

GENDER(s)

G1- Gender in context of Males

Key messages	1)What is masculinity? 2)How is it stereotyped? 3)Problems faced by men.
Time	30 mins.

Introduction:

☞ Dear facilitator, introduce the participants to the context of males.

- ❖ Masculinity is a set of attributes, behaviors, and roles generally associated with boys and men. The expression of 'Masculinity' is culture specific and socially constructed. Masculinity may allow a man to take the home-maker's role, however, men are generally expected to take up roles which make him the provider of the family.



Masculinity is stereotyped:

- To remain strong, physically, mentally and psychologically.
- Not supposed to talk about their problems to anybody, because it is considered weak.
- Crying is joked upon and seen as a sign of weakness.

Therefore, the oppression faced by men can go unnoticed and can transform into passive aggression behaviors. This can pose a problem for society.

☞ Dear facilitator, you will discuss the problems faced by boys in childhood and adulthood.

Common Problems faced during childhood and adolescence:

- ★ **Bullying:** Sometimes when the boys feel they are not being as strong as they are expected to be, they resort to bullying to help themselves create an identity they would feel proud of.
- ★ **Molestation and rape:** Boys and Men are also vulnerable to molestation and rape and these situations are equally traumatic irrespective of gender.
- ★ **Peer-pressure:** Peer-pressure is a significant issue for men e.g. peers pressuring boys/men to take substances, to resort to violence against others (of the same and opposite sex), to prove their masculinity. Peer-pressure can also subtly influence the way boys and men use verbal abuse i.e. there is a perception that hurling abuse is a sign of strength and masculinity. This influence is at its peak during adolescence.

Gender(s)

Men often experience pain, moments of weakness, failing social expectations, family and cultural expectations. It is hard for them to voice and express these anxieties as society expects them to cope and 'get on with it'. This should not be the case. Gender empathy can help to reduce such traumas and create space for men to express their feelings, emotions and anxieties.

Problems faced by men in adulthood:

- 🔥 Stereotypes created by men for men: As young boys grow into adolescence and further to manhood, they wish to be well perceived in society. Therefore, they seek to fulfil the norms established by them by their peers and society. Some of these norms are listed below:

1. Speeding.
2. Drinking and Driving.
3. Verbal and Physical abuse.
4. Being unable to show emotions.
5. Working outside of the passion to fulfil family responsibilities.
6. Social Drinking or use of harmful Substances for Social Use.



- 🔥 **Social expectations:**

Males are supposed to be the bread-winners of the family, gentlemen, sensitive human beings, support their partners mentally and psychologically and always be ready to help. However, men, as women, have their limitations.

- 🔥 **Victims of Judgment:**

If men do not choose to work in traditional careers and do not have ambitious career plans, they do not fall within the stereotypes created by society for men.

- 🔥 **Sexual performance:**

The myth "Men need more sex and they are highly sexual beings", is believed by many people and societies. Therefore, males also expect to perform exceedingly well in terms of sexual behavior.

Gender(s)

G2- gender in context to females

Key messages	1)Concept of femininity. 2)Child marriage, Maternal and Infant mortality. 3)Schemes for female safety.
Time	30 mins.

☞ Dear facilitator, you will now introduce participants with the femininity.

Introduction:

- Femininity is a set of attributes, behaviors, and roles generally associated with girls and women. Expression of 'Femininity' is culture specific and socially constructed. Feminism may mean managing a home and family successfully for some, while for others it may mean complete individual identity. Again, in some cultures, it may mean freedom of expression or even bondage to their partners and their families.

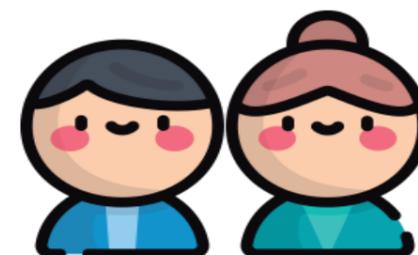
Even the psychological attributes which describe femininity are not universally identical, they include characteristics like:

- Gentleness, empathy, loving, sensitivity, caring, sweetness, compassion, tolerance, nurturance, deference, and being cordial are traits that have traditionally been cited as feminine.
- However, these characteristics are gradually changing over time with broader education, opportunities and exposure to more masculine environments and acceptance of masculine traits, in recognition that both women and men combine feminine and masculine traits.

☞ Dear facilitator, now you will discuss Child marriage, Maternal and Infant mortality.

What is child marriage?

