

Voices Unheard

“Voices Unheard - stories of gender-based injustice” will help participants empathize with victims of violence and explore different gender-based abuse situations. This activity allows participants to identify different and diversified types of gender-based violence and discrimination and raise awareness.



Gender-based violence



Storytelling



16-30



15-20 participants

The activity can also be carried out with fewer participants or with more participants. If fewer participants are present, all the stories can be read and heard, if there are more participants only a few of them will have time to be shared in plenary; this does not affect the outcome of the activity.



Pens and papers



Google meet or Zoom



Introduction: 5 minutes

Implementation: 30 minutes

(5 minutes per each box)

Sharing the stories: 15 minutes

Debriefing: 10/15 minutes



YOU.TH. Manual for youth workers

3.2.5 Storytelling

<https://youth-theatre.eu/>



It is an activity that can be performed both outdoors and indoors depending on the needs of your group. It can be implemented online through a videoconference platform.

Implementation:

Each participant should be equipped with a paper and pen or digital support device where they can take notes or draw.

The facilitator provides the following guidance:

- Participants should divide the area they have for note-taking or drawing into 6 parts.
- Participants should think of a protagonist - in this case it will be a victim of gender-based violence. Don't connote the protagonist too much, let each participant decide and imagine the protagonist of the story on their own, suggest the existence of different types of abuse and discrimination, then they can put the focus on any of it: domestic violence, revenge porn, catcalling, workplace discrimination, etc mention them to give ideas. Now participants should imagine where their protagonist lives - this will be the information that will occupy the first box.
- The second box will illustrate the mission or purpose of that protagonist. In every story or legend, the protagonist has a purpose to achieve. What is the mission of their protagonist? It should not be related to the situation of abuse and discrimination.
- Third box: what are their resources, who can help them, who stands by the protagonist in everyday life?
- Fourth box: who obstacles the protagonist? what happens in his path that can be connoted as gender violence/discrimination?
- How does this episode affect the protagonist's mission?
- How does the story end? or does it continue?

Finally, participants can share the stories they have created. The stories can also be used later for further improvisation activities.

Debriefing

The debriefing should focus on encouraging participants to share their thoughts and emotions about the activity, as well as their understanding of gender-based violence and discrimination.

Instructions for debriefing:

You can use open-ended questions to facilitate this discussion, such as:

- How did you feel while creating the story?
- Were there any specific challenges you encountered while thinking about gender-based violence and discrimination?
- How did you feel about addressing these sensitive topics through storytelling?

Encourage participants to discuss their emotional reactions and empathy towards the protagonist they created. You can ask questions like:

- Did you feel empathy towards your protagonist?
- How did the storytelling process impact your understanding of the challenges faced by victims of gender-based violence?
- Did the activity make you more aware of the different forms of gender-based violence and discrimination?

Discuss how the episode of gender-based violence or discrimination affected the protagonist's mission, as indicated in the fifth box. Encourage participants to consider the broader implications of such situations on individuals and society:

- How did the episode of gender-based violence or discrimination impact the protagonist's mission?
- How does this relate to real-life situations where victims of gender-based violence are often hindered in pursuing their goals?

Summarize the key insights and themes that emerged during the discussion.

Encourage participants to connect these insights to the real world, highlighting the importance of empathy, awareness, and action against gender-based violence and discrimination.

End the debriefing on a positive and hopeful note, emphasizing the role each participant can play in raising awareness and combating gender-based violence and discrimination in their communities.

Remember to maintain a supportive and respectful atmosphere throughout the debriefing session, allowing participants to express themselves freely and learn from each other's perspectives.

Tips and notes to the facilitator:

Facilitating an activity that explores sensitive topics like gender-based violence and discrimination requires careful planning and sensitivity. Here are some tips for facilitators, along with potential difficulties that may arise.

Create a Safe Space: establish a safe and non-judgmental environment where participants feel comfortable sharing their thoughts and emotions. Emphasize the importance of confidentiality.

Set Ground Rules: clearly communicate ground rules for respectful and empathetic discussion. Encourage active listening and discourage any form of judgment or derogatory comments.

Emphasize Consent: stress the importance of respecting participants' boundaries when sharing their stories. No one should be pressured to disclose personal experiences they are not comfortable sharing.

Be Supportive: be prepared to offer emotional support if participants become upset or triggered during the activity. Have a plan in place for addressing such situations and provide information on available support resources.

Stay Neutral: as a facilitator, maintain a neutral stance and avoid expressing personal opinions or biases on the topic. Your role is to facilitate discussion, not to impose your perspective.

Encourage Diversity: ensure that participants are creating diverse and inclusive stories that represent a wide range of experiences related to gender-based violence and discrimination.

Promote Empathy: encourage participants to think deeply about the emotions and experiences of their protagonists. Ask questions that prompt empathy and understanding.

Tips and notes to the facilitator:

Triggering Content: the activity may inadvertently trigger traumatic memories or emotions in some participants. Be prepared to handle these situations delicately and offer resources for counselling or support.

Lack of Awareness: participants may have limited knowledge of gender-based violence and discrimination. Be prepared to provide basic information and resources for further education.

Inappropriate Content: monitor the stories created by participants to ensure they do not contain inappropriate or offensive content. Intervene if necessary to maintain a respectful atmosphere.

Misinterpretation: participants may unintentionally misinterpret the activity's purpose or create stories that perpetuate harmful stereotypes. Be vigilant in guiding discussions and addressing misconceptions.

Resistance to Change: participants may resist changing their narratives if they are asked to reflect on and revise them. Encourage openness to feedback and growth.

Handling Controversy: be prepared to manage any controversies or disagreements that may arise during the activity. Keep the focus on respectful dialogue and learning.

Follow-Up Support: after the activity, consider providing information on resources, organizations, or additional workshops related to gender-based violence and discrimination for participants who wish to learn more or take action.