

Chapter 13: Violence in daily life

Gendör 101 training materials

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Chapter 13: Violence in daily life

Learning objectives

By the end of this session, participants will be able to:

- Describe the many ways that men's use of violence limits women's (and men's) lives
- Reflect on the pervasiveness of violence in their personal lives

Facilitator note: This activity should only be completed *after* participants have completed the session titled "What Is Violence?"

Facilitator note: Given the highly sensitive nature of this activity, it is advisable to include this activity as part of a broader gender training during which participants have been able to examine social norms. Do not facilitate this activity as a stand-alone session.

Facilitator note: Some people have strong emotional reactions to this activity. These reactions may include anger, outrage, astonishment, shame, embarrassment, and defensiveness. These may be related to personal experiences of violence at some point in their lives. Female participants may feel frustrated by some men's lack of understanding and/or empathy regarding women's experience of violence. Some women may feel exasperated at having to relive, rehash, and "display" the vulnerability they feel. Some participants may want to share their feelings overtly, which can be very emotional and challenging for the entire group, although the outcome can also be therapeutic and healing. Enough time should be given to enable participants to express themselves (even if it means extending the length of the activity). Do not end the session abruptly for the sake of moving on to the next item in the agenda.

Participants should be encouraged to support one another. As participants share their feelings, let them know that their reactions are normal and appropriate. Remind them that anger can be a powerful motivating force for change. Encourage them to identify ways they can use their anger and outrage to prevent violence and promote gender equity and equality.

Time needed

1 hour 40 minutes

Facilitator note: It is likely that some participants, particularly women, have experienced, or are experiencing, violence in their personal lives. It is important for facilitators to have information about existing national laws and/or policies related to gender-based violence (GBV) to refer to during the activity. Prior to leading this activity, research local support services for survivors of GBV and have contact information for those services available in the event a participant requests such services. It is also important to clarify with your organization any ethical and legal aspects related to dealing with situations that might come up during discussions on violence.

Materials needed

- [Violence in Daily Life Jamboard Template: one copy per group](#)

Advance preparation

1. Copy the provided Jamboard template until you have enough for each group, assuming single-gender groups of 5 to 8 participants.
 - Label each Jamboard “Group 1”, “Group 2”, etc.
 - Prepare a list of your Jamboards and their links to ensure you can easily copy and paste the information into the Zoom chat during the live session. Example:
 - Group 1: [link to Jamboard]
 - Group 2: [link to Jamboard]
 - Group 3: [link to Jamboard]
 - Group 4: [link to Jamboard]

Technology Note: It is highly recommended that facilitators recruit an additional individual to support them with the technical logistics of this session, particularly during the “Sharing our Stories” section.

Steps

Technology Note: While other Gender 101 training sessions may be recorded, sessions on gender-based violence should never be recorded to maintain the confidentiality of participants’ experiences.

Introduction (3 minutes)

1. **Technology Action:** At any point after participants arrive, you may begin to prepare breakout rooms for the “Sexual Violence in Daily Life” activity.
 - Groups of 5-8; within each group, all group members should all be the same gender
 - Check “Breakout rooms automatically close after”
 - 20 minutes
 - Check “Notify me when time is up”
 - Countdown after closing breakout room: 30 seconds

Facilitator note: Even if you have a small number of participants and/or a limited number of participants from either sex, maintain single-sex groups. The purpose of this part of the activity is to make evident the significant contrast between women’s and men’s daily experiences of sexual violence.

2. Open the activity by explaining to participants that they will now move beyond a conceptual understanding of violence to examining the prevalence of violence in individuals’ personal lives, as well as the influence of violence on women’s and men’s lives.
3. Before proceeding further, explain that because the session focuses on a very sensitive topic, it is important for participants to observe the following ground rules:
 - Maintain confidentiality. What is said in the room stays in the room.
 - Everyone has the right to pass. If a participant feels uncomfortable about a particular topic or if they feel uncomfortable about sharing on a particular point, they have the right to pass.

- Suspend judgment. Everyone has a right to their opinions and beliefs. Try not to judge others and try to maintain an open mind and hear what others are saying.
 - Show respect for the opinions and feelings of others. Avoid interrupting others while they are speaking. Do not mock or minimize a person’s contribution.
 - Do not speak for others. Only share what you have said. Do not relate what someone else may have said in the context of this group.
 - Practice active listening. Pay attention when others are speaking and try to listen carefully to what they are saying.
4. Explain that given the sensitive nature of the topic, you would like participants to keep in mind the following options during the session:
 - Take care of yourself, and take a break if you need to do so.
 - Participants who want additional support on this issue for themselves, a family member, or a friend should feel free to talk to the facilitator after the session to be connected to support resources.
 5. Ask the group if there are any questions or concerns.

