

VOLUNTEER NAME



VOLUNTEER GUIDE BOOK

ভলান্টিয়ার গাইড পুস্তিকা



We Can

end all violence against women

www.wecanendvaw.org

About this tool

- This tool is designed to help volunteers interact with change makers in their clusters.
- There are five activities. Each activity can be done with a single change maker or a group of change makers.
- Go through the activities and try and do them once yourself before doing them with other change makers.



Use a pencil, and erase gently to reuse this workbook. Use extra sheets of paper wherever you need.

- Use the space below to keep a score of the number of change makers you have been able to use this workbook with.

TOTAL NUMBER OF CHANGE
MAKERS I AM RESPONSIBLE FOR

NUMBER OF CHANGE MAKERS
I HAVE USED THIS WORKBOOK
WITH

Activities



- This activity helps us to...
- think about the different forms of violence and how they are connected
 - identify small actions that we have taken, or can take to address all forms of violence
 - identify who all need to be involved to help end the violence against women



This activity helps us to think about some of the common excuses, and to understand that violence against women is never justified.



This activity helps us to think about how to deal with conflicts without violence.



This activity helps us to create a map of our circle of influence, and then track how change has spread, or can spread, from the change maker to the family, friends, neighbours or relatives.



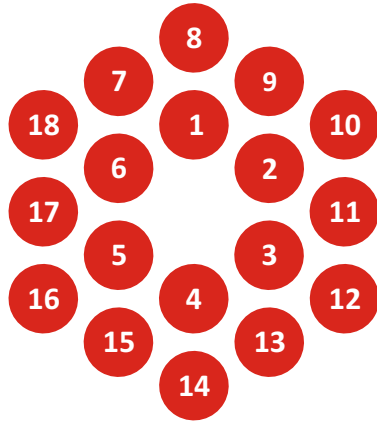
This activity helps us visualise what a violence free home or society would look like.

One thing leads to another



- First, try to recognise all the pictures (answers are on the next page).
- Start from any picture. Draw a line to connect with another picture that you feel is related. How are they related?
- In this way connect as many pictures as you can.
- For each of the pictures you have connected, describe a small action you can take to change the situation shown. If you can think of an action, draw a circle around it.
- Who else needs to be involved for this violence to end?
- How many pictures could you circle?

1



- | | | |
|---|---------------------------------|--|
| 1 early marriage | 7 emotional violence at home | 13 no public participation |
| 2 blaming the woman for birth of a girl child | 8 economic violence | 14 desertion |
| 3 neglect of girls | 9 dowry | 15 poor health of woman |
| 4 no education of girls | 10 infanticide | 16 less food, eating last |
| 5 physical violence | 11 controlling woman's mobility | 17 impact of domestic violence on kids |
| 6 early pregnancy | 12 trafficking | 18 sexual violence |



Shown above is one of the many ways you could connect the pictures. Discrimination and violence against women are a result of power imbalance. Once we become aware of this, we can start to take small actions to prevent them.

On a separate sheet of paper, make a list of the actions you have taken, or can take, to prevent violence against women

It is not enough to challenge a particular violence alone. It is important for us to involve our family members, neighbours and others who can come together to challenge violence and bring change.

On a separate sheet of paper, make a list of people whom you have involved, or can involve, for each form of action

Excuses Excuses

she went out
without telling me!

she did not
cook the food
properly!

she came home
late from work!

she was having
an affair!

she is so lazy!

she was not looking
after the children
properly!

we have no boy
child because of
her!

she went out to meet a
friend instead of doing
household chores!

she is always
nagging me!

she answered
back!

she does not let me
spend money on
what i like!

she is arrogant
because her family
is richer than mine!

she was rude to my
parents!

she did not bring
enough dowry!

- Think about each situation carefully.
- ✓ Tick the space if you feel that **violence against the woman may be justified** in the given situation.
- In the space below, add any other situation in which you feel violence against women may be acceptable.



