



Our Strength is the Solution! Communities can Prevent Sexual Violence

Preventing Sexual Violence:

A Community Organizing Seminar Guide

Total Time: 3 hours



www.preventgbvafrica.org



This seminar guide includes exercises that can be conducted with staff, community members and other stakeholders to inspire action during the 16 Days of Activism 2008. Through different games, role plays, and discussions, participants can increase their awareness of the causes of sexual violence and build skills for preventing sexual violence against women in their communities.

OBJECTIVES:

- To increase participant's knowledge of sexual violence and the types of sexual violence
- To build participant's skills for discussing sexual violence in the community
- To help participants develop a plan of action for the 16 Days of Activism

You can use any or all of these activities to support your community organization efforts. Decide which activities and discussions would be best for the communities you are working with and encourage them to carry out similar activities and discussions with others in the community.

At the beginning of the seminar, explain the 16 Days of Activism to all participants.

*The 16 Days of Activism is a global campaign to take action against violence against women. It begins on 25th of November with the International Day Against Violence Against Women, includes World AIDS Day on 1st December, and ends on International Human Rights Day 10th December. This year, the GBV Prevention Network is calling for community dialogue and activism to prevent sexual violence. The regional theme for 2008 is *Our Strength is the Solution! Communities can Prevent Sexual Violence.**

This Seminar Guide includes the following exercises:

Where do you stand?

an exercise to explore beliefs about power and sexual violence against women

What is sexual violence?

exercises to help participants reach a common understanding of sexual violence

Types of sexual violence?

exercises to help participants identify the different types of sexual violence in the communities

Opportunities for activism

an exercise to identify opportunities for activism within our communities and role plays to help participants prepare for community activism

Activity brainstorming and planning

a simple guide to help participants plan and carry out coordinated 16 Days of Activism against violence against women campaigns

A. Where Do You Stand?

Objective: To help participants begin thinking about and discussing their beliefs about power and sexual violence against women.

Time: 15 minutes

Materials: Three pieces of paper each with one of the following words written largely on it, "Agree" "Disagree", "Not Sure"

Preparations:

1. Tape the three pieces of paper at different places throughout the room
2. Read through "Possible Statements" (on page 4) and decide which ones you will use, and/or add your own.

Steps:

1. Facilitator explains the following instructions to participants:
We begin with everyone standing in the middle of the room. When I read a statement aloud, each of you will think about the statement and decide whether you agree, disagree or are not sure. Once decided, walk over to and stand under the appropriate sign.



2. Once participants move and stand under a sign. The facilitator can ask the participants various questions such as:
 - a. *Why did you choose that position?*
 - b. *Was it difficult to choose that position?*
 - c. *How do you feel standing on this position?*

Note: It is good to start with some easy statements that are not controversial, but as the game progresses you can begin to use statements that require more thinking, personal reflection, and will lead people to different places.

Possible Statements:

- a. I enjoy spending time with family and friends.
 - b. Dancing is one of my favorite activities.
 - c. I think only women should do the cooking for the household.
 - d. Men should be strong and dominant – it's only natural!
 - e. A man who is not sexually active is not fulfilling his role as a man.
 - f. Rape is not possible in marriage.
 - g. Women should have the same rights as men.
 - h. People should intervene if they see a man speaking or acting violently towards a woman.
 - i. Men are more likely to experience sexual violence than women.
 - j. When a woman says she does not want to have sex, it means that she wants the man to try harder.
 - k. Women are responsible for keeping themselves safe from sexual violence.
 - l. A man should never do housework.
 - m. Threatening to leave a partner if they will not have sex is sexual violence.
 - n. Sexual violence does not happen in our community.
 - o. I can personally do something to prevent sexual violence against women.
3. After about 10 minutes, bring the group back together. Some possible discussion questions include:
 - a. Did any of the questions surprise you? Which ones? Why?
 - b. Did you feel that for some of the questions you were not able to stand where you really wanted to? Why?
 - c. How did it feel to stand in a certain place that represented your beliefs about sexual violence?
 - d. How did it feel to see people at different places in the room?

B. What is Sexual Violence?

Objectives: To reach a common understanding of sexual violence

Time: 45 minutes

Materials Needed: flipchart paper, pens





Preparations:

Tape two blank sheets of flipchart paper on the wall. These will be written on as the activity progresses.

Prepare one extra flipchart paper with the following definition:

Sexual violence is any act directed toward a girl or woman that limits her power over her body, sexuality or reproductive health.

Set the paper with the definition aside, it will be used later.

