Commission on International Religious Freedom, as well as reports from a variety of European and United Nations bodies and several independent, nongovernmental organizations. Classification of regime types comes from the Economist Intelligence Unit’s Democracy Index and is reused with permission of the Economist Intelligence Unit. (See Methodology for more details on sources used in the study.)

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## **Government restrictions on religion at highest level since 2007**

*Government Restrictions Index global median score*



Source: Pew Research Center analysis of external data. See Methodology for details.

*"In 2018, Government Restrictions on Religion Reach Highest Level Globally in More Than a Decade"*

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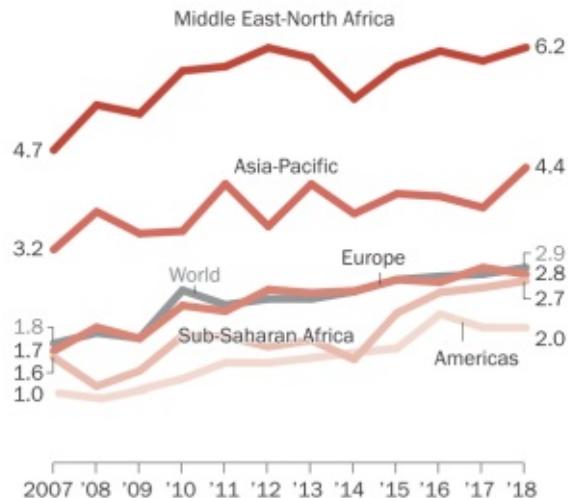
**Government restrictions in 2018 were at their highest level since 2007, when Pew Research Center began tracking these trends.** The global median score on the Government Restrictions Index (a 10-point scale based on 20 indicators) rose to 2.9 in 2018 from 2.8 a year earlier. That was partly due to an increase in the number of governments using force – such as detentions and physical abuse – to coerce religious groups.

While the index increase in 2018 was relatively small, government restrictions have grown substantially from a median score of 1.8 in 2007. At the same time, the number of countries with “high” or “very high” levels of government restrictions has also been climbing. Most recently, 56 countries – or 28% of all 198 countries and territories in the study – fell into one of those two categories.

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## Government restrictions on religion, by region

Median scores on the Government Restrictions Index



Source: Pew Research Center analysis of external data. See Methodology for details.

\*In 2018, Government Restrictions on Religion Reach Highest Level Globally in More Than a Decade\*

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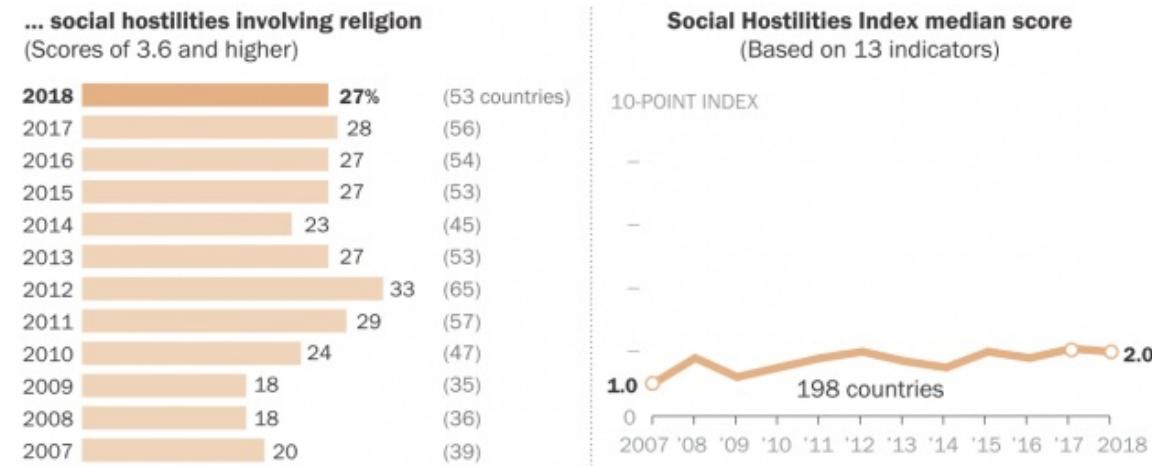
**Asia and the Pacific had the largest *increase* in government restrictions, while the Middle East and North Africa region continued to have the highest median level of restrictions.** The median score among the Asia Pacific region's 50 countries rose to 4.4 in 2018 from 3.8 a year earlier. In 2018, roughly six-in-ten countries in the region (62%) experienced some level of government force related to religion, up from about half (52%) in 2017. In Burma, also known as Myanmar, thousands of people from religious minorities continued to be displaced. And in Uzbekistan, at least 1,500 Muslims remained in prison on charges of extremism or membership in banned groups.

