

16

**DAYS OF
ACTIVISM**

**STOP
THE
VIOLENCE**

Speak out
for girls' rights

#notHERfault



16 Days of Activism against Gender-based Violence 2020

ACTIVITY PACK



World Association
of Girl Guides
and Girl Scouts



#notHERfault

For 16 Days of Activism this year we have chosen victim blaming as the theme of the campaign. With the increase in violence against girls and women as a result of the COVID-19 pandemic and subsequent lockdown, women and girls are locked at home with perpetrators and are navigating spaces and places that have become even more unsafe for them.

With this in mind, we want to send a clear message to women and girls during 16 Days of Activism that they are not to blame for the violence they experience. We want to stop the culture of shame and blame that means girls and women often remain silent about their experiences and create a movement that stands for victims and supports them in speaking out and seeking justice.

#notHERfault
#IAmHereForHer



Find all the [16 Days of Activism Resources](#):

- **Pledge**
- **T-shirt Design**
- **Stickers**
- **Social Media Assets**



What is Victim blaming?

Victim blaming occurs when a victim of a crime or other wrongdoing is held entirely or partially responsible for what has been done to them. This occurs at a much higher rate for victims of sexual violence and other forms violence against women and girls such as domestic violence. The implication is that the victim is to blame for what has happened. With victims of sexual violence, what they were wearing at the time is questioned, why they were out at that particular time, if they were alone, were they drinking or even if they “put up a fight”. For survivors of intimate partner violence we often hear, “why didn't she leave if it was that bad?”

Victim blaming and shaming of women and girls not only results in silencing of women and girls experiencing violence, but also reinforces a perpetrator's power and control and allows them to continue abusive, criminal behaviour without being held to account. Perpetrators are missing and made invisible within the conversation. Emphasis on the behaviour of women and girls and societal acceptance of gender stereotypes and rape myths also leads to women and girls self-blaming for what has happened to them.

Child safety disclaimer

This session may cause some participants discomfort. Sometimes discussions and activities surrounding child safety may be upsetting and cause emotional distress for some participants. It is crucial that you prepare appropriately before beginning this session. If you are from an organisation that works with children and young people, familiarise yourself with your organisation's child safety protection or safeguarding policies and know the correct procedures to follow in the case that a child chooses to disclose an incident of abuse during the session. If you are not part of an organisation you can find referrals to local support services in your country using this link: gbvhelpmap.crowdmap.com

Remind participants that they always have the right to say NO to things that make them feel uncomfortable, including any aspect of the following session. Remind the group that anything discussed during your session will be kept confidential, but do explain that if information is shared that requires action to protect the child, this information may be shared with people that can help to protect the child.



Setting a brave space

It is important that you create a space for children and young people to feel supported and comfortable to talk about their experiences, rights, gender equality and violence against girls and young women. It is important to have an agreed code of conduct that is supportive, sensitive and understanding of diversity and difference.

We want children and young people to feel safe but also encouraged to speak out and share their experiences, concerns and points of view. We want participants to feel encouraged, that's why we are setting not only a safe space but a 'brave space'.

Here are some guidelines on how to create safe and supportive, equal and ethical spaces.

- 1 FOLLOW YOUR CHILD PROTECTION POLICY IF YOU HAVE ONE** or please refer to the [WAGGGS Safeguarding Policy](#).
- 2 DO NOT ACCEPT OR TOLERATE ANY ABUSIVE LANGUAGE OR BEHAVIOUR. USE APPROPRIATE LANGUAGE** - Use clear communication and age-appropriate words to ensure that everyone understands you. Check in with the group to find out if they need extra explanation. Use gender-neutral language and be careful not to reinforce any gender stereotypes or use any discriminatory language.
- 3 BE INCLUSIVE** - Remember to be inclusive of all types of gender identities and sexualities.
- 4 RESPECT CULTURAL AND RELIGIOUS BELIEFS BUT CHALLENGE HARMFUL ATTITUDES THAT SUPPORT VIOLENCE AGAINST GIRLS AND YOUNG WOMEN** - Be aware that changing attitudes takes time. It must be done sensitively and in partnership with the community and the local context you are working with.
- 5 Identify a space in the room away from the main session** where participants can go if they are feeling overwhelmed or upset during the session. Monitor if any child goes to this space and talk to them more to see how they are feeling and if they need additional help and support.