Steps:

1. Write the words **“sexual violence”** in the middle of a large piece of paper on the wall that all participants can see.
2. Ask participants to share what they think sexual violence is. These can be examples such as, **“when a girl is forced to marry at a young age”** or **“when a boy calls a girl a prostitute.”** Participants may also suggest definitions, such as **“using force to obtain sex”** or **“demanding sex from a woman who does not want to have sex,”** etc.
3. Write their ideas on the flipchart around the words **“sexual violence”**. Keep the conversation going at a fast pace and encourage all participants to share.
4. When participants have shared all their ideas, read back some of the statements that were written on the paper. Ask participants if there are any contributions that they disagree with or would like further clarification on. Discuss as a group.
5. Tape the paper with the written definition of sexual violence to the wall and ask a participant to read aloud, **“Sexual violence is any act directed toward a girl or woman that limits her power over her body, sexuality and/or reproductive health.”**
6. On a new sheet of paper, write the words: **“unwanted”, “coercion”, “force”,** and **“consent”**. Leave space in between the words. Explain to participants that these are some of the words that are used in relation to sexual violence. Ask participants to discuss with their neighbor what these words mean in relation to sexual violence for five minutes. Then have a plenary discussion exploring the meaning of each word in relation to sexual violence.

To keep the conversation focused, you can refer to the following meanings:
Unwanted means that one of the persons involved does not want that act or attention to occur.

Coercion means that a girl or woman is emotionally, socially, or economically pressured into a sexual act. Coercion often happens from a partner or by someone known to the woman by using threats, intimidation or financial





inducements. Coercion can also happen with strangers, for example, officials (military or civilian) who hold or threaten to withhold goods, services, or safety in exchange for sex.

Force means that a girl or woman is physically forced into a sexual act against her will. Sex can be forced by a partner, someone known to the woman, or a stranger.

Consent means that someone says it is okay for a sexual act or attention to occur. If a person does not say that they want a sexual act to occur, then consent has not been given and a sexual act is considered violence.

7. Explain to participants that with a common understanding of sexual violence, we can begin to think of the types of sexual violence that can happen in the home, workplace, or community.

C. Types of Sexual Violence

Objective: To identify the types of sexual violence that occur in communities

Time: 1 hour

Materials: Flipchart paper, pens, tape

Preparations:

On a flipchart, draw a Venn Diagram with circles of Forced and Coerced as shown in Step 3.

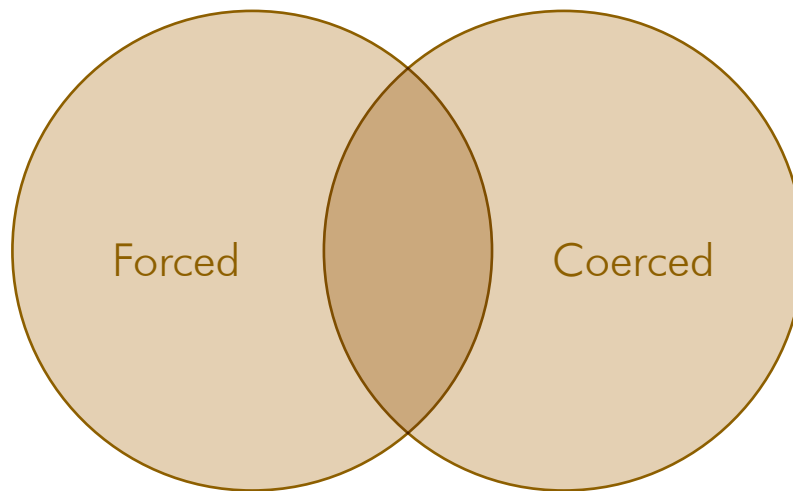
Make a photocopy of the different examples of sexual violence provided on page 8. Cut them into strips (one example per strip) and place them in a bag or basket.

Prepare small pieces of tape.

Steps:

1. Explain the purpose of this activity to participants.
2. In this activity, we will discuss the different types of sexual violence that can occur. The Sexual Violence Circles shows the different types of sexual violence.
3. Refer back to the previous session and explain how all sexual violence is unwanted yet often when the violence is coerced, it is taken less seriously. Yet whether forced or coerced, all sexual violence has negative consequences on the girls and women who experience it. This next activity will help participants understand the difference between forced and coerced.
4. Show the Venn Diagram of overlapping circles with the words Forced and Coerced on page 7.





5. Divide participants into pairs. Pass around the bag/basket with the pieces of paper. Ask each pair to pick a piece of paper from the container until all papers have been selected.
6. Ask participants to read the example of sexual violence on their paper and discuss with their neighbor which category of sexual violence their example belongs in. It is possible that their example can fit into both the categories of forced or coerced, or they may think it does not fit into a category.
7. After 5 minutes, ask one pair to tape their example on the Sexual Violence Circle in the section they think it belongs in. Ask them to explain why they think their example belongs in that category.
8. Allow all pairs the opportunity to tape their example in the circles and explain their selection, until all examples have been read.
9. After all examples have been read, summarize the activity: The Sexual Violence Circles show the different types of sexual violence. There are many different ways that sexual violence can happen. It is important to recognize all the different forms of violence so that we can work to prevent sexual violence.



Examples of Sexual Violence:

A teacher threatens to give his student a bad grade if she does not have sex with him.

An employer makes sexual comments to his employees.

A child is touched in her private parts by an older family member.

A woman is raped while walking home from the market.

A husband threatens to leave his wife if she does not have sex with him.

A young woman has sex with a man so that he will pay her school fees.

A father forces his young daughter of 14 years to marry.

