



TOUFAH JALLOW YOUNG WOMAN OF DISTINCTION

Toufah Jallow is a rising brave voice for women and girls who have been impacted by violence.

At 25 years old, Toufah is already an accomplished educator and advocate speaking out against gender-based and sexual violence on the world stage.

Toufah was forced to flee her native country of The Gambia at the age of 18 after the country's violent dictator drugged and sexually assaulted her. Toufah had won a scholarship and funding for community projects in a beauty pageant sponsored by the dictator. After the dictator was deposed, she returned to her country to testify against him, breaking several taboos by speaking publicly on the assault. Her testimony at the Human Rights Watch Report and at The Gambia's Truth, Reparations, and Reconciliation

Commission inspired an outpouring of stories from West African women and sparked a movement and social media campaign, #IamToufah, to address sexual assault and gender-based violence in the country. Later, she co-ordinated with local therapists to provide emergency counselling to survivors.

Since then, Toufah has established and now leads The Toufah Foundation, an organization that helps women heal from sexual and gendered violence. The foundation currently has plans to build The Gambia's first women's shelter.

Most recently, Toufah has joined a speakers' bureau so that she can spread her message to audiences in North America, and around the world. She is also advancing her education by attending George Brown's Certificate Program to become a counsellor for survivors of domestic and sexual violence.

Toufah's latest achievement is publishing a book entitled, *Toufah: The Woman Who Inspired an African #MeToo Movement*, which she co-wrote about her experiences. It was released in Canada in February 2022.

Toufah is boldly challenging taboos in her quest to help women and girls heal from gender-based violence and is an inspiration to young women everywhere.



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