Child marriage is a formal marriage or informal union entered into by an individual before reaching a certain age, specified by several global organizations. For example, UNICEF (I would spell out Unicef) defines minors as being under the age of 18. Many jurisdictions permit earlier marriage with parental consent or in special circumstances, such as teenage pregnancy.



Child marriage violates the rights of children. It affects both boys and girls, but it is more common among girls. Child marriage has widespread and long-term consequences for child brides and grooms.

Impacts of child marriage:

- Child marriage is a violation of child rights, and has a negative impact on physical growth, health, mental and emotional development, and education opportunities.

Gender(s)

- 13 million child marriages were reported in India as per 2011 census. Six million children were born to couples married in the age group of 10-19. Most of these children were boys (3 million). Thus indicating 0.11% that child marriages and early pregnancy which could put both the mother and child at potential risk. While regional disparities in India exist, child marriage has significantly decreased from 47 per cent (2006) to 27 per cent (2016).
- Child marriage represents a significant risk to young mothers as being pregnant as a child is extremely dangerous for the mother and the baby.

What is Maternal mortality?

Maternal death or maternal mortality is defined by the World Health Organization (WHO) as "the death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes".

- UNFPA estimated that 289,000 women died of pregnancy or childbirth related causes in 2013. These causes range from severe bleeding to obstructed labour. The global maternal mortality ratio has fallen from 380 maternal deaths per 100,000 live births in 1990 to 210 deaths per 100,000 live births in 2013, and many countries have their maternal death rates in the last 10 years.
- Can you say something about maternal mortality among young mothers? I think it's really important to get the point across to participants that child marriage is not ok and has serious health implications for child brides and their children.

What is Child Mortality?

Child mortality, also known as child death, refers to the death of children under the age of 14 and encompasses neonatal mortality, under-5 mortality, and mortality of children aged 5-14. Many child deaths go unreported for a variety of reasons, including lack of death registration and lack of data on child migrants. Without accurate data on child deaths, we cannot fully discover and combat the greatest risks to a child's life.

- ❖ In 1990, 12.6 million children under age five died, in 2016 that number fell to 5.6 million children. However, despite advances, there are still 15,000 under-five deaths per day from largely preventable causes. About 80 per cent of these occur in sub-Saharan Africa and South Asia, and just 6 countries account for half of all under-five deaths: India, Nigeria, Pakistan, the Democratic Republic of the Congo, Ethiopia and China. 45% of these children died during the first 28 days of life.

👉 Dear facilitator, tell the participants about the steps taken up by Government of India to reduce child marriage and promote mother and child care:

1. Beti Bachao, Beti Padhao.
2. Savitribai Phule Scholarship Scheme.
3. Sukanya Samridhi Scheme.
4. Kasturba Gandhi Balika Vidyalaya.

Gender(s)

5. Kanya Saksharta Protsahan Yojana.

- ❖ Addressing women's issues needs to be done in partnership with men and wider families, not just with the women themselves.
- ❖ Abuse against women takes place in every socio-economic grouping within society.

👉 Dear facilitator, you will now discuss the crimes that females generally face. The top 5 crimes against women in India currently are as follows: (for more, follow our annexure).

- a. Rape (Sec. 376 IPC).
- b. Kidnapping & abduction for specified purposes (Sec. 363 - 373 IPC).
- c. Homicide for dowry, dowry deaths or their attempts (Sec. 302/304-B IPC).
- d. Torture - both mental and physical (Sec. 498-A IPC).
- e. Assault on women with intent to outrage her modesty (Sec. 354 IPC).

Society for women under a microscope:

1. In countries with patriarchal societies, gender disparity and gender biases are ingrained from childhood.
2. Boys are given special treatment and lenient parenting while female children are thought to be a liability to the family.
3. Females are encouraged to pursue simple, low-key intellectual activities (like household work over getting a formal education). They are encouraged to acquire an 'acceptable' body image and looks to promote them as prospective partners in marriage.
4. In some parts of the world it is unacceptable for women to have a career or job.
5. Even today, if a girl is travelling late or staying out for a longer period of time than a boy, it is questioned more. Until society demands and models equality for boys and girls stigma and discrimination will continue to grow.

G3- Other Gender

Key messages	1) What is gender and sex? 2) What is sexual diversity? 3) What is other gender? 4) Discrimination for other gender. 5) Legal facts.
Time	30 mins.

☞ Dear facilitator, read out the following story to start discussing 'other gender'.

