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## SILENT SCREAM

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# THE IMPORTANCE OF Communication

## “Silent Scream”

Communication plays a fundamental role in supporting women and their projects, acting as a tool to make their voices and realities visible, strengthen, and empower them.

Since 2004, I have been working on and creating a communication medium aimed at women and entrepreneurs, allowing their stories, achievements, and challenges to be publicly known and recognized.

Furthermore, communication challenges cultural prejudices and stigmas, facilitates reporting and seeking help in difficult situations, and promotes greater social awareness of inequalities and transformation processes.

It becomes a tool of resistance and a means to build support networks that foster safe spaces, ensuring that no woman has to face her daily struggles alone.

### Reflecting on Identity and Feminism.

It is relevant to question why the author does not fully identify with feminism. Her position stems from an association of this term with approaches that do not reflect her personal journey or its nuances.

Although she shares concerns about inequalities and emphasizes the importance of making the issues women face visible, she prefers not to be pigeonholed as a feminist.

This decision is motivated by her desire to maintain a more inclusive stance focused on the fight for equality and visibility, which reveals her social commitment from a more personal and flexible perspective.

I thought a lot about how to write a part of my story without being labeled as a person who plays the victim in the face of events that happen to many women every day.

This harm comes not only from men, but also from women who are part of the system.

### *What am I afraid of?*

This effort not only helps break the silence, but also the social barriers that have historically silenced voices. In this Women's Special, for the first time, I present a story and I am part of it.

It is a story that inspires resilience, courage, and bravery, and reflects the unity of the lifelong bond with a sister, Angélica, whom I respect and honor.

I began to share this content to help her and give her her place in the world.

Motivated by this sisterly love, I will describe the story of the difficulties we had to overcome and face as two warriors.

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# Silent Scream

Sisters of Life: A Story of Courage, Bonds, and Second Chances

**“WHEN OUR VOICES  
UNITE,  
SILENCE BECOMES  
STRENGTH.”**



It all began at a time when I felt like the ground was slipping away from under me, unable to hold on to anything. I fought for justice and sought to have my voice, like that of so many other women, heard.

At the end of the last century, male power and the silence imposed on women still predominated. Shame, fear of retaliation from a system and culture, and the habit of always being subservient, even within our own families, where punishment, materialism, obedience, and the neighbors' opinions reigned, marked entire generations from the 1960s to the 1990s.

I've always found it absurd to label a rigid family structure tethered to limiting beliefs, which prevented many women from discovering their true potential.

For all of this, one of my driving forces behind becoming an editor was to speak out

about what other women keep quiet about. Now, you might be asking, “And where are those testimonies?” From 2004 to 2025, I worked to create a media outlet with a space for women in the early stages of their projects and lives, to make visible what was previously invisible: their work, their achievements, their challenges. And nothing was easy. On one occasion, when I tried to publicly publicize the situation of a woman in Argentina, who was experiencing a case of violence, she herself backed down for fear of being further harmed in those times. This made me rethink the approach, and I decided the magazine should be open to all types of entrepreneurs, covering diverse cultural areas: arts, food processing, technology, and other

areas that were added over time and in different languages. Today, "Your Entrepreneurial Magazine" is a benchmark in Latin America, and I feel that what I sowed has borne fruit.

However, I never dared to write so honestly about a part of my story. There's a deep internal conflict: on the one hand, the desire to share what I experienced; on the other, the persistent fear of being judged, losing clients, or being pigeonholed for daring to speak about certain topics. I don't identify as a feminist, perhaps because the term is often associated with positions that don't always represent my journey or my personal nuances; however, I share a concern about inequalities and the drive to make them visible.

I feel the need to explain why I choose to speak out today. I'm aware that many women carry invisible burdens: the pressure to always be strong, the difficulty of balancing personal and professional life, the weight of inherited expectations. Although we're making progress, fears and limiting beliefs continue to be silently passed down from generation to generation.

## **"SOME THINGS CANNOT BE SAID... THEY MUST BE KEPT SILENT."**

I decided to break that silence because I deeply believe that sharing these experiences can pave the way for others, and because there is strength in showing ourselves as we are. A different reality, full of challenges and lessons. That moment confronted me with fragility and impermanence, reminding me of the importance of valuing every moment and moving forward with authenticity.

Thus, we arrive at a year that marked a before and after in my life: 2024. Everything changed the day I received the news that my father was hospitalized. That shook my comfort zone and led me to Loncoche, Chile. A place

marked by silent psychological violence, pain, frustration, and helplessness that ceased to be abstract words and became a daily presence.

This family crisis forced me to cross the Andes and confront the harsh reality of a society that upholds prejudices about family and aging, and that, despite legislative changes in Chile, women's role in caring for the elderly is an obligation. Examples of these paradigms include indifference to the suffering of others, the belief that asking for help is a sign of a problematic person, and the habit of relegating the elderly to oblivion.

I witnessed the lack of prevention policies, the lack of access to medicine that 60% of the population suffers, and the alarming rise in homelessness, especially among the elderly.

Leaving everything behind to help my sister was a decision. For five or six months, we shared various situations of violence stemming from our father's son.

