



Inter-Parliamentary Union

For democracy. For everyone.

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To: Presidents of IPU Groups

Geneva, 14 November 2025

Dear Madam President,
Dear Mr. President,

To mark the International Day for the Elimination of Violence against Women, I am pleased to invite a young woman member of your Parliament and a member of staff to join the online briefing on the topic ***Social media self-defence training for young women MPs and their staff*** which will take place on **Wednesday, 26 November 2025 from 9:00 to 11:00 CET (Geneva time)** on the Zoom virtual meeting platform. The training is being organized within the framework of the Inter-Parliamentary Union's (IPU) Youth Empowerment Series on capacity-building activities for young parliamentarians.

I would be grateful if you could nominate one female parliamentarian (aged up to 40 years old) to attend the training. The young female MP can be accompanied by a relevant member of staff who supports the MP's online presence. Interpretation in English, French, Arabic and Spanish will be available.

A second session of this training will be organized at a later date at a more convenient time for participants in the Americas.

A concept note is enclosed, and participants can register [here](#).

I look forward to hearing from you and to welcoming a young female parliamentarian from your Parliament to this online briefing.

Yours sincerely,

Martin Chungong
Secretary General