Story:

Ayaan, a 21-year-old boy is in a live-in relationship with his girlfriend. They have been together for the last 1 year and decided to move in together last month. As an individual, Ayaan had sexual desires which cannot be fulfilled with his girl-friend. They have discussed it before, but she does not want to indulge in some of the activities he expects. Also, Ayaan feels, he is gay. Since a very long time, he felt attracted to boys. He has not spoken to anybody regarding his attraction towards men. He is worried what his family or friends would say. He is tormented by these thoughts which are eating him from inside and does not know how to handle them.

Post these questions to the audience:

1. What should Ayaan do?
2. How might his actions affect his relationship with his girlfriend?
3. Do you think it is normal for Ayaan to feel this way?

☞ Dear facilitator, you will first discuss the difference between sex and gender to make the participants understand the significance of the third gender.

'Sex' is the social status assigned to us, usually based on genital appearance. People may be female, male, intersexed, or hermaphrodite. Gender meanwhile, is a socially constructed definition of women and men. It is not the same as sex (biological characteristics of women and men) and it is not the same as women. Gender is determined by the conception of tasks, functions and roles attributed to women and men in society and in public and private life.

Gender refers to the attitudes, feelings, and behaviors that a given culture associates with a person's biological 'sex'.

☞ Dear facilitator, please explain to the participants that:

Each person is unique and different from others and can have various notions about sexuality. Just like physical build, likes, dislikes, behaviors, capacities and mentality differ, so does sexuality.

Feelings of love, desire, attraction can be for the opposite sex, same sex or both. These variations in sexual identity have been documented throughout human evolution.

Gender(s)

Beliefs can also influence one's attitude towards gender diversity. Emphasize that we are just sharing information and each person has the right to make their own informed choices whether they agree or not.

This does not make one-person superior over the other. Understanding sexuality and sexual diversity is a process and one can become more aware, open and sensitive to different views over time.

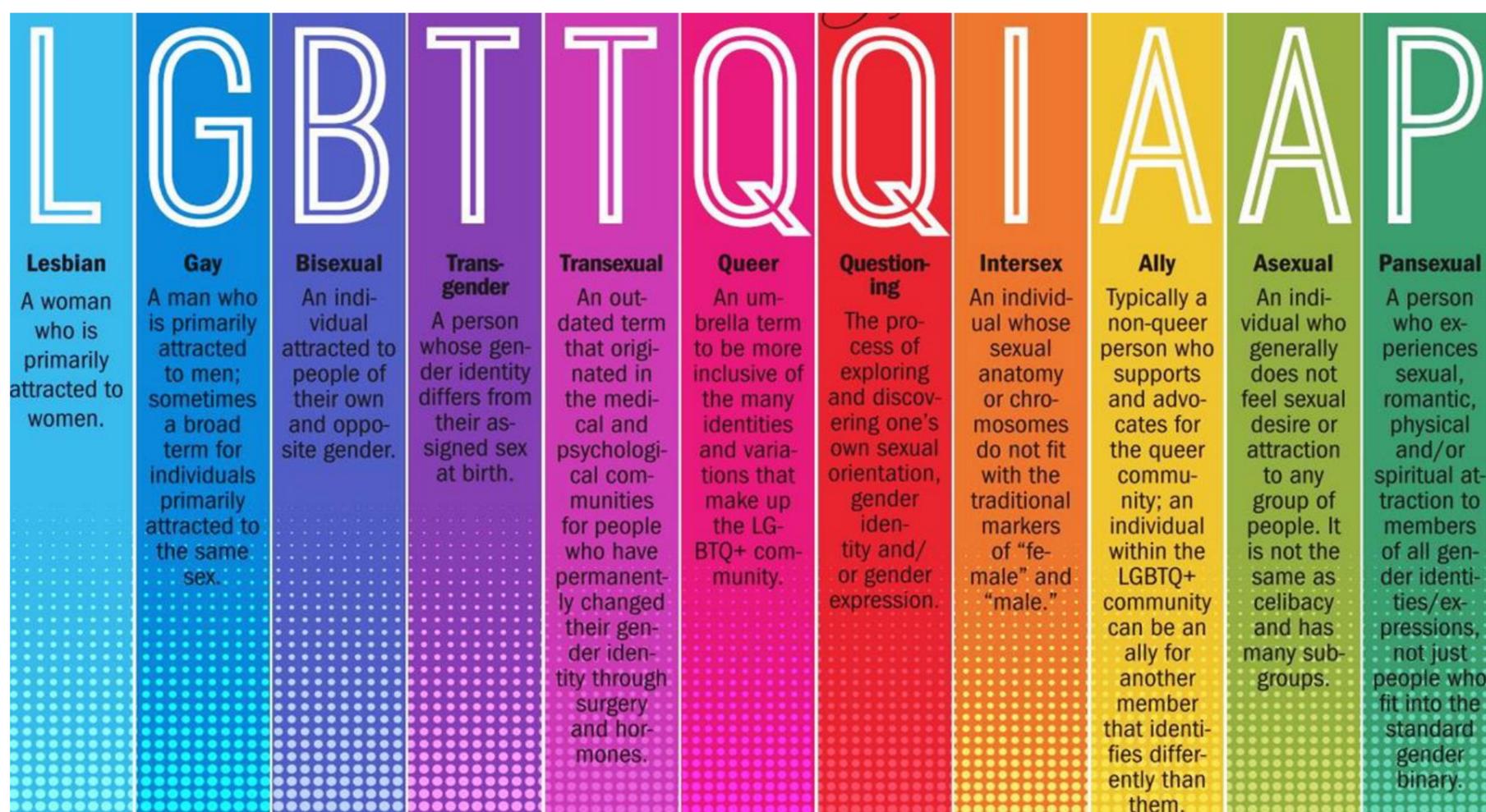
☞ **Dear facilitator, please discuss with the participants around sexual diversity and the other genders.**