- Now imagine a woman giving similar excuses...

✓ Tick the space if you feel that in this situation violence against the man **would not be justified**.

- Is it easier to accept the excuses by the man, or the woman? **Why do you think there is a difference?**

Violence is any action that hurts, and makes another person feel afraid. We often accept excuses for violence against women because we believe that men are more powerful or valuable.

Return to the previous page and erase all the ticks you may have put, and any excuse you may have given to justify violence.



he did not cook the food properly!

he went out without telling me!

he came home late from work!

he was having an affair!

he is so lazy!

he was not looking after the children properly!

we have no boy child because of him!

he went out to meet a friend instead of doing household chores!

he always complains about my cooking!

he answered back!

he does not let me spend money on what i like!

he is arrogant because his family is richer than mine!

he was rude to my parents!

he does not earn enough!

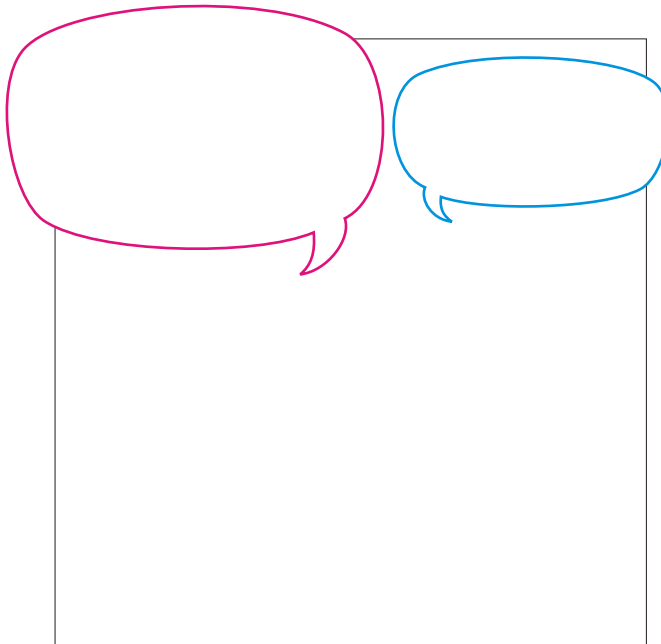
Violence is not acceptable, under any circumstance

Your Attitude makes a Difference

At dinner time, Jeevan did not like his food. He got annoyed...



- In any relationship there will be conflicts. If the relationship is based on equality and mutual respect, conflicts can be resolved without violence.
- Here is a story with parts missing. Draw in the empty frames to complete it the story in your own way. Write an imaginary conversation that demonstrates an equal relationship between the partners.
- Give a personal example of a time you dealt with a similar situation without resorting to violence.
- How do you deal with a situation in which you are frustrated or angry?



