

# **THE NATURE AND CAUSES OF GENDER-BASED VIOLENCE**

## **WORKSHOP ON MEN IN PARTNERSHIP WITH WOMEN WORKING TO END VIOLENCE AGAINST WOMEN**

### **SESSION ONE**

#### **PREAMBLE**

### **TRAINER'S MANUAL**

## **SESSION ONE – Preamble**

### **1.1 GENERAL INTRODUCTION**

#### **1.1.1. Welcome Address by AWAM**

An AWAM representative gives a short welcome address. She gives a background to the training (origin, rationale, etc.) and highlights the importance of the training. A short description of AWAM and Man.V is sufficient as background for the participants.

#### **1.1.2. Introduction of Participants**

The facilitator invites the participants to introduce themselves by:

- ✚ Stating their name, where they live and work or study, and which organisation they are from.
- ✚ Sharing something from their background that is relevant to the training.
- ✚ Expressing their expectations of the training (why are they here).

After this, each facilitator will also say a few words about her/himself.

### **1.2 SPECIAL ADDRESS TO THE PARTICIPANTS.**

#### **1.2.1. Programme**

**A briefing on the rationale, target audience, dynamics and course content.**

A WARM WELCOME to all of you to our training programme.

#### **Rationale:**

Violence against women is basically an abuse of human rights but not always recognized as such and it is widespread. It is not a destiny that is preordained or a misfortune as simply being in the wrong place at the wrong time. It is not willed by God. It is an injustice. If we want a more just society then it is we men and women who have an invested interest in it. Gender equality and partnership are the basic requirements for building a more just society.

#### **Targeted age group:**

You have been specially selected to participate in this programme in view of your age group.

The programme is targeted at young adults between the ages of 18 to 25. Some

of you may feel that you have graduated from your adolescence, while others may still be in a self-defining mode, i.e. not completely sure of yourself. As adolescents you were under great pressure to conform and perform. Conform to norms and acquire good grades in your studies. You were looking up to your role models who were socially and sexually active. You were wanting to be like them but there were conflicting values that gave rise to great confusion. However, if you are above 18 and below 25, you would be considered as young adults. You may have acquired a great deal of knowledge and skills in different fields and experienced a lot of new things, good and bad, physically and emotionally. You may feel that you have a lot more independence and freedom now than before and, in line with this, you are expected to exercise greater responsibility. Your experiences until now are the starting points or points of departure for your further growth and maturity. You are now in positions of influence.

You are the people who will be taking prominent positions in society in the near future, if you are not already there. There are many things that are wanting in our society, especially in the area of justice, peace and democracy. It is hoped that you will not be mere spectators in the face of violence, particularly against women, but effective transformation agents who will help change the social order.

You are at that critical age of your life when you may have to make serious decisions, some of which may be about your life commitment. We hope that through this workshop you will pick up something of value that will help in your decision-making. We will take all of this into consideration in the course of this training programme. We will have serious moments interspersed with lots of fun time. Running this programme will be a learning experience for us too.

## **Workshop Dynamics**

The workshop looks into the nature and causes of violence and the possibilities of men working in partnership with women to end violence against women.

Generally each session is divided into two parts. The first part of the session will begin with an activity. This activity will be on a given topic that has a bearing on the objective of that particular session. It is called an experiential activity because it will draw on your personal life experiences and facilitate the sharing of these experiences within your small groups. A summary of these experiences will be shared in the plenary (big group) session. These shared experiences will act as a sounding board to relate to the input. The input (A) contains the substantial lesson of that particular session. The main points of the input will be captured in a slide presentation.

The second part will begin with an activity called an evocative activity. This activity will be on a topic related to the input. Its aim is to evoke responses from within you to the issues raised. It is meant to act as a small group tutorial to help

you to reach greater depths in coming to grips with the issue at hand. After the general sharing and new light thrown on the issue by the groups, the facilitator provides a second input (B) and a summation, that will tie-up the whole session. This will also be accompanied by a slide presentation.