- Sexual diversity, is a term used to refer to all the different sex characteristics, sexual orientations and gender identities, without needing to specify each of the identities, behaviors or characteristics that make up this plurality.
- Third gender or third sex is a concept in which individuals are categorized either by themselves or by society, as neither man nor woman. It also describes a social category present in those societies that recognize three or more genders.

Other gender is also applied to Transgenders.

- Transgender people are those who have a gender identity or gender expression that differs from their assigned sex. Transgender people are sometimes called transsexual if they desire medical assistance to transition from one sex to another. Transgender is also an umbrella term: in addition to including people whose gender identity is the opposite of their assigned sex (trans men and trans women), it may include people who are not exclusively masculine or feminine.

Show the chart as below as an audio-visual or as a printed chart. Explain to the adolescents and youth what 'LGBTQI' stands for. Do not get into details until they ask for more information. If they want definitions you can read out each letter.



Gender(s)

After you have drawn the chart explain that people with different sexual orientation face a lot of difficulties in the society as follows:

- They experience stigma and discrimination in their family and broader society, and as such they face challenges in living a socially acceptable life.
- They might not get equal opportunities and respect compared to others. E.g. They are often denied a good job or made to leave their job once employers find out their sexual identity.
- They may be teased and ridiculed by others and face challenges in leading a normal life.
- They may be encouraged to leave a certain locality/ town.

People with sexual identities that differ to heterosexuality may feel lonely and isolated and may hide their sexual identity to avoid experiencing stigma and discrimination.

Irrespective of their sexual identity, every human being deserves to be treated with dignity and respect.

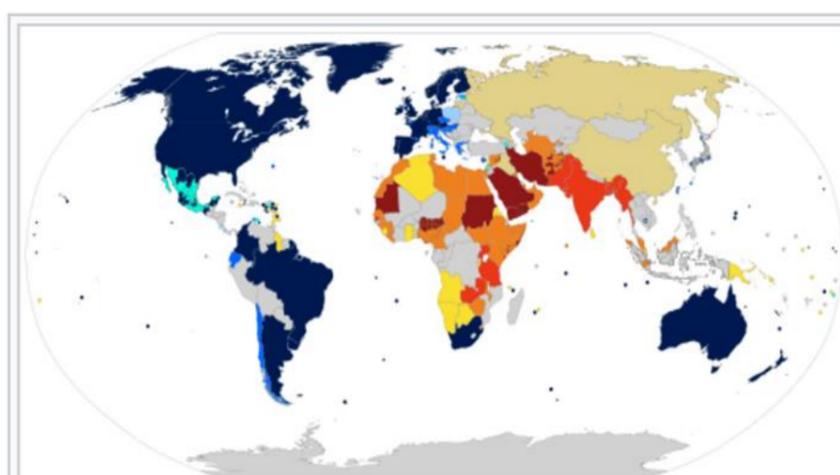
A few pertinent legal facts:

Positive progress:

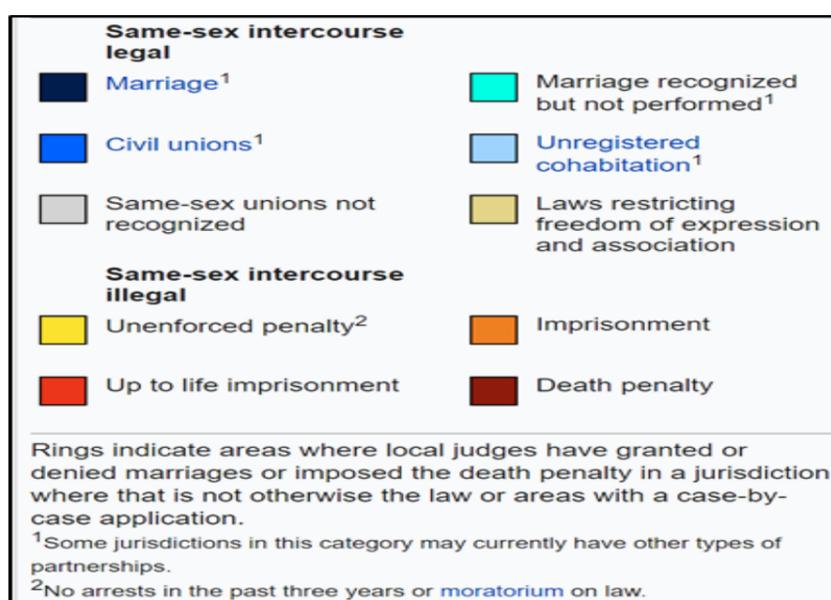
- India's Supreme Court has recognized a long-discriminated-against transgender group as a third gender, a decision designed to provide equal rights for hundreds of thousands of eunuchs and transgender people in the country.
- According to the court decision, state and federal governments will now allow transgenders to identify themselves on official documents, such as birth certificates, passports and driving licenses, as a third gender along with males and females. Any person who has undergone surgery to change his or her sex will be recognized as belonging to the gender of their choice said the court, adding that transgender people would have the same right to adopt children as other Indians.

Remaining challenges:

- **Section 377** says unnatural offences: Whoever voluntarily has carnal intercourse against the order of nature with any man, woman or animal shall be punished with imprisonment for life, or with imprisonment of either description for a term which may extend to ten years and shall also be liable to fine.
- Homosexuality is illegal in 76 countries which includes India.



Worldwide laws regarding same-sex intercourse and freedom of expression and association V · T · E



Gender(s)

- ☞ Dear facilitator, please discuss gender Identity in the context of the other gender.
- A person's deeply-felt inherent sense of being a boy, a man, a male; a girl, a woman, or female; or an alternative gender may or may not correspond to a person's sex assigned at birth or to a person's primary or secondary sex characteristics.
 - Since gender identity is internal, a person's gender identity is not necessarily visible to others.

LGBTQIA and Discriminations:

1. Many people belonging from the LGBTQI community have faced discrimination from society, family, peers, education, employment etc. This has been a persistent issue because people often find it difficult to accept that which differs from themselves, or that which is unfamiliar. We often fail to empathize with or understand what we find 'different' and / or 'uncommon'.
2. The LGBTQI community have been stigmatized because of their actual or perceived sexual orientation or gender identity, stripping them of their rights.
3. Many of the LGBTQI community have been victimized by severe crime (both mental and physical) and have not received the required protection when they were attacked.

Several steps should be taken to lessen the extent and impact of this discrimination:

1. A strong public movement should be made to fight against violations of the human rights of LGBTQI people and promote respect on issues related to sexual orientation and gender identity.
2. This movement should include e.g.
 - Demanding the respect of the LGBTQI community's effective right to freedom Protecting participants of peaceful Pride demonstrations or public events organized by and for the LGBTQI community.
 - Respecting the efforts made by the community in receiving and imparting information on issues related to sexual orientation and gender identity in any form of expression such as the press, publications, oral and written statements, art and other media.

G4- Gender-based Violence (GBV)

Key messages	1) What is GBV? 2) Types and forms. 3) Impacts of GBV. 4) How to reduce GBV? 5) Services. 6) Myths and facts.
Time	30 mins.

👉 **Note to facilitator, Introduce the participants to the context of Gender Based Violence (GBV)**

Start with a story.