Working with boys and young men

Think about how to work with boys and young men. The engagement of boys and men is critical for advancing gender equality and ending violence against girls and women. In most cases of violence against women and girls they are the perpetrators. Some boys and young men may become defensive when talking about this subject; they may feel like they are being accused of being violent. It is important that they understand the positive impact they can make by speaking out against violence.

Brave Conversations with boys and young men:

Create brave spaces for boys and young men to discuss gender inequality and violence against women and girls.

Boys and young men may not know about or understand violence against women and girls. Boys and young men may also feel intimidated, especially when confronted with sensitive issues that they may feel uncomfortable with.

Leaders for example report that boys may 'mess about' when they feel frightened or ill at ease in a group where the focus is on listening and talking and expressing feelings. However most boys and young men do want to know and learn about preventing violence against women and girls.



Here are some tips for creating brave conversations with boys and young men:

- consult with boys and young men beforehand and find out what they want to know
-use their feedback to shape the content and delivery of the session
- make sure that they are involved in developing ground rules and insist firmly but kindly that the rules must be kept by everybody
- keep the activities short and initially task focused. As their confidence develops boys may be more willing to talk about feelings and relationships
- make sure that the girls do not tease and make the boys look foolish
- challenge any sexism within the sessions
- make sure you engage with boys as allies in working with you on violence against girls and young women
- avoid the need for personal examples and use third person and distancing techniques. For instance, what are the options and the different things a boy or girl could do in a situation where ...
- check that the materials and any images you use present a broad view of masculinity.



Transforming masculinities

It's important to acknowledge that gender stereotypes work against boys and young men too. Boys and men can be trapped in conforming to negative 'masculine' stereotypes (or so called toxic masculinity) that do not reflect their real thoughts and feelings. Make sure that boys and young men do not feel like the 'enemy' but they play an active role in stopping violence.

Boys learn about masculinity and the expectations of men's roles, attitudes and behaviours from men in their family and their male friends. This can be a positive or a negative experience. A negative experience offers only a very narrow view of masculinity. Other influences such as the media for example often perpetuate the false view that men are either strong and heroic or weak and hopeless. In reality there are and should be many different ways of being a man and expressing masculinity. Boys and young men are encouraged to think about what it means to be 'me' and to find their own ways of being.

It is therefore important that young men and boys are given opportunities to question the roles, expectations and stereotypes that they face. Make sure that ideas and comments come from boys and young men themselves and that you are not 'telling them what to be or do' but also be clear in your messaging that girls should never be blamed for the violence they face.

We invite you to run the following activities with your girls and encourage them also to involve their female and male friends. Please make sure you follow local regulations on whether you are allowed to meet with people. The following activities can be delivered also online.



If you are delivering Girl Guiding and Girl Scouting online, you should still follow your Association's policies and procedures for activities taking place outside your regular meetings, including your Association's child protection policies. Here are [some tips and advice](#) by WAGGGS on online safety.



The needs of girls and young women during the COVID-19 Pandemic

We recognize that COVID-19 presents an unprecedented challenge in the lives of girls and young women around the world. This global pandemic is exposing the existing inequalities across our societies and highlights the specific risks and vulnerabilities that girls and young women face. These deep-rooted social norms and values are barriers to girls living safe, healthy and full lives.

One of the largest changes that COVID-19 has brought about is restrictions on movement and gatherings. With these restrictions come a loss of community, support and safety that many girls and women rely on. Around the world, schools and organisations providing services have been closed. At the same time, community groups have been paused, many are laid off from work, and we are not able to gather with family and friends. This increased isolation and economic uncertainty poses a severe risk for girls and women.

As the largest voluntary movement for girls and young women, WAGGGS believes in a world where all girls are valued. We seek to create a safe and supportive environment in which girls can develop their potential, free from judgement, stereotyping and violence. We are working through our programmes to listen to the unique challenges girls around the world are facing at this time, adapting to better serve them and advocating for the changes needed to address the structural barriers to their wellbeing.

Find out more on [WAGGGS position statement](#)

Warm Up

Explain the following to participants:

"This session is being run as part of the World Association of Girl Guides and Girl Scouts (WAGGGS) campaign for 16 Days of Activism 2020. WAGGGS is the largest movement in the world for any girl and every girl and we work with 10 million girls in 150 countries.