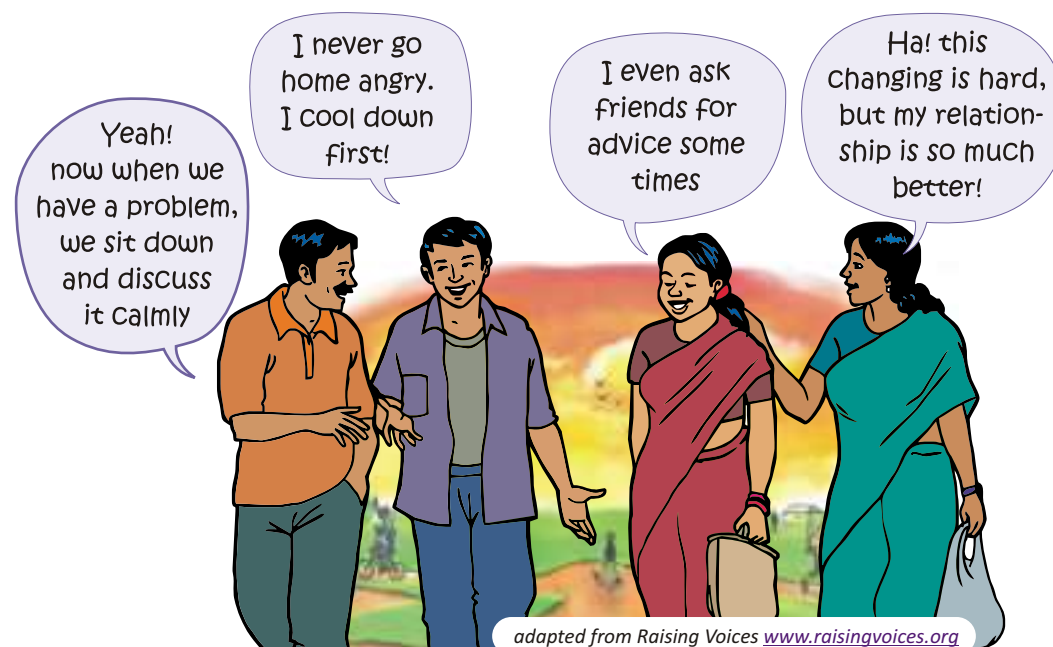
Keeping a Positive Attitude

All of us have both good and bad experiences. We cannot always control what happens, but we can choose how we think and act on it. Choosing a positive attitude helps us to manage any situation non-violently and respectfully.

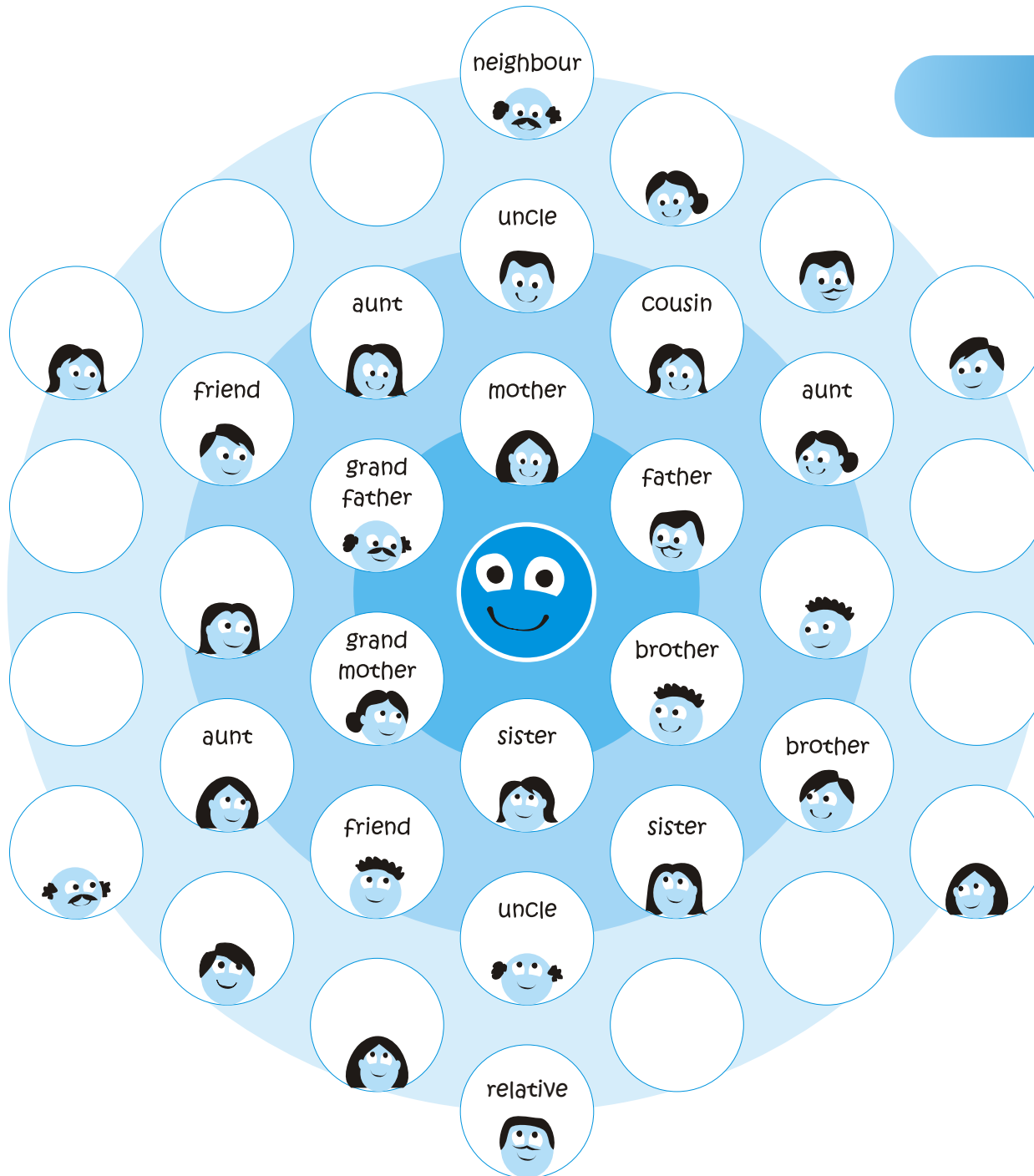
- **Focus on the positive.** Look for the positive qualities of yourself and the other person, event, or day. Avoid criticizing or blaming yourself or others.
- **Find things you can do to turn the situation into a positive one.** Try to understand the problem. Talk with those involved to understand their points of views. Calmly and respectfully explain your point of view.
- **Take a break.** Take a deep breath and try to stay calm. Walk away from the situation and come back later. Do something active or enjoyable - such as walking, playing a sport, a hobby, or visit a friend.
- **Surround yourself with positive people and situations,** as much as possible. Ask for advice from friends who have a positive attitude. Get involved in positive experiences. Use humor and laughter to create a positive atmosphere.