Not all the sessions will follow this pattern. There will be variety. You will be introduced to some new terminologies that are used in the current debate on the issue. The meanings of these new words will be explained as we go along.

**Course content:**

The workshop consists of seven sessions

**SESSION ONE – Preamble**

Introduction  
Programme summary  
Photolanguage - icebreaker

**SESSION TWO – VAW within the Culture of Violence**

**Objective:** At the end of the session, the participants will:

1. Understand that violence against women takes place within a culture of violence in the community and in the world.

Activities: 1. Violence web  
2. Video clip

**SESSION THREE – Gender Socialisation**

**Objective:** At the end of the session, the participants will:

1. Understand the concept of gender and gender stereotypes
2. Be able to think “outside the box”

Activities: 1. “In the Box”  
2. Collage

**SESSION FOUR – The Paradox of Patriarchy**

**Objective:** At the end of the session, the participants will:

1. Understand that socialising processes teach men to equate masculinity with power
2. Understand men’s contradictory experiences of power

Activities: Role plays

### **SESSION FIVE – Gender Equality and Partnership**

**Objective:** At the end of the session, the participants will:

1. Understand the concept of gender equality
2. Understand the need for a process of deconstruction and reconstruction

Activities: 1. Dialogue session  
2. Conflicting Agenda

### **SESSION SIX – Men’s involvement in the struggle - Man.V The White Ribbon Campaign and Pro-action Plans**

**Objective:** At the end of the session, the participants will:

1. Understand that men can get involved in the struggle and work with women, with examples from Man.V and AWAM.
2. Be introduced to the White Ribbon Campaign
3. Initiate a pro-action plan.

Activities: Two video clips

### **SESSION SEVEN – Summary**

1. Evaluation:
2. Feedback in open discussion.
3. Workshop Summary
4. Briefing on Follow-up Sessions
5. Concluding Remarks:
6. Certificate of Participation.
7. Group Photograph

## **1.3 GROUND RULES**

*The basic ground rules that govern all training programmes, seminars and workshops apply, like being on time for sessions, being civil to one another, no unnecessary wastage of food, water, etc.*

Other ground rules will depend on the venue of the training and other logistics.

Please refer to any of the facilitators if you have any further queries.

## 1.4 BREAKING THE ICE THROUGH PHOTOLANGUAGE

### 1.4.1. Materials required

One set photolanguage

### 1.4.2. Facilitator's Preparation

Spread the photolanguage photographs face up on small group work tables/ areas.

### 1.4.3. Instructions to Participants

1. Our next activity is called Photolanguage.
2. Before starting, each group should choose a moderator. The job of the moderator is to make sure everyone has a chance to share his/her thoughts within the given time limit.
3. After the sharing, let the group choose one or two members who will share their response with the big group.
4. You will break into small groups.

## **PHOTOLANGUAGE**

You will have in front of you a number of photographs. They are spread out, face up. Please take a few minutes to look at them in silence. In your mind, think of the title of this training programme, "The Nature and Causes of Gender Violence". Relate with your heart to a picture of your choice that has a bearing on what you have in your mind. ? Pick one that touches you. Take it and continue to relate to it personally in silence. Do a little meditation. How does this picture explain what you expect from this workshop? If two of you want to share the same picture, you can do it in turns.

Each one will then speak with the rest of the group. Briefly say who you are and then, presenting the picture so that everyone can view it, say how it relates to you and how you relate to it – what thoughts and feelings you have.

Be brief and to the point. When everyone has spoken, the moderator will get the group to select one or two persons to present his/her response to the picture in the large group. The moderator will get the consensus of the group in selecting the person to share his/her response to the picture with the large group.

## **1.5 PLENARY SESSION**

- 1.5.1.** Sharing of photolanguage experiences. Invite one or two participants from each group to share with the large group his/her sharing within the small group.
- 1.5.2.** The facilitator will summarise the expectations of the participants and relate them to the objective of the workshop.