16 Days of Activism against gender-based violence runs from 25 November – 10 December each year. It is a time in the year when people around the world raise their voice and unite to call for an end to all forms of violence against girls and women. By participating in this session they are joining other girls and young women around the world that they are not to blame for the violence they experience and we are standing with them."



Part 1.

EDUCATE

In this section the activity aims to help you to explore some myths and beliefs used to excuse violence against women and girls and how blaming victims occurs. Leaders can use this activity to generate discussion with participants.

Material: Copies of the handouts:

a. [Myth and reality cards cut up](#) (but remember which myth matched which reality), b. Online article, page 9

Time: 30min

Myth is a widely held but false belief or idea. We also use **myth** for a traditional story, especially one concerning the early history of a people or explaining a natural or social phenomenon, and typically involving supernatural beings or events.

1

Invite everyone to talk to the person next to them (or think individually) about things that they think are myths in their community. Is there a fictitious or historical character in the community whom everyone knows a story about? Give them a couple of minutes to reflect or share their story.

2

Ask the group why they think that people can sometimes hurt other people even if they say they love them? Ask them to think of some of the reasons and excuses that people might use. Note down these reasons and add them to the list of reasons somewhere that everyone can see. At the end of the session revisit those notes to re-affirm that ultimately there is no justification for violence.

Explain that discrimination and harmful attitudes and beliefs towards women and girls can cause violence and are used to excuse violence. These have become myths, that are commonly held beliefs about men and women's roles or girls and boys roles in society and are passed on through families and communities.

3

Organize the game of myth and realities – split into small groups and hand out the myth cards and the reality cards. The groups need to figure out which myth matches with the reality card. The winning group will be the fastest to match up the myth and reality cards correctly.

Explain that people tend to excuse violence, trivialize the impact on girls and women, blame the survivor and minimize, normalize or hide the effects of the violence.

Explain that girls and young women are never responsible for the violence that they experience. Girls have the right to live life free from violence. That's why the hashtag of this years 16 Days of Activism Campaign is #NotHerFault.

4

Ask participants what they understand with the term specifically: 'victim-blaming'? Write down key words of their responses that can help them create a simple definition for this term. An example could be:

"Victim blaming happens when someone who suffered some type of violence is considered responsible for what happened."

5

Ask the group, where do we see victims being blamed? Or who is blaming the victims?

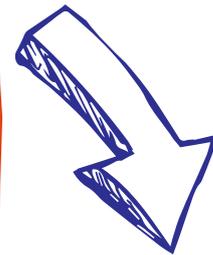
Some answers may include:

media, community, friends, family, law enforcement or the school.

Victim-blaming exists in many spaces and takes different forms. It's important we acknowledge, speak out against it and protect girls and young women from such harmful behaviours and attitudes. Girls are never to be blamed for the violence they experience.

Suggested for Younger Ages

Explain that you are going to read a series of text messages that one girl is sending to a close friend of hers. After reading the texts, ask participants if they can see any examples of 'victim-blaming'. Ask the group, who's fault was it?



Hey Ibo, I want to tell you something but please don't tell anyone!



As I was returning from school today, I went through the shortcut alley cause I was really tired to walk the longer way home.

I walked along the road with the taxi's by the taxi station and one taxi driver started shouting at me: hey beautiful, where are you going? Such a beautiful skirt you are wearing and your legs look good!"



I felt so scared and started running! Only stopped when I reached home. When I got home, my grandmother saw my face and asked me what happened. I explained and she said: "why were you wearing such a short skirt at school! And why did you go through the road with the taxi's by the station, what's wrong with you?"

I feel so ashamed and I am never going to wear a skirt again!



....|

At the end, remind the group that girls are never to be blamed for the violence they experience.



Suggested for Older Ages

Invite the group to read the online article below. Ask everyone to make notes of any parts of the article that are related to victim-blaming. Then discuss your reflections and notes together.

Dr Lesley Maine -Relationship Expert to the Stars writing in Weekly Mail News

By now I'm sure you will have heard the sad news that it all seems to be over for our dream celebrity couple DJ T and Simone. The young couple who have 6 Grammys between them have been dating for 3 years. There's been some ups and downs like when it was revealed that DJ T was caught kissing Simone's best friend. At the time Simone was on tour for months leaving DJ T alone. We know these things can happen in difficult situations and they worked things out. DJ T has shown just how special Simone is to him time and time again. How can you forget how he travelled all the way from LA to Paris last year after seeing rehearsals of Simone's new show and hating her outfits.

