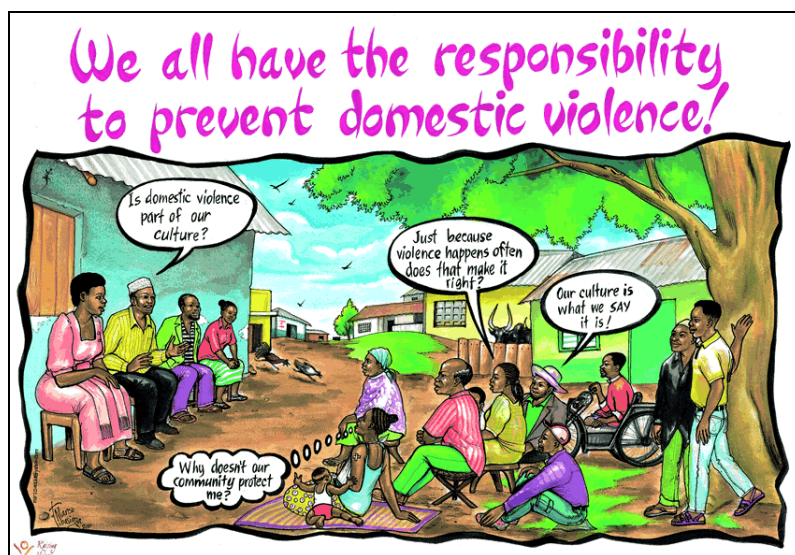


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# MANUAL FOR COMMUNITY VOLUNTEERS TO FACILITATE GROUP MEETINGS ABOUT DOMESTIC VIOLENCE

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# **WHAT IS DOMESTIC VIOLENCE?**

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## WHAT IS DOMESTIC VIOLENCE?

### 1<sup>st</sup> meeting: Role-play and discussion

**MATERIAL NEEDED:**

- Material for role-play: Kitenge, 2-3 chairs or bench etc.
- Diary and pen for making notes

**ACTIVITY:**

- 1. Introduction by the CV's:** Explain to the group that today and in the next meeting you will talk about the meaning of domestic violence.
- 2. Role-play:** Choose about 5 people from the group who volunteer to play a role-play. Go away a bit with those 5 people and give them instructions. They shall prepare a short role-play with a situation of domestic violence that they have experienced or that they know from the village (eg. the husband goes to the market and sells bananas, when he comes home he has no money anymore, is drunk and beats his wife).
- 3. Role-play and discussion:** The group plays their role-play about domestic violence. Ask the participants 'What did you see in the role-play?' 'What is domestic violence?'. Facilitate a discussion about those questions, emphasize the key words (eg. action, hurt someone, rights, for purpose) from the discussion and note them in your diary (important for the next meeting).
- 4. Conclusion:** Conclude the meeting by making a short summary. You will continue this topic next time in order to understand better what domestic violence is. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

**TIME:**

5 min  
15 min  
45 min  
10 min

**PERSONAL NOTES:**

## WHAT IS DOMESTIC VIOLENCE?

### 2<sup>nd</sup> meeting: Definition and discussion

#### MATERIAL NEEDED:

- Diary and pen for making notes

#### ACTIVITY:

- 1. Review from last meeting:** Explain to the group that today you will go on with the topic of the meaning of domestic violence. Review with the group what you discussed in the last meeting. Use the key words that you have noted in your diary and emphasize them.
- 2. Read definition:** Read aloud the following definition about domestic violence.  
**Domestic violence is a condition or an act done for purpose or a threat of power which is done to a person in order to hurt him or her physically, psychologically, sexually and economically, and to humiliate her or his dignity. And often the perpetrator has an intimate relationship to the victim.**
- 3. Discussion:** Discuss this definition about domestic violence.
- 4. Conclusion:** Conclude the meeting by making a short summary. You have finished with the topic of meaning of domestic violence. Next time you will continue with the types of domestic violence. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

#### TIME:

15 min

5 min

30 min

10 min

#### PERSONAL NOTES:

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# **TYPES OF DOMESTIC VIOLENCE?**