Sexual violence in daily life (50 minutes)

1. Explain that, in just a minute, you will divide participants into same-sex groups. Within each group, participants will have 20 minutes to answer the following questions:
 - What do you do on a daily basis to protect yourself from sexual violence?
 - What do you lack in order to be able to protect yourself from sexual violence?
2. Instruct participants to write their answers to each question on two separate Jamboard frames (one Jamboard per group). The Jamboards have the questions written at the top of each frame.
3. **Technology Action:** Screen share a sample Jamboard and demo the activities below as you describe each.
 - Explain that participants should use the sticky notes to add ideas to their Jamboard. To add a sticky note, participants should click the small white box with text within the toolbar to the left of the screen; after typing their note, click “Save”, and then click out anywhere outside of the sticky note box to return to the main Jamboard.
 - Participants should respond to each of the two questions on two separate frames. To move between frames, participants should click the arrows at the top center of the screen (< >).
4. **Technology Action:** Copy and paste into the chat links to each Jamboard. Jamboards should be clearly labeled Group 1, Group 2, etc. (see example below).
 - Example:
 - Group 1: [Link to Jamboard]
 - Group 2: [Link to Jamboard]
 - Group 3: [Link to Jamboard]
 - Group 4: [Link to Jamboard]
5. Explain that you’ve just shared links to each group’s Jamboard in the Zoom chat. Explain that, as they are being moved to a breakout room, participants will see on their screen to which numbered room they are being moved. Once they are in their breakout rooms, their room number will appear

at the top of the Zoom screen. Their breakout room number will represent their group number and should be used to know which Jamboard to open.

6. Make sure that everyone understands the instructions. Remind them that they should use the “Ask for Help” button if they have questions for a facilitator while in their breakout room.
7. **Technology Action:** Open the breakout rooms.
8. **Technology Action:** Open each Jamboard on a different tab in your computer. Regularly review each Jamboard to ensure that at least one participant has opened the board and is adding sticky notes. If you notice any group that has not added sticky notes after some period of time, go in and check on the group to ensure they don’t have any questions.

Technology Note: Anonymous circles at the top right corner of the Jamboard will indicate whether or not participants have opened the Jamboard.

9. **Technology Action:** Send a broadcast message reminding participants when they have 5 minutes left and then again when they have 1 minute left.
10. **Technology Action:** After approximately 20 minutes, close the breakout rooms.

Facilitator Note: In steps 11 to 12, participants will have time to review other groups’ Jamboard frames. Two options are presented for step 12 to help facilitate this “gallery walk”; please consider with which option you are most comfortable, as well as which option will best engage your specific participants.

11. Explain to participants that they will now have some time to silently read and reflect on each group’s Jamboard.

Option 1: Shared Screen

12. **Technology Action:** Share your screen to show group 1’s Jamboard. Show each Jamboard frame for 30 to 45 seconds, and then move to the next frame, or to the next group’s Jamboard. Consider also re-sharing links to each Jamboard in the chat, in case any participant wants to spend additional time reading another group’s sticky notes.

Option 2: Independent Review

13. **Technology Action:** Re-send links to each group’s Jamboard in the chat.
 - Ask participants to open each Jamboard on their own computer and spend the next 4 to 5 minutes reading through each group’s sticky notes.

Technology Note: Consider sharing your screen to show a 5-minute timer (such as [this one here](#)).

14. After participants have had time to read the Jamboards, facilitate a 5-minute debrief. Start with the men and ask: What did you notice about the women’s list(s)? Do you have any questions or comments about the women’s list(s)?
15. After a few men have shared their observations, ask the women: What did you notice about the men’s list(s)? Do you have any questions or comments about the men’s list(s)?
16. Next, facilitate a 15-minute group discussion using the following questions:
 - Have the men listed many things pertaining to sexual violence? Why or why not?
 - How does men’s use of violence damage men’s lives as well as women’s?

- (to the men) How much do you already know about the impact of men’s use of violence on women’s lives? How does it feel to have not known much about it before?
- (to the men) Do you think some men avoid noticing the impact men’s use of violence has on women’s lives?