Story 1:

Sheena, a 19-year-old girl was a college going student. One day she was returning late from college and 2 college seniors followed her back. They stopped Sheena on her way back and forced her to go with them to a field. They molested her and as Sheena tried to protest and scream, they ran away leaving her behind. They also threatened her that if she told anybody about what had happened they would do worse. Scared, terrified, shamed and disturbed, Sheena kept quiet about this and it made her gradually depressed. She is now scared to leave her home. Her parents intervened and got to know about the event and reported it immediately.

Ask the following Questions-

1. Why do you think Sheena is feeling like this?
2. Why do you think she is feeling ashamed?
3. What do you think Sheena should have done?
4. Where do you think the parents reported this to?
5. Do you know of any services available for physical abuse or trauma local to you?

Story 2:

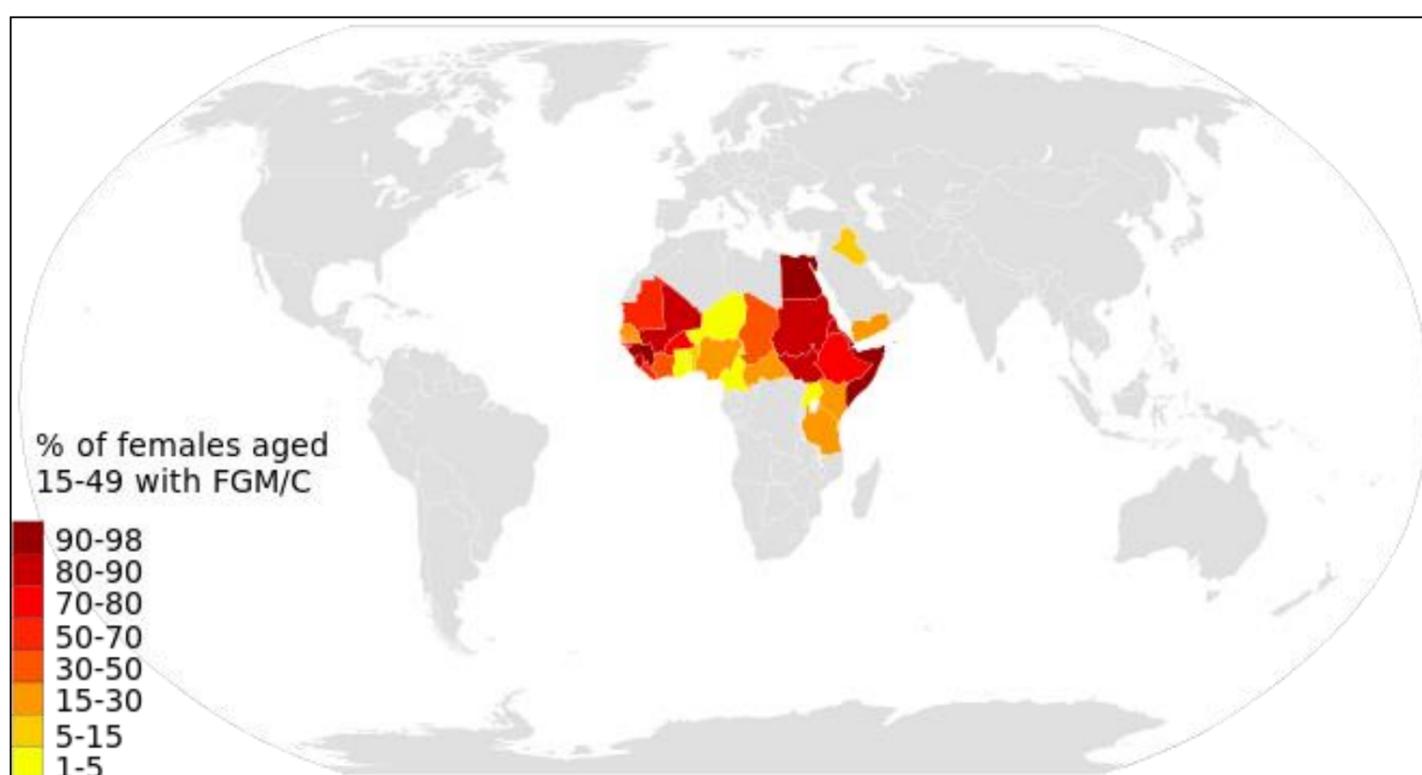
Madhu, is aged 23 years and has had 2 female children and no male child. She wants to have a male child. She fears giving birth to another female child. So she went to find out the sex of the child and met a family physician. She was referred for a scan by the physician. After a scan she understood that it was likely she the baby was a female child. So now she wants an abortion at 18 weeks of pregnancy. She was admitted to hospital. The Doctor who examined her found that she was anemic and unfit for abortion. She met a rural dai (in rural area a lady who helps to deliver child at home) who introduced a caltrop is (a type of flower) stick and assured her abortion. This lead to the development of sepsis and she is experiencing a septic abortion, which is endangering her life. She was treated for septic abortion and the female fetus aborted.