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## POSSIBILITY A: ROLE PLAY

<b>TYPES OF DOMESTIC VIOLENCE</b>	
<b>POSSIBILITY A: ROLE-PLAY</b> <b>1<sup>st</sup> meeting: psychological violence</b>	
<b>MATERIAL NEEDED:</b> <ul style="list-style-type: none"> <li>• Material for role-play: Kitenge, 2-3 chairs or bench etc.</li> <li>• Diary and pen for making notes</li> </ul>	
<b>ACTIVITY:</b> <ol style="list-style-type: none"> <li><b>1. Introduction by the CV's:</b> Explain to the group that there are four types of domestic violence – physical violence, sexual violence, psychological violence and economic violence. Mention some examples for every type.</li> <li><b>2. Preparation of role-play:</b> Explain to the group that in the next four meetings you will discuss those four types of domestic violence in depth. Today we start with the first type of violence - physical violence. The group prepares a role-play about physical violence – a situation they know from their own experience in the village. Sit with the group during the preparation to make sure they have understood well their task.</li> <li><b>3. Role-play and discussion:</b> The group shows their role-play about physical violence. After the role-play you facilitate a discussion about this type of violence. Try to find more examples for this type of domestic violence with the group and discuss them.</li> <li><b>4. Conclusion:</b> Conclude the meeting by making a short summary. You will continue this topic next time with other types of domestic violence. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</li> </ol> <p>→ <b>There are 4 meetings in total about the types of domestic violence. The first is about physical violence, the second about sexual violence, the third about psychological violence and the fourth about economical violence.</b></p>	<b>TIME:</b> 15 min  30 min  30 min  10 min
<b>PERSONAL NOTES:</b>	



## TYPES OF DOMESTIC VIOLENCE

### POSSIBILITY A: ROLE-PLAY

**2<sup>nd</sup> to 4<sup>th</sup> meeting: sexual violence**

**MATERIAL NEEDED:**

- Material for role-play: Kitenge, 2-3 chairs or bench etc.
- Diary and pen for making notes

**ACTIVITY:**

- 1. Review from last meeting:** Explain to the group that today you will go on with the topic of types of domestic violence. Review with the group what you have discussed in the last meeting about physical violence. Today you talk about sexual violence.
- 2. Preparation of role-play:** The group prepares a role-play about sexual violence – a situation they know from their own experience in the village. Sit with the group during the preparation to make sure they have understood well their task.
- 3. Role-play and discussion:** The group shows their role-play about sexual violence. After the role-play you facilitate a discussion about this type of violence. Try to find more examples for this type of domestic violence with the group and discuss them.
- 4. Conclusion:** Conclude the meeting by making a short summary. You will continue this topic next time with other types of domestic violence. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

**TIME:**

15 min  
30 min  
30 min  
10 min

→ **This manual you can use in the next two meetings: the 3<sup>rd</sup> meeting is about psychological violence, the 4<sup>th</sup> meeting about economic violence. In the end of the 4th meetings make a summary about all types of domestic violence and tell the group that you have finished the topic of types of domestic violence and you will continue with gender and culture.**

**PERSONAL NOTES:**

## POSSIBILITY B: GROUP WORK

<b>TYPES OF DOMESTIC VIOLENCE</b>	
<b>POSSIBILITY B: GROUP WORK</b> <b>1<sup>st</sup> meeting: Introduction and group work</b>	
<b>MATERIAL NEEDED:</b>	
<ul style="list-style-type: none"> <li>• 4 papers of Flipchart for group work</li> <li>• Diary and pen for making notes</li> </ul>	
<b>ACTIVITY:</b>	<b>TIME:</b>
<p><b>1. Introduction by the CV's:</b> Explain to the group that there are four types of domestic violence – physical violence, sexual violence, psychological violence and economic violence. Mention some examples for every type.</p>	15 min
<p><b>2. Group work:</b> Explain to the group that in the next six meetings you will discuss those four types of domestic violence in depth. Divide the whole group into four small groups – group 1 discusses physical violence, group 2 discusses sexual violence, group 3 discusses psychological violence, group 4 discusses economic violence. Tell the group to find as many examples as possible for their type of domestic violence and discuss them. They write the examples on a flipchart.</p>	45 min
<p><b>3. Conclusion:</b> Collect the flipcharts and tell the group that in the next four meetings they will present what they have discussed in the group. Keep the flipcharts at home and bring them to the next meeting. Conclude the meeting by making a short summary. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>	10 min
<b>PERSONAL NOTES:</b>	

## TYPES OF DOMESTIC VIOLENCE

### POSSIBILITY B: GROUP WORK

**2nd to 5<sup>th</sup> meeting: Presentation from the groups and discussion**

**MATERIAL NEEDED:**

- Flipcharts from the group work in the first meeting
- Diary and pen for making notes

**ACTIVITY:**

**1. Review from last meeting:** Explain to the group that today you will go on with the topic of types of domestic violence. Review with the group what you discussed in the last meeting and recall the four types of domestic violence – physical violence, sexual violence, psychological violence and economic violence. Today you will talk about physical violence in depth.

**TIME:**

15 min

**2. Presentation of group work and discussion:** The first group (physical violence) presents what they have discussed in the group work last time. Facilitate a discussion about this type of domestic violence. Does it happen in our community?

