

ECONOMIC
VIOLENCE

**DOMESTIC
VIOLENCE**

YOU CAN END IT!

Training Sessions Toolkit

SEXUAL/PHYSICAL

MENTAL

VERBAL

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**break
through**
building human rights culture

About Breakthrough

Breakthrough is an international human rights organization that uses education, media and popular culture to transform public attitudes and promote values of equality, justice and dignity. Breakthrough's human rights programs generate public dialogue, and create positive change about challenging social issues like women's rights, domestic violence, HIV/AIDS, religious tolerance, racial justice and immigrant rights.

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Domestic Violence is Unacceptable

Domestic violence fundamentally violates human rights. This booklet is to ensure that people know and understand that domestic violence is not a private matter, and that abusive behaviour is unacceptable. It is a critical problem that affects us all -- in every community, work place and in every section of the society across class, education and economic backgrounds. It is Breakthrough's belief that we can all work together as individuals, institutions, workplaces, neighbourhoods and communities, to make our environment a safer space for women.

Content

Basics on Domestic Violence

Resources

Bring Domestic Violence to a Halt!



www.bellbajao.org

Session on the Bell Bajao Campaign

Objective:

1. List three workable community action points to reduce domestic violence.
2. Identify and enlist positive roles men can play in reducing domestic violence.

Notes:

It is important to realise that violence, in any form, is not a personal affair. It violates the rights of women to lead a life free of abuse. The act of 'ringing the bell' is a catalyst towards ending domestic violence. It enables the abuser to realise that his behaviour/ act is wrong and there are others (community, friends) who can come up and speak against the abuse. We also need to make communities responsive, and enable them to take active steps to halt domestic violence.

Why Address Men?

At the individual level a man could have witnessed violence as a youth, been abused or witnessed domestic violence within the family. Social conditioning like these will affect a person's self image. They may feel they have societal permission to be violent, because they see it around them.

Possible Audience:

- Community at large
- Men at the individual level or as part of a social group
- Youth - in college, university, marginalised communities

Time Required: 30 - 45 minutes.

Material Required: A DVD Player and Television or Computer/ Laptop. A CD/DVD with the television spots of the Bell Bajao campaign. Discussion questions for the sessions. (Alternative: Posters/ Images of the television spots and discussion questions for the sessions)



Procedure:

Screen the advertisement where the man rings the bell for milk and the advertisement where young boys ring the bell for their cricket ball. If required repeat the advertisement. (Alternative: Show the posters. Explain the bare description of the posters if required.)

Ask participants to reflect on the spots/posters. Discuss the following questions.

Discussion Questions:

1. What is depicted in the advertisement? What is the main issue being addressed here?
2. Why do you think ringing the bell can make any impact? (Alternative: In the poster what is stopping the objects?)
3. What happens when the person rings the bell?
4. Why do you think this kind of action would stop incidents of violence?
5. How difficult is it to challenge situations like these? What else can be done, other than ringing the bell?

Facilitating note: Please ensure that the points below are covered during the discussion.

Behaviour that needs to be encouraged:

- Stop abuse by promoting respectful and non abusive behaviour towards women.
- Break the silence by directly acting to end domestic violence within the community.
- Men acting against domestic violence, demonstrating their positive role.
- Zero tolerance of violent behaviour in the domestic space.

Men are key :

Men can act to reduce domestic violence.

- As tradition allows men to take action, they can respond to the violence they see around them, faster and more definitively.
- By starting not to abuse women themselves. They can lead by example, and take the initiative by not exercising violence.
- By acting as positive role model for other men.
- By supporting women who oppose the violence they experience.
- By advocating for law enforcement, in this case the PWDV (Protection of Women from Domestic Violence) Act 2005, and indicate that domestic violence is not tolerable.
- By changing attitudes towards masculinity.
- All men from diverse backgrounds, professions etc need to respond.

Closure: Take feedback on the session and thank the audience for their participation.

A **breakthrough** campaign to end domestic violence.