Facilitator note: Be sensitive to the fact that some men may not be aware of the level of consciousness women carry on a daily basis to avoid violence.

Facilitator note: While facilitating the discussion, be careful not to push men into feeling blamed and guilty. Rather, try to ease them into recognizing the reality of the situation and committing themselves to greater responsibility in ending other men’s use of violence.

Sharing our stories (45 minutes)

1. **Technology Action:** At any time, you may begin to create the first set of breakout rooms for the next activity. Note that there will be three sets of breakout rooms total for this activity, and that each set of breakout rooms should be different. Use the “Assign automatically” feature in order to quickly randomize paired groups with the following settings:
 - Groups of 2 (randomly distributed participants)
 - Check “Breakout rooms automatically close after”
 - 4 minutes
 - Check “Notify me when time is up”
 - Countdown after closing breakout room: 15 seconds

Technology note: If you have an even number of women and men, you may wish to pair the women with other women, and pair the men with other men. While you can still use the “Assign automatically” Zoom feature to quickly make groups, you will need to move some participants between groups to ensure same-gender groups. You can do so quickly by hovering over a user’s name, selecting “Exchange”, and then selecting the participant with whom you’d like to switch this participant.

Technology note: It is important that participants completing this activity have their video cameras on. If you regularly have large numbers of participants who do not turn their videos on (even during small groups), you may need to consider not implementing this activity. It may also be worthwhile to email participants ahead of the session and ask them to please come prepared to have their videos on for the second half of the session, as they will not be able to participate otherwise.

2. Transition to the next part of the session by explaining to participants that they will spend some more time reflecting on their individual experiences with violence. Tell participants they will complete a listening exercise during which they will reflect on their personal experiences with violence.

Facilitator note: This activity helps to establish a clear understanding of the extent and impact of men’s use of violence against women. Be sure to allow sufficient time for group discussion as the discussion may be quite emotional.

Facilitator note: If men are defensive during the discussion, make it clear that you are not accusing anyone in the room of having created a climate of fear. Remind the group that you are trying to show how common and devastating violence against women is for everyone. Be sure to challenge participants who try to deny or reduce the significance of violence, particularly violence against women.

Facilitator note: Be aware that some men may think they need to protect women from violence. If some men in the group say this, remind the group that it is important for women and men need to work together to create a world free from violence. By saying that it is up to men to protect women, we reinforce the stereotype of men as strong and powerful and women as men's property that must be protected from other men.

3. Explain to the group that they will complete three rounds of active listening. During each round, participants will switch partners and spend 4 minutes with this partner discussing their personal experiences with violence. During the partner work, each person will have the opportunity to be both a listener and a speaker.

Facilitator note: Tell participants that they should only share what they are comfortable sharing. Remind participants of the various forms of violence that were discussed during the first session on violence and explain that they can share personal experiences with any of the various forms of violence (e.g., emotional, economic, sexual, physical).

4. Explain that during the partner work, it is important for the listener to truly hear their partner and avoid interrupting with questions. Instruct participants not to take notes while their partner is speaking.

Facilitator note: During this activity, you may notice that it is easier for participants to talk about violence they have suffered outside their homes than violence they have suffered inside their homes, or violence they have used against others. They may not wish to go into detail about these experiences, and it is important that you do not insist they do.

5. Explain that you will put participants into pairs through breakout rooms. Explain that each person will have 2 minutes to answer two questions. Explain that both people in each pair will have the opportunity to answer the questions. Tell participants that if they finish answering the questions before the 2 minutes are up, they should sit quietly until it is time to switch. (Spend no more than 10 minutes on steps 2 to 5.)
6. Read the following questions aloud:
 - Describe an experience where you or someone you know was a witness to violence.
 - How did that experience affect you/them?
7. **Technology Action:** Post the questions in the Zoom chat for participants to easily reference while in their breakout rooms.
8. Explain that you will send a broadcast message when 2 minutes have gone up and the pairs should switch; however, remind participants that they may also reference the timer in the top right-hand corner of their Zoom screen to know how much time has passed.
9. Ask if anyone has any remaining questions before you open the rooms.
10. **Technology Action:** Open the breakout rooms.