45 min

**3. Conclusion:** Conclude the meeting by making a short summary. You will continue this topic next time with other types of domestic violence. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

10 min

→ **This manual you can use in the next three meetings: the third meeting is about sexual violence, the fourth meeting about psychological violence and the fifth meeting about economic violence.**

**PERSONAL NOTES:**

## TYPES OF DOMESTIC VIOLENCE

### POSSIBILITY B: GROUP WORK

#### 6th meeting: Summary and review

**MATERIAL NEEDED:**

- Flipcharts from the group work
- Diary and pen for making notes

**ACTIVITY:**

- 1. Review from last meeting:** Explain to the group that today you will finish the topic of types of domestic violence. Review with the group what you discussed in the last meeting about economic violence.
- 2. Summary and review:** Use the flipchart from all four group works. Review what you have discussed about every type of domestic violence – physical violence, sexual violence, psychological violence and economic violence.
- 3. Conclusion:** Conclude the meeting by making a short summary. You have finished the topic of types of domestic violence. Next time you will continue with the topic of gender and culture. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

**TIME:**

15 min

45 min

10 min

**PERSONAL NOTES:**

## POSSIBILITY C: POSTERS

<b>TYPES OF DOMESTIC VIOLENCE</b>	
<b>POSSIBILITY C: POSTERS</b> <b>1<sup>st</sup> meeting: Physical violence</b>	
<b>MATERIAL NEEDED:</b>	
<ul style="list-style-type: none"> <li>• 4 posters to every type of domestic violence</li> <li>• Diary and pen for making notes</li> </ul>	
<b>ACTIVITY:</b>	<b>TIME:</b>
<p><b>1. Introduction by the CV's:</b> Explain to the group that there are four types of domestic violence – physical violence, sexual violence, psychological violence and economic violence. Mention some examples for every type.</p>	15 min
<p><b>2. Discussion about physical violence:</b> Use the poster about physical violence. Facilitate a discussion if this happens in our community. 'What do you see here?' Try to find more examples for this type of domestic violence and discuss them.</p>	45 min
<p><b>3. Conclusion:</b> Conclude the meeting by making a short summary. Next time you will discuss the topic of sexual violence. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p> <p>→ <b>This manual you can use for the 2<sup>nd</sup> meeting (about sexual violence), the third meeting (about psychological violence) and the fourth meeting (about economic violence). In the last of the four meetings make a summary about all types of domestic violence.</b></p>	10 min
<b>PERSONAL NOTES:</b>	

## SCULPTURE GAME

<b>TYPES OF DOMESTIC VIOLENCE</b>	
<b>SCULPTURE GAME</b>	
<b>MATERIAL NEEDED:</b>	
<ul style="list-style-type: none"> <li>• Diary and pen for making notes</li> </ul>	
<p><b>This game you can use in one meeting in between when you think the group needs a break from the discussions about the types of domestic violence.</b></p> <p><b>ACTIVITY:</b></p> <ol style="list-style-type: none"> <li><b>1. Introduction by the CV's:</b> Explain to the group that you are talking about the types of domestic violence. Today you will talk about the feelings this violence causes.</li> <li><b>2. Sculpture game:</b> The participants think first for themselves about an act of domestic violence that they have experienced in their life (5 minutes). How did I feel afterwards? Then, 2 people play the sculpture game together. One person shapes the body of the other person the way this act of violence has made her / him feel. They don't talk with each other. The sculptors (that are not in a certain position) go around and have a look at all the sculptures of the people. Change the roles of the two people.</li> <li><b>3. Discussion about feelings:</b> Facilitate a discussion about feelings that domestic violence cause. What did you see? What feelings did the sculptures express? What feelings does domestic violence cause?</li> <li><b>4. Conclusion:</b> Conclude the meeting by making a short summary about the feelings domestic violence cause. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</li> </ol>	<p><b>TIME:</b></p> <p>15 min</p> <p>45 min</p> <p>10 min</p>
<b>PERSONAL NOTES:</b>	

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# **GENDER AND CULTURE**

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## GENDER AND CULTURE

### 1<sup>st</sup> meeting: Visualization and discussion

**MATERIAL NEEDED:**

- Diary and pen for making notes

**ACTIVITY:**

- 1. Introduction by the CV's:** Explain to the group that in the next four or five meetings you will talk about gender and culture.
- 2. Visualization:** Tell the participants that you will do an exercise now. They can lie down or sit in a comfortable position. All participants close their eyes and try to imagine what you are saying. Speak in a slow and gentle voice and read to them the story of visualization. Speak slowly and allow the participants enough time in between imagine what you are saying.
- 3. Discussion:** After the visualization facilitate a discussion about the daily life and the work of women and men in the community. What work does the woman do? What work does the man do?
- 4. Conclusion:** Conclude the meeting by making a short summary. You will continue this topic next time. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

**TIME:**

5 min

20 min

45 min

10 min

**PERSONAL NOTES:**



## GENDER AND CULTURE: VISUALIZATION

*Please close your eyes. Let's go together on a little journey:*

Imagine that it is early in the morning – six o'clock. We are in ..... (name of your village). It is still dark outside and very quiet. Mama is already up. She starts to clean the house. There are dishes from the diner the night before she has to clean and to put them back in the kitchen, she makes the house look nice before the other family members get up. Mama goes and fetches water at the river.