"I was really busy recording my 3rd album and Simone's manager sent me a video recording of rehearsals. Just couldn't believe what she was planning on wearing at the show! My woman doesn't dress like that and not in front of thousands of people. I knew I had to fly to Paris that night and talk some sense into her." – DJ T

This weekend we saw sad images of Simone with a black eye, bruising and a cut lip, allegedly caused by DJ T on their way to an award ceremony. Police have confirmed that a 24 year old male has been arrested and is currently being questioned in relation to an attack on Simone.

A source close to the couple said that Simone became upset when she saw messages on DJ T's phone from another woman. He had told her that they could talk about it later but she just wouldn't let it go and he lost his temper.

We're all hoping they can work through this difficult time. My advice...if a reunion is going to happen I hope Simone has learned not to press his hot buttons!

Take it further:

If you have more time, invite participants to look for articles in their local and national media for a week and try to identify any cases of victim blaming. You can share it with your group and explain why this article has hurtful and damaging messages for the victim. Alternatively you can share online this article using **#NotHERfault #IAmHereForHer** and **speak out against victim-blaming.**

Involving boys and young men

Create brave conversations where myths can be exposed and boys can challenge attitudes that justify or promote violence against women and girls. How can boys challenge these myths and attitudes and promote more healthy behaviours for them? After learning about victim-blaming, do they think they can play a role in stopping it?

Part 2.

SUPPORT

In this section the activity aims to help you understand the impact of victim-blaming in girls' and young women's lives. Furthermore it supports you to identify ways you can find support.

Preparation: Paper and pens for each youth member

Time: 30min



Ask participants to close their eyes and explain that you will read some quotes that girls and young women may hear:

- " She shouldn't have broken curfew/lockdown. "
- " Why was she out late at night/by herself? "
- " When you wear clothes like that what more can you expect? "
- " She shouldn't have been drinking. "
- " If it was that bad why didn't she leave? "
- " If it really happened why didn't she say something sooner? "
- " She doesn't look hurt, I see no cuts or bruises. "
- " She should have put up a fight. "
- " She shouldn't have been out without her brother/father/husband. "
- " That isn't a suitable job for a woman, she's putting herself at risk. "
- " She shouldn't be walking home alone. "
- " It's not his fault; she looks much older than her age. "
- " She must have tempted him. "

Ask participants to keep their eyes closed and reflect how they feel. Now invite them while their eyes are still closed to show how they feel not by talking but by making a still pose with their bodies, like a statue. After everyone has their pose, ask them to open their eyes and look around each other's poses.



Participants most probably would feel sad, scared, hurt and unmotivated. This is also what girls and young women feel when they are blamed for the violence they've experienced.

3

Ask the group to find different ways to create a human web around the room. This could be through holding hands or shoulders or lying in lines on the floor. If they are connecting online, how can they connect?

Explain that there are support networks that you have around you and that no person is alone, we are surrounded by people that care.

Ask participants to draw their palm layout. Then on each finger, write the NAME and CONTACT NUMBER of 5 different people they can go to for help.

4

Explain that these five people are your support list, people who can help you.

5

Ask the group if they could look online for any local or national organisations that work on gender-based violence or support those affected by violence. Invite participants to create a poster, online post or a brochure for their local or online community with information on such organisations.

Involving boys and young men

For the 'Support Hand' part of the activity, ask boys and young men to think about 5 things you can do to create safer spaces for girls and women around you. Encourage them to do some research or consult their female friends to better understand their experiences.

Write each action on the fingers of your drawing.

Your hand is now a reminder of your power to end gender-based violence! There may be young men in the group who have experienced or witnessed violence and this may be an opportunity for them to seek support. Follow your safeguarding and child protection procedures. It may also be an opportunity for young men to question the violence that they see around them.

Ask boys next time they hear someone next to them expressing victim blaming, would they say something? Ask the young men how they can tell other young women or men about support services?



Part 3. SPEAK UP & TAKE THE PLEDGE

Discover U-Report, learn more about victim-blaming and share the power of your voice. Invite friends and relatives to take the pledge against victim-blaming.

Preparation: Smartphone, tablet or computer with internet connection

Time: 30min

Please note that the 16 Days of Activism 2020 U-Report poll will be open from 27th of November until the 4th of December



U Report VOICE MATTERS

What is U-Report?