Ask the following questions:

1. Do you think Madhu was doing the right thing by aborting the female child?
2. Why do you think she sought help from the dai?
3. What do you think should have been done to prevent the Madhu getting so ill and her baby dying?
4. What do you think should have been the role of family/husband in this situation?
5. Why does this the cultural desire to have a male child exists? What are your thoughts about this issue?

👉 Dear facilitator, you will now discuss gender-based violence in the context to the above stories. Points of note to make during discussion:

- Female children are given less importance in India than male children.
- The societal attitude towards female children must be changed. Until recently sonologists were able to carry out sex determination that was leading in some cases to family members recommending for the Medical termination of pregnancy at 18 to 19 weeks. However, it is now illegal to detect the sex of the child during the early months of pregnancy.
- The legislations, the 30% reservations for the women, equality rights for the both genders are still in growing stage.
- Greater public awareness is needed to change the attitudes of society and to have female feticide completely stopped.
- The killing of female foetus and female babies has created a disruption in the ratio of men to women in many places example- Rajasthan.
- Female genital mutilation (FGM) or (FGC) is practised in 30 countries in western, eastern, and north-eastern Africa.



Gender(s)

☞ Dear facilitator, you will now discuss the definitions:

What is Gender-based violence?

- GBV has been recognized across the world as a form of violence that affects a person's life in every way – physically, mentally, emotionally and psychologically – and is a violation of basic human rights. Various countries have identified it as a serious threat to a person's overall wellbeing and provide relief and support in various forms.
- India has also identified domestic violence as a crime and provides relief and protection from it – albeit to only Women. Indian men facing domestic violence at the hands of a wife or female partner is a reality that is not currently being addressed. Domestic Violence is a serious social issue, but men who face domestic violence in India have nowhere to go as the law doesn't recognize them as victims.

What does GBV include?

Gender-based violence includes:

- Violence against males, females or other gender.
- It can be categorized as domestic violence, sexual abuse, rape and sexual abuse of children by family members and others, forced pregnancy, sexual slavery, traditional practices harmful to women such as honor killings, burning or acid throwing, female genital mutilation, dowry-related violence, violence in armed conflict, such as murder and rape, emotional abuse such as coercion and abusive language.
- Trafficking of women and girls for prostitution, forced marriage, sexual harassment and intimidation at work are additional examples of violence against women.

Gender violence occurs in both the 'public' and 'private' spheres.

☞ Dear facilitator, please ask the participants to name the various forms of gender-based violence, they are familiar with. List them down. Now add the points unmentioned.

The types of GBV carried out among women are as follows:

1. **Physical abuse:** Slapping, choking, or punching her. Using hands or objects as weapons. Threatening her with a knife or gun. Committing murder.
2. **Sexual abuse:** Using threats, intimidation, or physical force to force her into unwanted sexual acts.
3. **Emotional or verbal abuse:** Threatening to kill her (or to kill the children, other family members or pets), threatening to commit suicide, making humiliating or degrading comments about her body or behaviour, forcing her to commit degrading acts, isolating her from friends or family, confining her to the house, destroying her possessions, and other actions designed to demean her or to restrict her freedom and independence.
4. **Financial abuse:** Stealing or controlling her money or valuables (of particular concern to older women). Forcing her to work. Denying her the right to work.

Gender(s)

5. **Spiritual abuse:** Using her religious or spiritual beliefs to manipulate, dominate, and control her.

☞ Dear facilitator, please briefly share How is GBV carried out and its impact?

- Cultural beliefs and norms based on the devaluation of women.
- Legitimized, obscured or denied by familial and social institutions.
- Abusive acts are typically characterized as horrible or tragic events.
- Resulting from bad luck or bad judgment.
- Being in the wrong place at the wrong time.

What is the impact of GBV?

