

Eve Ensler on how to help womens' rights

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Eve Ensler writes about [grass roots womens rights actions in Pakistan](#). Bringing in the light, bravely these activists help improve society.

"As I leave Pakistan, I think of Fauzia, Abaaz and Samar. One reveals her destroyed face to stop the burning of others, one disguises her face to support her child and protect her security, one uploads an explosive video on Facebook to expose and stop a hideous practice. Each one of these strategies involved creativity, originality, bravery and very little money. I think the U.S. government and the military, the Pakistani government and army could all take heed from the vision and bravery and work of women like these. The change needs to come from the ground. Religious extremism is a virus. It feeds on poverty, malnutrition, humiliation, sexism and fear. As President Obama gets ready to formally announce his plans for a troop increase in Afghanistan, we must recognize that putting more US troops on the ground will only increase the violence, bombings and terror in the region. **Our strongest methods of inoculation are to feed, help educate and honor the people** of Pakistan and Afghanistan and to support the women, providing them with resources to do what they need to do, what they know how to do."