11. **Technology Action:** After 2 minutes have passed, send a broadcast message reminding participants to switch roles.
12. **Technology Action:** Close the breakout rooms after 4 minutes.
13. **Technology Action:** Re-create breakout rooms. Note that time will be limited to re-create breakout rooms. As soon as the previous breakout rooms have closed, click “Recreate”. Then, again use the “Assign Automatically” feature to quickly make breakout rooms (same number of groups as before). Your previous settings will remain the same and will not need to be updated.

Technology note: If you have an even number of women and men, you may wish to pair the women with other women, and pair the men with other men. While you can still use the “Assign automatically” Zoom feature to quickly make groups, you will need to move some participants between groups to ensure same-gender groups. You can do so quickly by hovering over a user’s name, selecting “Exchange”, and then selecting the participant with whom you’d like to switch this participant.

14. As the new breakout rooms are being created, remind participants of the guidelines then read the following questions aloud:
 - Describe an experience where you or someone you know was a victim of violence.
 - How did that experience affect you/them?
15. **Technology Action:** Post the questions in the Zoom chat for participants to easily reference while in their breakout rooms.
16. Ask if anyone has any questions before you open the rooms.
17. **Technology Action:** Open the breakout rooms.
18. **Technology Action:** After 2 minutes have passed, send a broadcast message reminding participants to switch roles.
19. **Technology Action:** Close the breakout rooms after 4 minutes.
20. **Technology Action:** Re-create breakout rooms. Note that time will be limited to re-create breakout rooms. As soon as the previous breakout rooms have closed, click “Recreate”. Then, again use the “Assign Automatically” feature to quickly make breakout rooms (same number of groups as before). Your previous settings will remain the same and will not need to be updated.

Technology note: If you have an even number of women and men, you may wish to pair the women with other women, and pair the men with other men. While you can still use the “Assign automatically” Zoom feature to quickly make groups, you will need to move some participants between groups to ensure same-gender groups. You can do so quickly by hovering over a user’s name, selecting “Exchange”, and then selecting the participant with whom you’d like to switch this participant.

21. As the new breakout rooms are being created, remind the group of the guidelines once more and then read the following questions out loud:
 - Describe an experience where you or someone you know was a perpetrator of violence.
 - How did that experience affect you/them?
22. **Technology Action:** Post the questions in the Zoom chat for participants to easily reference while in their breakout rooms.

23. Ask if anyone has any questions before you open the rooms.
24. **Technology Action:** Open the breakout rooms.
25. **Technology Action:** After 2 minutes have passed, send a broadcast message reminding participants to switch roles.
26. **Technology Action:** Close the breakout rooms after 4 minutes.
27. Facilitate a 10-minute debrief by asking if anyone would like to share what they spoke about with their partner. Be sure to emphasize that they are only to share what they said and not what their partner said.

Facilitator note: Before proceeding with the debrief, remind participants of the group's agreement about confidentiality: what is said in the room, stays in the room.

Facilitator note: Do not force participants to share what they spoke about with their partners. Make it clear to participants that they should only share if they feel comfortable doing so. If no one wants to share, you may move on to the group discussion.

28. After participants have shared, thank everyone for being open and vulnerable.
29. Next, facilitate a 10-minute group discussion using the following questions:
 - What is the most common type of violence used against us?
 - What is the most common type of violence we use against others?
 - How do we know if we are really using violence against someone?
 - Where do we learn violence?
 - Is any kind of violence worse than another?

Closing (2 minutes)

End the activity by making the following points:

- Violence and the threat of violence is an everyday fact for women. Because most men do not live with the daily threat of violence, they do not realize the extent of the problem that women face. Men generally do not understand that violence—actual and threatened—is a regular feature of women's daily lives. However, men's lives are also damaged by violence against women. This violence targets their sisters, mothers, daughters, cousins, and colleagues—the women they care about are being harmed by violence every day.
- Social acceptance of violence against women gives men permission to treat women as unequal and makes it harder for men to be vulnerable with their partners, wives, and female friends.
- Violence poses a serious risk to women's sexual and reproductive health. Women in abusive relationships are often unable to negotiate the conditions of sex (e.g., where, when, how, and if sex occurs). Sexual violence makes it impossible for a woman to negotiate condom use and eliminates any element of choice regarding whether to have sex or not. Forced sex also increases women's risk for an unwanted pregnancy, sexually transmitted infections, and HIV.

Source

EngenderHealth. 2015. Training on Gender and Sexual and Reproductive Health: Facilitation Manual. New York, NY: EngenderHealth, 57–60.