As in past years, the median government restrictions score in the Middle East and North Africa remains high (6.2 out of 10). Most countries in the region had reports of governments harassing religious groups, interfering in worship, favoring some religious groups and using force against others. In Algeria, for example, authorities detained several Christians for violating a ban on proselytizing by non-Muslims. Separately, authorities in the country also prosecuted 26 Ahmadi Muslims for “insulting the precepts of Islam.”

**Social hostilities fell slightly in 2018 but remained near the 2017 peak.** The median level of religion-related hostilities by private individuals, organizations or groups in society fell to 2.0 from 2.1 on the 10-point Social Hostilities Index. While this index has doubled in the past decade, it has seen more year-to-year fluctuations compared with government restrictions. The decline in 2018 is partly due to fewer reports of incidents in which some religious groups (usually of a majority faith in a country) attempted to prevent other religious groups (usually of minority faiths) from expressing their beliefs. Globally, the number of countries with “high” or “very high” levels of social hostilities involving religion stood at 53 in 2018, or 27% of all countries studied.

### **Number of countries with high or very high social hostilities involving religion dropped slightly in 2018**

*Number of countries with high/very high levels of ...*



Source: Pew Research Center analysis of external data. See Methodology for details.

\*In 2018, Government Restrictions on Religion Reach Highest Level Globally in More Than a Decade\*

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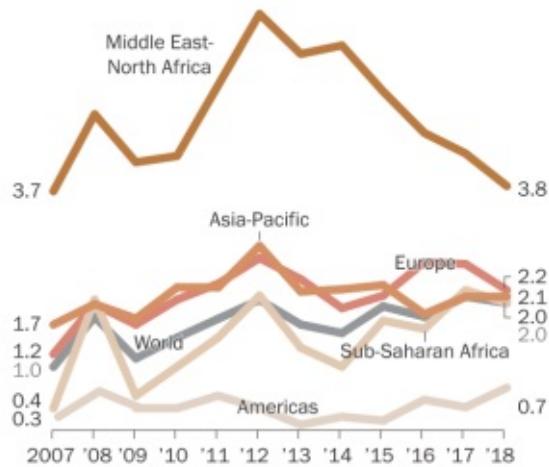
**Among the 25 most populous countries, India, Egypt, Indonesia, Pakistan and Russia had the highest overall levels of restrictions involving religion,** according to an analysis that combines government restrictions and social hostilities. China had the highest levels of government restrictions, and India had the highest levels of social hostilities – not just among the most populous countries, but among all 198 countries in the study. The Government Restrictions Index score for China – whose government restricts religion in a variety of ways, including banning entire religious groups – was the highest ever for any country (9.3 out of 10). India’s score on the Social Hostilities Index was 9.6 out of 10, near its peak score of 9.7 in 2016, in part due to mob violence

related to religion and hostilities over conversions. India also ranks high on government restrictions and reached an all-time high in its government restrictions score (5.9 out of 10).

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### Social hostilities involving religion, by region

Median scores on the Social Hostilities Index



Source: Pew Research Center analysis of external data. See Methodology for details.

\*In 2018, Government Restrictions on Religion Reach Highest Level Globally in More Than a Decade\*

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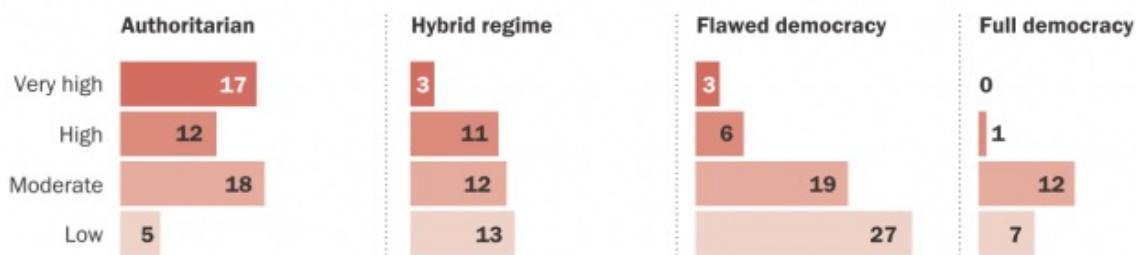
**Among the five regions included in the study, only the Americas experienced an increase in social hostilities levels.** The largest increase within the Americas occurred in El Salvador, where in March, during Catholic Holy Week, armed men robbed a priest and his companions on their way to Mass and killed the priest. Still, the Americas continued to have the lowest overall median level of social hostilities of the five geographic regions analyzed in the study. Social hostilities scores in Asia and the Pacific remained stable, and three other regions – sub-Saharan Africa, Europe and the Middle East-North Africa – experienced declines.