Seven o'clock the children get up and greet her. Shikamoo mama. Nixon and Adriana, the two older ones go outside to wash themselves and put on oil. They get dressed and look for their things to go to school. Mama checks if their school uniforms look nicely and that they have their book and pens to go to school. Good bye mama, we go to school.

Antidius, the baby is crying. He is hungry. Mama gives him her breast and some chai – now he is quiet and starts sleeping again. So she can put him on her back with her kitenge.

Baba gets up at seven thirty. He slept well tonight. Good morning mama, good morning children. Also he goes out to wash himself and gets dressed. Soon after the children, he leaves the house and goes to the shamba. Today he will proun the banana trees.

Now mama is alone with Antidius. She takes the hook – Antidius on her back – and goes to the shamba. Today she will weed magugu. There are many in the shamba these days.

Mama takes some food from the shamba and goes home. It is eleven thirty. She starts cooking for her family. She also has to wash some clothes from the children. They are always so dirty when they come home after playing. Antidius, the baby, is hungry and wants to suck breast.

Baba also comes home from the shamba. It is eleven. Today was a very hard morning with prouning. He is tired, so he has a rest and waits for lunch.

Suddenly noise, the children come back from school. Today they learned mathematics and English. The whole family has lunch together. But mama eats very quickly. She goes back to the shamba – she has not finished weeding yet.

Adriana and Nixon, the two older children, go for tuition in the afternoon. Baba goes and visits the neighbors. Maybe he has a rubisi or two with his friends at the nyakitaba.

Five o'clock, mama comes home from the shamba. She puts the beans in hot water and starts doing the dishes from the lunch. She cleans the house and *anafagia* outside. The children bring water from the river, so she can heat it up and bath the baby. Mama peels the bananas and cooks diner.

It starts getting dark. Mama has diner with the children, baba is not back yet. Mama is very tired, so she does not talk a lot anymore. Antidius is already sleeping on her back. She prepares the beds of the children and brings them to bed. Nixon continues with revision from his tuition before going to bed.

Mama goes to bed and sleeps. When baba comes home, she gets up, opens the door and gives him water for taking a shower. She gives him diner and afterwards they go sleeping. It is night. The whole family is sleeping – mama, baba, Nixon, Adriana and the baby Antidius.

*Wait a few minutes.*

*Breathe in slowly and breathe out slowly. Take two more deep breaths. When you are ready, slowly open your eyes and come back to the group. .*

## GENDER AND CULTURE

### 2<sup>nd</sup> meeting: Game

**MATERIAL NEEDED:**

- 3 pieces of paper: I agree, I don't agree, It depends
- String of banana to make a circle
- Diary and pen for making notes

**ACTIVITY:**

- 1. Review from last meeting:** Explain to the group that today you will go on with the topic of gender and culture. Review with the group what you have discussed in the last meeting about the daily life and the work of women and men.
  - 2. Game:** Make three circles on the floor → I agree, I don't agree, It depends. Read the questions from the paper one after the other. The participants have to stand to one of the three circles and express their opinion. Ask some of the people why they stand at this circle and facilitate a discussion after every question.
  - 3. Conclusion:** Conclude the meeting by making a short summary. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.
- **If you don't finish the questions in one meeting, you can also continue with the game in a third or even fourth meeting.**

**TIME:**

15 min

45 min

10 min

**PERSONAL NOTES:**

## **GENDER AND CULTURE: SENTENCES FOR GAME**

1. The husband is the head of the household.
2. Women have the same right as men to own property of the family.
3. Women should obey their husbands.
4. Men should be strong and never admit that they may be mistaken.
5. It's women's responsibility to raise children.
6. Men have more skills than women in taking decisions.
7. It is good when a woman is afraid of her husband.
8. Men are more reliable and trustworthy.
9. It's women's responsibility to cook and keep the house clean.
10. Men should be the primary income earner of the family.