A boyfriend tells his girlfriend that if she does not have sex with him he will break up with her.

A man does not listen when a woman says she does not want to have sex.

A husband does not allow his wife to use contraception.

A woman's breast is grabbed by a man on the bus.

A man refuses to get and HIV test and also refuses his partner to get a test.

A man has another partner outside his marriage that his wife does not know about.

A school boy calls a female student a prostitute.

An HIV positive man has unprotected sex with a woman.

D. Opportunities for Activism

Part One: Everyday Activism

Objective: To identify opportunities for activism in our daily lives

Time: 30 minutes

Materials: flipchart paper, pens

Preparation:

Write the following schedule, with space in between each line, on a flipchart paper and tape to wall for all participants to see:

7am Breakfast with family

8am Taxi ride to work

9am Office meetings

11am Tea with coworkers

1pm Lunch with friends



5pm Shop in market
7pm Church event
8pm Visit with neighbors

Steps:

1. Explain to participants the idea of activism:
Our daily interactions with people are opportunities for activism. Activism does not have to be a large organized event or activity, but can be the small actions and words that inspire others to change. We can set a positive example for change through our attitudes about violence against women. The most effective activism can be the choices we make in our normal lives.
2. Tape the sheet of paper with the schedule written on it to the wall.
3. Divide participants into 8 groups, assign one item from the schedule to each group (group 1- breakfast, group 2- taxi ride, etc.) and have them discuss the following question:
If this activity was part of your day, what could you do during this time to prevent sexual violence?
4. After 10 minutes, ask each small group to share what they discussed with the larger group. Write specific ideas of actions they would take on the paper under each daily activity. For example: at breakfast they could talk with their family about resolving arguments without violence or at work they could organize a seminar for their colleagues to raise awareness about violence against women.
5. After all groups have shared, ask participants if they think these daily acts of activism would be possible in their lives.

Part Two: Role Plays

Objective: To provide an opportunity for participants practice discussing sexual violence with others.

Time: 30 hour

Materials: Quick Chats from the Action and Advocacy Kit (Rethinking what it means to be a man, and Healthy and happy relationships are free of sexual violence)

Preparation: Make copies of the Quick Chats for all participants



Steps:

1. Explain Quick Chats to participants:
Quick Chats are a small but important way that we can start breaking the silence around sexual violence in our communities. Quick Chats can be used with any group of people. You can take them to a church group, community meeting, use them in a bus, marketplace, or busy street corner to start asking questions and talking with others.

The purpose of quick chats is to get people talking about issues that relate to violence against women. Talking about sensitive issues is the first step in creating awareness and changing attitudes and beliefs that contribute to violence against women.

When doing quick chats, remember to listen to what others have to say, encourage others to express their views, yet also keep the conversation focused on the strengths and responsibilities of communities to prevent violence against women.

2. Provide everyone with copies of the Quick Chats. Divide participants into pairs.
3. Explain the following instructions:
 - a. Each pair will choose one Quick Chat topic.
 - b. One person will be the activist and their partner will be a community member.
 - c. The activist will begin a conversation with the community member using the Quick Chat questions and ideas for 5 minutes.
 - d. After 5 minutes, the facilitator will say "switch" and the pair will switch roles and try a new Quick Chat topic.
 - e. After both partners have had the opportunity to be an activist, the group will come back together.
4. When participants come back together, ask one pair to do a role play of the Quick Chat in front of the group. After the role play in front of the group, ask the volunteers to describe what was challenging during the quick chat and what went well. Ask the participants to provide feedback and ideas for what they would have done differently.
5. Ask other participants to role play another Quick Chat as time allows.
6. Sum up the activity by encouraging all participants to share what they learned today with members in their community. Encourage them to conduct Quick Chats wherever they are! Thank all participants for being involved in the 16 Days of Activism.





Optional: Activity Brainstorming and Planning

Objective: For participants who will be involved in 16 Days of Activism activities, to begin planning activities and events.

Time: 1 hr

Materials: Flipchart paper, pens

Preparations:

On flipchart paper, draw a calendar of the 16 Days of Activism: 25th Nov-10th Dec. Tape to the wall.

Write "Activities" at the top of a blank flipchart paper and tape to wall.

Steps:

1. Brainstorm with the group all the activities that could be done during the 16 Days of Activism. Write participant's ideas on the blank sheet of paper, no matter how large or small. These can include, marches, rallies, speak outs, community dramas, quick chats, meetings with community leaders, exhibitions, petitions, seminars, media events or any activity that you have done in the past that you have found successful.
2. As a group, decide which of the activities would be possible to accomplish with the time and resources you have available.
3. On the calendar, decide which days you would like to have each activity that you decided could be accomplished.
4. Identify a committee for each activity to be responsible for planning and organizing.
5. Within each committee, identify a leader(s) to keep the committee organized and meeting regularly.
6. Discuss how you will raise awareness about the activities in the community to make sure people attend. You can make announcements in the media, display signs and posters with event information, or talk to individuals and groups about the events and why they should attend.
7. Determine a date for a follow-up meeting to make sure that activities are happening and continued support is provided.