**Authoritarian governments are more likely to restrict religion.** For the first time, Pew Research Center included in its study a classification of regime types published in a Democracy Index by the Economist Intelligence Unit. According to the new analysis, roughly two-thirds (65%) of countries with “very high” government restrictions are classified as authoritarian. Meanwhile, only 7% of

countries with “low” government restrictions are authoritarian. In terms of social hostilities involving religion, the picture is more mixed. Nevertheless, many authoritarian countries had “low” or “moderate” levels of social hostilities. No country that was classified as a full democracy had “very high” government restrictions or social hostilities.

### **Governments that restrict religion are less likely to be democracies**

*Among countries with \_\_\_\_ levels of government restrictions on religion, number with each type of government*



Note: Countries without data on regime types are not shown.

Source: Government types from the Democracy Index compiled by the Economist Intelligence Unit. Pew Research Center analysis of external data. See Methodology for details.

\*In 2018, Government Restrictions on Religion Reach Highest Level Globally in More Than a Decade\*

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### **Christians and Muslims continue to be harassed in the most countries.**

Harassment against religious groups, both by governments and individuals or social groups, was reported in 185 out of the 198 countries in 2018. That figure, which includes any country that had at least one incident of harassment reported against a religious group, was down slightly from 187 a year earlier. Christians and Muslims – who make up the largest faith groups globally and are more geographically dispersed than other groups – experienced harassment in the highest number of countries (145 and 139 countries, respectively). Jews are only 0.2% of the global population but were harassed in the third-highest number of countries (88). Religiously unaffiliated people – defined as atheists, agnostics and those who don’t identify with any religion – saw the largest decline in harassment of any group. These “nones” were harassed in 18 countries in 2018, down from 23 countries a year earlier.

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# What to Say if People Pressure You to 'Make Up' With Your Estranged Family

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As the holidays approach, you might be steeling yourself for the usual “Why don’t you just give them a call?” comments.

By Julia Pugachevsky

November 9, 2020



ILLUSTRATION BY DILLON FROELICH

Whether you’re fully estranged from your family or just maintain a *little* more distance with them than your friends do with their families, one of the hardest

aspects of a strained familial relationship is dealing with other people's opinions about it. Well-meaning friends, partners, uninvolved family members, co-workers, and loose acquaintances can make you feel like the situation is all your fault—that the responsibility to mend everything sits squarely on your shoulders, and that something is wrong with *you* for not having a functional family.

Even if you know, logically, that you're estranged for good reason, that you've tried to work things out with your family many times before to no avail, and that your boundaries allow you to actually live your life, you might still be on the receiving end of bad—and painfully obtuse—advice from people who either haven't experienced such dysfunction, or are unaware of it in their own families. As the holidays approach, you might be steeling yourself for the usual remarks: “*Why don't you just give them a call?*” “*Nothing's more important than family*” “*Is it that hard to just let it go?*”

“I think [it is] a misunderstanding where people think ‘Oh, [the] snowflake generation, people are just getting so sensitive and fragile,’” said Lucy Blake, a family researcher who studies estrangement, “My experience of speaking to people who are estranged is it's not a decision that's ever taken lightly, or done quickly.”

Luckily, you don't have to get people to understand or sympathize with your decision; you just need them to leave you alone about it. With the right emotional prepwork, you can navigate even the holidays (as tough as they are) without fielding as many “blood is thicker than water” comments. Here are some tips to keep in mind.

### **Know that your situation isn't as uncommon or shocking as you might think it is.**

“Sometimes when we think about relationships between parents and children in adulthood, we might think that the norm is the kind of close one—the giving and receiving of support, people being in touch often—but that actually isn't what surveys find,” Blake said. One study of college students found that 17 percent of them were estranged from an immediate family member; another survey of older adults found that 12 percent were estranged from their children.

Of course, that doesn't mean you're not the only person you know who has zero plans to go home or host a Zoom family Christmas. It can especially be tough to

see a friend's Instagram stories of their dad being a fun-loving goofball when you haven't spoken to yours in years.