## GENDER AND CULTURE

### 3<sup>rd</sup> meeting: Culture

**MATERIAL NEEDED:**

- 2 Paper of Flipchart, marker pen
- Diary and pen for making notes

**ACTIVITY:**

1. **Review from last meeting:** Explain to the group that today you will go on with the topic of gender and culture. Review with the group what you have discussed in the last meeting(s) in the game with the questions.
2. **Group work:** Tell the participants that you will continue today and in the next meeting(s) with the topic of gender and culture and discuss the game in depth. Make two groups – one group of men and one group of women. Both groups discuss what our haya culture says about women and men (eg. man is the head of the household, men build and own the house etc.). The groups shall record their notes on a flipchart.
3. **Conclusion:** Collect the flipcharts and tell the group that in the meeting they will present what they have discussed in the group. Keep the flipcharts at home and bring them to the next meeting. Conclude the meeting by making a short summary. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

**TIME:**

15 min

45 min

10 min

**PERSONAL NOTES:**

## GENDER AND CULTURE

### 4<sup>th</sup> meeting: Culture

**MATERIAL NEEDED:**

- Flipcharts from the group work in the last meeting
- Diary and pen for making notes

**ACTIVITY:**

1. **Review from last meeting:** Explain to the group that today you will go on with the topic of gender and culture. Review with the group what you discussed in the last meeting.
2. **Presentation of group work and discussion:** The first group presents what they have discussed in the group work last time. The second group presents what they have discussed in the group work last time. Facilitate a discussion about what our culture says about women and men. Tell the participants the difference between sex and gender. Sex is biological - the body parts of a man, of a woman, only women can give birth to children. Sex cannot be changed. Gender is social, it is the responsibilities of a woman, of a man, the expectations the community has. Gender can be changed. For example, it is not clear that women care for the children, just because they can give birth. It is the community that expects them to raise children and that places this responsibility upon them. The same with decision-making, income earning, own mali etc.
3. **Conclusion:** Conclude the meeting by making a summary of the whole topic of gender and culture. Emphasise that culture has good sides (eg. caring for each other at a funeral) and also bad sides (eg. taking away the properties of widows and orphans). You have finished the topic of gender and culture now. Next time you will go on with the topic of causes of domestic violence. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.

**TIME:**

15 min

45 min

10 min

→ **It there are big discussions when the groups presents what they have discussed in the group work or about sex and gender, you can also make two meetings with this manual.**

**PERSONAL NOTES:**

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# **CAUSES OF DOMESTIC VIOLENCE?**

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## CAUSES OF DOMESTIC VIOLENCE

### 1<sup>st</sup> meeting: Brainstorming and role-play

**MATERIAL NEEDED:**

- Material for role-play: Kitenge, 2-3 chairs or bench etc.
- 1 paper of flipchart, marker pen
- Diary and pen for making notes

**ACTIVITY:**

<b>ACTIVITY:</b>	<b>TIME:</b>
<p><b>1. Introduction by the CV's:</b> Explain to the group that today and in the next meetings you will talk about the causes of domestic violence.</p>	5 min
<p><b>2. Brainstorming:</b> Make a brainstorming in the group what causes domestic violence. Note the contributions (eg. promiscuity, drunkenness) on the flipchart. Don't discuss the contributions in depth.</p>	15 min
<p><b>3. Role-play:</b> Choose about 5 people from the group who volunteer to play a role-play. Go away a bit with those 5 people and give them instructions. They shall prepare a role-play with a situation of physical violence – a man beating his wife.</p>	
<p><b>4. Role-play and discussion:</b> The group plays their role-play. Now ask them to change the roles – the father who was beating before is now the victim of violence, the mother beats him. After the role-play ask the mother and the father from the role-play how they have felt in the first role-play as perpetrator and victim and how they have felt in the second role-play as victim and perpetrator. Facilitate a discussion about being violent and being the victim of violence.</p>	45 min
<p><b>5. Conclusion:</b> Conclude the meeting by making a short summary. You will continue this topic next time in order to understand better the causes of domestic violence. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>	10 min

**PERSONAL NOTES:**



## CAUSES OF DOMESTIC VIOLENCE

### 2<sup>nd</sup> meeting: Continuation of role-play

**MATERIAL NEEDED:**

- Material for role-play: Kitenge, 2-3 chairs or bench etc.
- Diary and pen for making notes

