

POWER

We all have it.



Quick Chat Instructions

Use this Quick Chat to start up conversations about this year's 16 Days theme. You can initiate discussions as you distribute the stickers, ribbons, and posters. You can also use the Quick Chat throughout the year to continue the conversation about power in intimate relationships.

Steps

1. Carry the Quick Chat and stickers / posters / ribbons with you to the community.
2. Find a small group of people gathered e.g. men and women selling in the market place, women in a salon or community members enjoying a local sporting activity.
3. Use the Quick Chat to start a brief conversation.
4. At the end of the conversation, pass out stickers / ribbons / posters to those people with whom you have been talking and ask them to put them in a place they will see every day e.g. on a mobile phone, computer, desk, motorbike, window of car / office, etc.

How Are You Using Yours?

Let's talk about power!



Quick Chat

Take home idea:

Balancing power makes relationships stronger and happier for both men and women.

Suggested Question to Begin the Chat

I believe that when men and women treat each other as equals, relationships become stronger. What do you think?

Ideas to chat about

- Balancing power in relationships benefits both partners. They become happier and healthier, and the relationship and family grows stronger.
- Balancing power between men and women does not mean that one person has power and the other does not. Both partners can use their power positively and enjoy a better relationship!
- When we use our power negatively in our relationships it leads to VAW. However we have the power to change this!
- Happy couples create space in the relationship for each person to exercise her/his power freely, equally, respectfully and lovingly.

Departing Words

Thank you for taking the time to chat about this important subject. Let's continue to think about how we each can balance power in our own relationships and families.



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