That's why it can be a really good idea to seek out community beyond your direct circle, Andrea Bonior, therapist and author of *Detox Your Thoughts*, told VICE. "Join a group online or look around for resources that will help connect you with other people who are going through this—because you can feel a lot worse when you feel like nobody else gets it," she said. Subreddits like r/EstrangedAdultChild or r/raisedbynarcissists may be a good place to start, and books like *Adult Children of Emotionally Immature Parents* can help offer guidance while also making you feel less alone.

### **Figure out who gets to know the whole truth about your family situation, and who doesn't.**

While estrangement might—rightfully!—feel like a big part of your life, it doesn't mean everyone has a right to the details. Estrangement is vastly complicated, and not everyone has the emotional bandwidth or experience to react with empathy. "I think we really misunderstand forgiveness, and [it] just gets reduced to a soundbite of 'Let bygones be bygones,'" Blake said. "But actually, forgiveness is an incredibly difficult thing to do." Forgiveness is especially complicated when it comes to other, less-immediate family members who might hear about what happened second-hand. "Forgiveness in families is complicated because families are like a web," added Blake. "So even if you forgive someone, it doesn't mean your sibling will forgive them or your parent will forgive them."

When it comes to friends, Bonior strongly suggested "choosing who you're going to talk to about this wisely, because not all friends are going to be capable of just listening and giving support." Your close friend who generally has a great track record of hearing other friends or partners out: sure. A friend who tends to be reactionary or prone to gossip... eh, skip.

Obviously, it can be harder to hide the fact that you don't speak to your family when the subject of the holidays comes up. That's why Bonior recommended planning a response—one that "closes the door in a respectful way"—for less-close friends or coworkers. She suggested saying something like "Yeah, our family's different from a lot of families" or "Yeah, that's hard for me to talk about." If that still feels too firm, the high risk of traveling and seeing family

during this pandemic can work to your advantage. All you have to say (to either your family or those who ask) is that you don't feel comfortable going home right now.

**Go ahead and ask for the emotional support you need from the people you trust.**

Even your most empathetic friends can occasionally automatically launch into advice-giving or fact-gathering mode, and though the behavior likely comes from a good place, sometimes you don't actually *want* to keep talking about your family.

Bonior said it's a good idea to use moments like this to ask for exactly what you want from your friends and loved ones. Maybe it's just to have the space to vent without hearing what they would do if they were you. Or it could be to chat about literally anything else because you feel extra lonely right now. It's hard for people to know exactly what you need, especially since your needs can change from moment to moment as you deal with this. Being up front with those you're closest to gives them the chance to really be there for you.

Of course, there may be times where people you're less close to (like an aunt or nosy co-worker) will offer up their unsolicited opinion on your estrangement or keep asking nosy questions, even after you've politely tried to change the subject. That's where you'll need to be more direct and firm, according to Bonior.

"Find a way to set a boundary and really establish that at some point, it's not welcome for them to be giving you advice on this and that it's actually hurtful," she said. "You can use the classic 'I statement' and say 'I feel frustrated because it's very complicated, and it's hard for me to convey the whole story to you' [or] 'I feel strongly that this is the right way of handling it.'" You can explain that this is *your* conflict to deal with, that it's more convoluted and long-standing than they could personally understand, and that, if they keep bringing it up, you just won't talk to them. And then stay true to your word.

**Remember to take care of yourself—especially around the holidays.**

Even if you had a close relationship with your family, you'd still need to take

care of yourself now, during a global pandemic, more than ever. But it's all the more important if you're combatting pandemic-related loneliness *and* estrangement-related loneliness, on top of other issues like job loss or burnout.

One thing that might help: volunteering in some way. "I know it's a cliche, but helping other people can help us feel better, especially during the holidays," said Bonior. "It's an opportunity to try to do something for others and we get a boost when we do [it]." Some virtual or socially-distant ideas: calling or writing to seniors, joining a mentoring group, delivering groceries, or donating to mutual aid funds.

Aside from that, it's all about trying to find as much balance as possible. "We need to protect our sleep, we need to move our bodies, we need to get outside, we need time each day just to pause and enjoy what is in front of us, all those little things can matter even more so when you're stressed during the holidays," added Bonior. Anticipating loneliness and making (safe) holiday plans with friends can be a great way to care for yourself, too.

Ultimately, you can't change your family members any more than you can dictate people's responses to your estrangement. But you *can* connect with friends who are committed to understanding you, set boundaries around anyone who isn't, and, ultimately, choose who deserves to know you.

***Follow Julia Pugachevsky*** on Twitter.

资料来源：Vice

<https://www.vice.com/en/article/93wwze/responding-to-pressure-to-make-up-reconcile-with-estranged-family>

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