We understood that despite this situation, we couldn't abandon my father in agony until his death. That day, his son beat me in the morgue in front of the funeral home. I reported him with evidence, and he reported me, producing false witnesses. The real witnesses were in the Public Health Institution. The court issued a verdict.

From that moment in the morgue, the bond with my mother's son ceased to exist for me. Personally, I strive to move forward and evolve, although I recognize that there are limits to forgiveness. Acts like that are impossible to justify or forget. Before my father became ill, he denounced us—my sister and me—demanding that we take responsibility for the care of the parents, "appealing only to the fact that we are women and that it was our duty." Now my mother has been diagnosed with dementia, Parkinson's, and Alzheimer's and requires 24-hour care.

We sued her son for psychological violence and child support, asking him to contribute \$100,000 (one hundred thousand pesos) to pay for a caregiver for 15 days. This was required by the system, since my sister covers the other 15 days. They forgot about the silent psychological violence our mother's son inflicts.

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## **“BLIND JUSTICE IGNORES SILENT CRIES, BUT OUR UNITY OPENS THE EYES OF THE WORLD.”**

The Judicial System in Chile is responsible for ensuring rectitude at both personal and professional levels, acting with transparency in all its actions, especially in the public sphere. This system should be a trustworthy entity that protects and maintains the integrity of individuals, preventing corrupt practices in the cases brought before its courts.

However, in my personal experience, the system did not provide us with support against the psychological violence he has exerted on my sister. Justice in this context requires concrete evidence of these facts, which highlights a deficiency in the performance of the judicial system.

## **Have you ever wondered if the victim has time to think that she is being psychologically abused?**

These are intangible acts, and only witnesses can prove them. This point is highly indefensible, since no one, even if they witness the events, will act as a witness. There is a universal, social, and collective pattern regarding this, which affects people who testify, because they lose their jobs or are blacklisted for so-called acts.

Our mother's son's comments are: that my sister is trapped and forced to take care of her mother until the end.

This invisible and devastating violence leaves deep scars that are rarely understood by others. And he evades all responsibility. Furthermore, we have seen him openly mock our situation, as if we don't understand his game, while he continues to harm us emotionally and legally. **HIS LIES CONTINUE:** he pretends to have a job to feign mediocre income, while using his partner's resources to hide his legal and financial obligations, even when he was responsible for a minor daughter. **(THIS IS NORMALIZED BY THE FAMILY COURT IN CHILE.)**

He has attempted to manipulate my mother—a vulnerable older adult—to provoke violence by whispering things in her daughters' ears and destabilizing a sick woman.

Currently, in the village, you'll see him frequently going to my mother's house to justify the fact that he takes care of her. To prove that what we say isn't true and that we don't allow him to visit his mother.

My sister and I spent six months caring for two elderly adults 24 hours a day, seven days a week. We didn't sleep for days, and he only stopped by to visit and say, “As long as



those starving women are there," he wouldn't come home.

My sister is currently responsible for my mother. Because of this silent, mounting violence, my sister became ill.

Today, from a distance and four months after returning home, I find myself helpless because I can't help my sister, who is deeply depressed. She'll no longer be able to care for my mother 15 days a month. And I can't travel.

This situation motivated me to reflect on these facts. If making them visible is truly

useful. How in Chile mental health is not prevented. And it is only demonstrable when the act is consummated for action to be activated, the agility and fluidity of actions...!!

Maybe it's my way of reaching out to her and to so many others who feel they have no one to turn to, that their stories are too heavy to tell, or that fear has stolen their voice.

***"IN THE UNION OF OUR VOICES, SILENCE  
BECOMES STRENGTH."***

## Who then has to take responsibility?

The son, who lives in the same town, Loncoche, has the means. He wants to keep the family home and have us pay for my mother's care, using the limited financial resources she receives. That's why my sister forced herself to be present despite her physical and now mental health difficulties. We hope that if human justice fails, divine justice will, as they say. And that the Universe puts everything in its place.

I write this story with the deep and unwavering desire that no woman should ever be silent again, be she a daughter, a mother, a sister, a worker. That each one may discover and explore her true potential, without chains, without fear, and with the freedom to embrace the life she deserves to live.

I am originally from Loncoche, a town of 24,000 inhabitants, Chile, but I live in Argentina. My sister lives in Panguipulli, leaving her family to spend 15 days caring for my mother in Loncoche. Today, July 26, 2025, my sister is in the emergency room with CAREGIVER'S SYNDROME. That's what they call it in Chile. Another label.

Not everyone is prepared to face a situation of this magnitude, where violence based on blood ties is ignored by the law.

Often, it's unprovable. Other women need to be encouraged to help.

The woman is complicit in these acts from the moment she does nothing and watches from the sofa, or is indifferent to what she hears or observes from her window, or knows the perpetrators of these acts. There is no justification.

I am part of the G100 Global Organization as the Media and Culture Chair for Argentina. My goal is to help women and men unite and seek PEACE.

***"In the silence of our  
battles, the cry that  
transforms the world  
is born."***



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