**ACTIVITY:**

<b>ACTIVITY:</b>	<b>TIME:</b>
<p><b>1. Review from the last meeting:</b> Explain to the group that today and in the next meetings you will go in depth to find out what causes domestic violence. Review with the group what you have discussed in the last meeting.</p>	15 min
<p><b>2. Role-play:</b> Today you will play a second role-play (similar to the role-play from the last meeting, but for another type of domestic violence). Choose about 5 people from the group who volunteer to play a role-play. Go away a bit with those 5 people and give them instructions. They shall prepare a role-play with a situation of economic violence – the brother of the passed away husband takes away the house and the plot of the widow.</p>	15 min
<p><b>3. Role-play and discussion:</b> The group plays their role-play. Now ask them to change the roles – this time the house and plot belonged to the passed away wife and her sister takes it away from the male widow. After the role-play ask the mother / father and the brother / sister from the role-play how they have felt in the first role-play as perpetrator and victim and how they have felt in the second role-play as victim and perpetrator. Continue with the discussion from the last meeting about being violent and being the victim of violence.</p>	45 min
<p><b>4. Conclusion:</b> Conclude the meeting by making a short summary. You will continue this topic next time in order to understand better the causes of domestic violence. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>	10 min

**PERSONAL NOTES:**

## CAUSES OF DOMESTIC VIOLENCE?

### 3<sup>rd</sup> meeting: Game and discussion

**MATERIAL NEEDED:**

- Paper (make two halves out of one paper) and pens for all participants
- Masking tape
- Diary and pen for making notes

**ACTIVITY:**

- |   | <b>TIME:</b> |
|---|--------------|
| <p><b>1. Review from last meeting:</b> Explain to the group that today you will go on with the topic of causes of domestic violence. Review with the group what you discussed in the last two meetings.</p>   | 15 min       |
| <p><b>2. Drawing pictures:</b> All participants get two pieces of paper and a pen. On one piece of paper they draw a person who is very much respected in the community and has a very high status. On the other piece of paper they draw a person with a low status in the community. While drawing supervise if the group has understood well the task.</p>   | 15 min       |
| <p><b>3. Game:</b> From those pictures choose about the same number with high status and the same number with low status and stick one piece of paper on the back of every participant. Now play the game. The participants should walk around and greet each other according to the status of the person on their back. Some people they will greet with 'Shikamoo' and maybe kneel down, others they will not even look at.</p>   | 15 min       |
| <p><b>4. Discussion:</b> Facilitate a discussion about how the participants have felt in the game. Maybe a person from the group who is usually very much respected (eg. the village leader) was in the game a person with a low status (eg. an orphan). Discuss who in the community has a high status and who in the community has a low status. Introduce that domestic violence is usually done by a person with a high status towards a person with a low status – most often from an adult person to a child or from a man to a woman. For example a teacher to a school girl or the father in the family towards the mother.</p> | 30 min       |
| <p><b>5. Conclusion:</b> Conclude the meeting by making a short summary. You will go on with the topic of causes of domestic violence for two more meetings. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>  | 10 min       |

**PERSONAL NOTES:**

## CAUSES OF DOMESTIC VIOLENCE?

### 4<sup>th</sup> meeting: Game and discussion

**MATERIAL NEEDED:**

- Flipchart from the 1<sup>st</sup> meeting, marker pen
- Diary and pen for making notes

**ACTIVITY:**

- |   | <b>TIME:</b> |
|---|--------------|
| <p><b>1. Review from last meeting:</b> Explain to the group that today you will go on with the topic of causes of domestic violence. Review with the group what you discussed in the last meeting about high and low status.</p>  | 15 min       |
| <p><b>2. The root cause of domestic violence:</b> Hang up the flipchart from the first meeting with the contributions of the group about the causes of domestic violence. Read them aloud. Refer to the last meeting where you have talked about the people in the community with high status and with low status. Emphasize that the contributions on the flipchart (eg. drunkenness, promiscuity, poverty) are all a big problem and they can contribute a lot to domestic violence. But domestic violence happens in rich and in poor families and in which men drink alcohol or don't. These factors do not cause domestic violence; instead it is the lack of value given to women in the community that causes domestic violence. Why do most of the families want to give birth to boys and not to girls? Emphasize:</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> <p><b>Women's low status in the family and in the community is the root cause of domestic violence!</b></p> </div> | 30 min       |
| <p><b>3. Discussion:</b> Facilitate a discussion about women's low status in the family and in the community and how this causes domestic violence.</p>   | 30 min       |
| <p><b>4. Conclusion:</b> Conclude the meeting by making a short summary. You will go on with the topic of causes of domestic violence for one more meeting. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>   | 10 min       |

