



FREEDOM AND ROAM UGANDA

WOMEN'S DAY STATEMENT

"Give to Gain. Investing in and Celebrating the Power of Womxn"

For immediate release

8th-March-2026

Freedom and Roam Uganda joins women and feminist movements across the world to mark International Women's Day 2026. As the oldest lesbian, bisexual, and queer womxn's rights organization in Uganda, we stand with all LBQ womxn who continue to challenge patriarchy, confront exclusion, and demand dignity, safety, and equality.

For many womxn in Uganda, equality remains contested. For LBQ womxn, discrimination often intersects with stigma, violence, and economic exclusion. Despite these realities, LBQ womxn continue to organize, build community, and imagine a society where everyone can live openly and safely.

FARUG works toward a healthy and vibrant LBQ community that is respected, well informed, competent, and committed to individual and collective development.

This year we mark International Women's Day under the theme Give to Gain. For the LBQ community in Uganda, this is a call to radical solidarity and collective care. In environments where legal and social protections are often limited, community becomes a lifeline. When we give our time to mentorship, our skills to community growth, and our resources to collective support, we build a stronger and more resilient movement.

On this day, FARUG reaffirms three key commitments.

Holistic wellness and joy.

In the face of stigma and hostility, our bodies and minds deserve care. Wellness is a form of resistance. Through activities such as Zumba for wellness, we create spaces for movement, healing, mental health support, and body positivity.

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FREEDOM AND ROAM UGANDA

Access to justice and rights.

Every womxn deserves protection under the law. We continue to call for a justice system that protects all women and upholds dignity and safety for everyone. Discriminatory laws and practices that target LBQ womxn must be addressed so that all people can live free from fear and violence.

Economic empowerment and skilling.

Economic independence strengthens personal safety and dignity. We continue to invest in vocational skills training and financial literacy for LBQ womxn so they can navigate an often discriminatory labor market and build sustainable livelihoods.

Our call to action is clear. Gender equality cannot remain symbolic. It requires deliberate investment, protection, and accountability.

We call on the Government of Uganda, civil society, and international partners to invest in the economic empowerment of marginalized women and to strengthen protection for LBQ activists and human rights defenders who continue to work under difficult conditions.

International Women's Day reminds us that change grows through collective action. When we support one another, share resources, and build community, we create pathways toward justice and freedom.

When we give to the movement, we gain a future where every woman can live with dignity, safety, and pride.

***#ForAllWomenandGirls #AccelerateAction #Rights #Empowerment #Equality
#InternationalWomensDay***



Happy International Women's Day



Connect with us



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