- ❖ GBV that involves physical violence can lead to physical injury, from a simple wound to loss of body parts and even death. There are lots of reported cases of deaths due to GBV in many areas around the world.
- ❖ GBV also causes psychological trauma such as fear, anxiety, self-blame, depression and suicidal thoughts. It is not usually visible (unlike physical trauma) but girls/women, boys/men and others suffer a great deal from it and the effects can be longer-lasting than a physical injury and affect behavior and interpersonal relationships.
- ❖ GBV can relate to any sex, i.e. men women young boys and girls, LGBTI, and anybody else. Gender violence can be defined as a persistent and universal problem that occurs in every culture and social group.

☞ Dear facilitator to show the presence and extent of GBV, please share some of the following Statistics:

1. At least 117 million girls around the world demographically go “missing” due to sex-selective abortions
2. From 1990 to 2015, the global maternal mortality rate fell from X in 1990 to 216 deaths per 100,000 live births in 2015, according to UN inter-agency estimates.
3. In the 24 developing countries study, in a recent survey, a combined total of only 7% of survivors of gender-based violence, including physical and sexual acts, formally reported their attacks to police, medical or social services.
4. It is estimated that more than 200 million girls and women alive today have undergone female genital mutilation in the countries where the practice is concentrated.

Gender violence is a historical and universal problem. It is often experienced in the context of additional oppressions based on Race, Ethnicity, Age, Sexual orientation, Gender identity, Type of labor performed, Level of education, Class position, Disability, Immigration or refugee status.

Gender(s)

👉 **Note to facilitator: Dear facilitator, you can share the various laws and services against GBV**

🔥 **The services given are for information and not prescriptive in nature- disclaimer!!!**

Laws	Services
<p>The UN Declaration on the Elimination of Violence against Women (DEVAW) adopted by the UN General Assembly in 1993 has been influenced by CEDAW General Recommendation No. 19. It defines VAW as: “Any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or in private life.”(Article 1) The declaration encompasses all forms of gender-based violence against women (physical, sexual and psychological), no matter in which context or setting they occur:</p> <ol style="list-style-type: none"> 1. In the family (such as betray, marital rape; sexual abuse of female children; dowry-related violence; female genital mutilation/cutting and other traditional practices harmful to women); 2. In the general community (such as rape, sexual harassment and intimidation at work, in school and elsewhere; trafficking of women; and forced prostitution), and 3. Violence perpetrated or condoned by the state, wherever it occurs (Article 2). 	<p>Govt of India helpline for GBV.</p> <ul style="list-style-type: none"> ✓ Pune: For legal advice, call: 8793088815, For psychological counselling, call: 8793088816. ✓ Delhi: Shakti Shalini: 1091/1291 (011) 23317004. ✓ Shakti Shalini Women’s Shelter: (011) 24373736/24373737. ✓ SAARTHAK: (011) 26853846/26524061. ✓ All India Women’s Conference: 10921/ (011) 23389680. ✓ DIAL 1298 for Women’s Helpline in Mumbai. ✓ Aazad Foundation- Tel: +91 11 4060 1878. ✓ Bharatiya Grameen Mahila Sangh. ✓ International Center for Research on Women- 011 4664 3333.

Gender(s)

☞ Dear Facilitator, after you share all these, you can just cross check, the participants understanding of GBV by sharing the below myths and facts.

☞ **Myth:** GBV only includes physical abuse (hitting, punching, biting, slapping, pushing, etc.).

☞ **Fact:** Physical abuse is just one form of violence. International law defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or mental harm or suffering to women”.

☞ **Myth:** Women should tolerate violence to keep the family together.

Fact: Every woman has the right to safety, dignity and a life free of violence. Every woman survivor of GBV has the right of self-determination- she can decide to stay with her abusive partner or to leave him and either way she is entitled to support and protection from the state.

Myth: Domestic violence is a private family matter, in which the state has no right to intervene. How a man treats his wife is a private matter.

Fact: Violence against women is a human rights violation, no matter whether it occurs in the family or in the public sphere.

Myths: Sex workers cannot experience rape. There is no rape in marriage.

Fact: International definitions of rape and other forms of sexual assault (WHO 2013) focus on the type of violent acts committed, without consideration of who is the perpetrator or the survivor. Accordingly, any man who forces a woman into a sexual act against her is committing rape, whatever her profession is or whether the woman survivor is married to the perpetrator or not.

Myth: Most GBV is perpetrated by strangers.

Fact: Most women experience GBV at the hands of a person close to them, as confirmed by the 2013 Global Study on Homicide. It is estimated that women make up 79% of all persons killed by their intimate partners. Additionally, 47% of all women killed in 2012 were killed by their family members or intimate partners; for men, the respective percentage totals 6% (UNODC 2014).