**PERSONAL NOTES:**

## CAUSES OF DOMESTIC VIOLENCE?

### 5<sup>th</sup> meeting: Debate

#### MATERIAL NEEDED:

- Diary and pen for making notes

#### ACTIVITY:

- |  | <b>TIME:</b> |
|--|--------------|
| <p><b>1. Review from last meeting:</b> Explain to the group that today you will finish the topic of causes of domestic violence. Review with the group what you discussed in the last meeting about women's low status being the root cause of domestic violence.</p>  | 15 min       |
| <p><b>2. Individual work:</b> Every participant shall think for himself / herself about a situation of domestic violence he / she has experienced or heard of. They shall maybe close their eyes and imagine this situation: What happened before the violence? How did the violence develop? What made the perpetrator being violent? What was the behaviour of the victim? Where did the victim go for help? How did the children react?</p> | 15 min       |
| <p><b>3. Debate:</b> Facilitate a debate in the group why the perpetrator violates the victim. The participants contribute from the individual work they have done before.</p>   | 30 min       |
| <p><b>4. Discussion:</b> Emphasize that violence is never an acceptable answer in a conflict. There are always other solutions how a conflict can be solved. Violence is done by a person with a higher status towards a person with a lower status, but violence is always the responsibility of the perpetrator. It is not the fault of the victim to be violated. Facilitate a discussion about this topic.</p>                             | 30 min       |
| <p><b>5. Conclusion:</b> Conclude the meeting by making summary of the whole topic of causes of domestic violence and emphasize that the root cause of domestic violence is women's low status in the community. Next time you will continue with the topic of people sharing their experiences of domestic violence. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>    | 15 min       |

#### PERSONAL NOTES:

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**PEOPLE SHARE  
EXPERIENCES OF  
DOMESTIC VIOLENCE?**

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## PEOPLE SHARE EXPERIENCES OF DOMESTIC VIOLENCE

### 1<sup>st</sup> meeting: Sharing of experiences

**MATERIAL NEEDED:**

- Tell people to bring a flower
- Diary and pen for making notes

**ACTIVITY:**

- 1. Introduction by the CV's:** Tell the participants that today we will share our experiences of domestic violence. There are some very important things to mention in the beginning: sharing of experiences about domestic violence is voluntary, only if they are ready, what is discussed in this meeting is a secret, we will not comment or discuss on the experiences of somebody
  - 2. Sharing experiences:** Start with your own experience of domestic violence, with a situation of your life that you are ready to share with the group. After finishing the other CV gives you a flower and you hold this for the rest of the meeting. There is no discussion. Invite the participant who is ready to tell us about her / his experiences of domestic violence. When she / he has finished, give him / her a flower.
  - 3. Conclusion:** After this meeting the participants might be sad or in thoughts. Conclude the meeting by emphasising that violence affects everyone. Thank the group for their trust in each other so they could share their experiences. Remember them to keep it confidential. If the group is ready, fix the date of the next meeting. Maybe finish with a song.
- **If the group is ready and you have the feeling that more people would like to share their experiences with the other group member, you can use this manual for a second or even a third meeting.**

**TIME:**

15 min

45 min

10 min

**PERSONAL NOTES:**

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# **CONSEQUENCES OF DOMESTIC VIOLENCE?**

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## **CONSEQUENCES OF DOMESTIC VIOLENCE**

### **Katharina and Peter: A story about domestic violence**

Katharina lived with her husband Peter and her three children in a small house near the market. When they got married, Peter paid bride price to her family and, from the beginning, expected Katharina to work hard to make up for it. He would often tell her that he had paid a good price for her so she better work and be a good wife, or else he would send her back and demand the money back from her family.

Katharina worked from early in the morning until late in the evening selling vegetables in the market. When she got home, she would be tired, but she had to cook dinner, fetch water, wash clothes, and look after her young children as well.

Peter would often take the money that Katharina had earned at the market and go out in the evening. He would not come home until late, and, often, he would be drunk and shouting at Katharina. He would beat her in front of the children. Sometimes he would make her sleep outside to punish her if the food was cold or not cooked to his liking, and to show the neighbours that he was the boss in his house. Many of their neighbours were afraid of Peter and ignored Katharina. Katharina was too ashamed to talk with her family, friends or neighbours about Peter. Although they would often see her with bruises on her face, they just kept quiet.

## CONSEQUENCES OF DOMESTIC VIOLENCE

### 2<sup>nd</sup> meeting: Consequences on the community and the nation

**MATERIAL NEEDED:**

- 1 paper of flipchart, marker pen
- Diary and pen for making notes

**ACTIVITY:**

1. **Review from the last meeting:** Explain to the group that today you will continue with the consequences of domestic violence. Review with the group what you have discussed in the last meeting(s) about the consequences for individuals and the family (use the flipchart).
  2. **Story:** Read the story of Katharina and Peter again.
  3. **Discussion:** Discuss how the violence in this family affects the whole community and even the nation with the following questions (note on flipchart):
 

**Community:** How does the violence experienced by Katharina affect the whole community? What kind of relationships do Katharina and Peter have with their neighbours? What does it mean for the contribution of Katharina and the children in community life? What impact does the violence in this family have for the resources of the community (eg. police, social welfare)? What does Katharina's access to her money mean for her business?