Tips on Resolving Conflicts



- Say what you feel, want or need.
- Listen to the other person's point of view. Find out what he or she feels, or wants. Restate the other persons position to be sure that you understand.
- Think of solutions that take into account both partners needs and wants.
- Agree on a solution. Try it out. If it does not work start again.
- Effective communication needs both partners to listen, trust, respect and treat each other as equals.




My Circles of Influence



As Change Makers, we may have already influenced others around us. Let us map how our change has spread.

-  The middle circle represents you. The other circles represent people who have experienced change because of you. Some of the relationship are filled up, others are left for you to complete.
-  In separate sheets of paper, write down the name of the person you have been able to influence, his or her relationship to you, and then a little bit about the change.

-  On this page put a tick mark on those relationships you have already influenced. How many are left for you to reach out to?



1



2



3



4



5



6

Violence free homes



7



8



9



- These are a few pictures of what a violence free home looks like. Try matching the picture numbers with the captions below.
- ☐ Woman enjoying freedom of mobility
- ☐ Equal property rights
- ☐ Sharing responsibility of children
- ☐ Sharing household chores
- ☐ Couple saying "No physical, sexual, emotional or economic violence"
- ☐ Receiving equal respect from the community
- ☐ Eating together
- ☐ Equal education
- ☐ Taking important decisions together
- ☒ put a tick mark on those that you see in your home.
- share other situations that demonstrate a violence free family.

proud to be a **Change Maker**

Change Makers are a growing community of inspired people who have resolved to end all violence against women. They have promised to make small but significant changes in their own lives and set examples for others to follow. Currently, nearly 30,00,000 Change Makers are associated with the We Can Campaign in South Asia.

- *"As a Changemaker I believe that violence - small or big, once or often - is never acceptable"*
- *"I will neither commit, nor tolerate any discrimination or violence against women"*
- *"I will spread this message to at least 10 people"*

District alliance address / contact

State alliance address / contact

National Secretariat address



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