**Nation:** What are the implications for the health sector? What are the consequences of domestic violence for the development of the nation, for the economy?
  4. **Conclusion:** Conclude the meeting by making a summary of the consequences of domestic violence on individuals, the family, the community and the whole nation (use the flipchart). Emphasize that domestic violence hurts us all and it therefore is the responsibility of us all to prevent it. That's why in the next meetings you will discuss what can be done to prevent domestic violence. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.
- **If the group discusses a lot in 3. Discussion, you can also make two or three meetings about the consequences of domestic violence on the community and the nation.**

**TIME:**

15 min

10 min

45 min

10 min

**PERSONAL NOTES:**

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# **PREVENTING DOMESTIC VIOLENCE?**

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## PREVENTING DOMESTIC VIOLENCE

### 1<sup>st</sup> to 4<sup>th</sup> meeting: Role-play

**MATERIAL NEEDED:**

- Resources for role-play: Kitenge, 2-3 chairs or bench etc.
- 1 paper of flipchart, marker pen
- Diary and pen for making notes

**ACTIVITY:**

1. **Introduction by the CV's:** Explain to the group that you have been talking now a lot about domestic violence – what it is, what types of domestic violence exist, what the reasons are for domestic violence, the relationship of gender and culture, the consequences of domestic violence. Emphasize that domestic violence hurts us all and that we all have the responsibility to prevent it. That's why in the next meetings you will discuss 'What can we do to prevent domestic violence?'
  2. **Preparation of role-play:** Explain to the group that in the next four meetings you will make role-plays about domestic violence, but with a positive ending. You do not just play a situation of violence, but also how the violence is solved in the end and the family lives in peace again – maybe with the help of the parents-in-law, of the village leader etc. Ask the group to prepare a role-play about physical violence with this positive ending - a situation they know from their own experience in the village. Sit with the group during the preparation to make sure they have understood well their task.
  3. **Role-play and discussion:** The group shows their role-play about physical violence with the positive ending. After the role-play you facilitate a discussion about the following questions: How did the violence develop? Strategies of the victim? Strategies of the helpers? Note on the flipchart what strategies are used to solve the conflict.
  4. **Conclusion:** Conclude the meeting by making a short summary. You will continue next time with other role-plays. Thank the group for coming to the meeting and for contributing well. Fix the date of the next meeting. Maybe finish with a song.
- You can use this manual for 4 meetings – in the 2<sup>nd</sup> meeting you play a role-play about sexual violence, in the 3<sup>rd</sup> about psychological violence and in the 4<sup>th</sup> about economic violence. If the group is tired of role-plays and discussing after a while, you can also only use this manual for two or three meetings only.

**TIME:**

5 min  
  
30 min  
  
30 min  
  
10 min

**PERSONAL NOTES:**

## PREVENTING DOMESTIC VIOLENCE

### 5<sup>th</sup> meeting: What do I do to prevent domestic violence?

**MATERIAL NEEDED:**

- 2 papers of flipchart, marker pen
- 1 piece of paper and pen for all participants
- Diary and pen for making notes

**ACTIVITY:**

- |  |                        |
|--|------------------------|
| <p><b>1. Review from the last meeting:</b> Explain to the group that today you will continue with the topic of preventing domestic violence. Review with the group what you have discussed after the role-plays in the last meetings (use the flipchart).</p>  | <b>TIME:</b><br>15 min |
| <p><b>2. Bridge:</b> Draw on the flipchart two spaces (nice situation – bad situation). Brainstorm shortly with the group the situation of domestic violence in the community and write the contributions below ‘bad situation’ (eg. there is domestic violence, the community closes its eyes, women have a low status). Do the same for ‘nice situation’ (eg. peace in the family, friendly neighbourhood, love). Now draw a bridge from ‘bad situation’ to ‘nice situation’. Discuss what is needed to build a bridge (eg. stones, sand, cement, wood). Now you will talk about all these materials that are needed to build a bridge from ‘bad situation’ to ‘nice situation’.</p> | 20 min                 |
| <p><b>3. Individual work:</b> Every participant writes down for himself / herself what can be done to prevent domestic violence. The people who are not able to write can do it together with another person.</p>  | 15 min                 |
| <p><b>4. Discussion:</b> All participants read aloud what they have written down. Write the contributions on flipchart, make groups of the contributions (eg. seminars, help for the victims). Discuss the ideas.</p>  | 30 min                 |
| <p><b>5. Conclusion:</b> Conclude the meeting by making a summary of the whole topic of preventing domestic violence. Emphasize that it is the responsibility of us all to prevent it. Thank the group for coming and for contributing well. Fix the date of the next meeting. Maybe finish with a song.</p>   | 15 min                 |

**PERSONAL NOTES:**