U-Report is WAGGGS' global project in partnership with UNICEF. It is a social messaging platform where anyone can speak out and be heard on issues they care about. Over three million young people have already registered as U-Reporters, including thousands of Girl Guides and Girl Scouts.

As a U-Reporter you can share your experiences and recommendations on issues that affect you with world leaders, national and local decision makers through your mobile phone. We will write back to you to keep you updated on how your voice was heard so you can see the difference you are making.

We will ask you to share your views so we can improve the work we do and make sure Girl Guiding and Girl Scouting is always girl-led

For this year's 16 Days of Activism, we have created a U-Report poll to record girls and boys' knowledge, experience and attitudes towards victim-blaming. The poll will be open until the 27th of November until the 4rd of December. Take a look below on how you can take part:

1



Search for **U-Report Global** on your **Facebook Messenger** and send the word **Join** OR Visit **www.ureport.in** and click in "Chat with U-Report" pop-up.

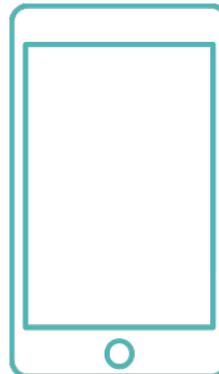
2

Fill the initial registration
This information is 100% confidential and anonymous



3

You are now a U-Reporter!
Congratulations, you are part of a youth community who believes that every voice matters!



4

Send "16D" to start the poll.
It takes only 2 minutes to complete it!



2

Take the pledge and say no to victim blaming! Choose the pledge you would like to take from the options below. Print out or handwrite your pledge on paper. Take a photo holding your pledge and share it with us and your friends and family.



Pledge for Member Organisations and wider public

16
DAYS OF
ACTIVISM

16 Days of Activism against Gender-based Violence 2020

STOP THIS VIOLENCE
Speak out for girls' rights

#notHERfault

I pledge to **not blame**
women and girls for violence done to them
or harassment they experience

World Association of Girl Guides and Girl Scouts

#notHERfault #ImHereForHer

16
DAYS OF
ACTIVISM

16 Days of Activism against Gender-based Violence 2020

STOP THIS VIOLENCE
Speak out for girls' rights

#notHERfault

I pledge to **break**
the culture of silencing women and girls
who have experienced violence and harassment

World Association of Girl Guides and Girl Scouts

#notHERfault #ImHereForHer

Pledge for boys

16
DAYS OF
ACTIVISM

16 Days of Activism against Gender-based Violence 2020

STOP THIS VIOLENCE
Speak out for girls' rights

#notHERfault

I pledge to **stop the violence**
and speak out against harmful stereotypes

World Association of Girl Guides and Girl Scouts

#notHERfault #ImHereForHer

16
DAYS OF
ACTIVISM

16 Days of Activism against Gender-based Violence 2020

STOP THIS VIOLENCE
Speak out for girls' rights

#notHERfault

I pledge to **speak out against**
toxic masculinity that harms me too

World Association of Girl Guides and Girl Scouts

#notHERfault #ImHereForHer

16
DAYS OF
ACTIVISM

16 Days of Activism against Gender-based Violence 2020

STOP THIS VIOLENCE
Speak out for girls' rights

#notHERfault

I pledge to **speak out against**
rape myths and gender stereotypes

World Association of Girl Guides and Girl Scouts

#notHERfault #ImHereForHer



Pictures and videos of :

Please take lots of pictures and share them with WAGGGS

Explain to participants that these images will be shared with WAGGGS to add to the pledges we will be receiving from girls all over the world as part of the campaign. Tell participants that WAGGGS wants to share their pledges with member organisations and the wider public to raise awareness on the issue of victim-blaming.

Once 16 Days kicks off on the 25 November we will be sharing the images online via WAGGGS social media platforms.

Photograph/ video your groups action of 16 Days and share it with WAGGGS. You can email images and videos to us for use on social media. Emails should be sent to:

stoptheviolence@waggggs.org

You can connect with us and send us pictures via:

 //www.facebook.com/wagggsworld

 @wagggsworld

 @waggggs_world

Use the following hashtags - **#notHERfault #ImHereForHer**

For more information on the 16 Days of Activism campaign, please visit:

www.waggggs.org/16-days

Consent:

Please seek consent before sharing images with us. By sharing images with us you consent for these images to be shared externally, on social media and on our website. Make sure girls are not taking pictures of each other and sharing them on social media or other channels without permission.

If you have any questions please contact the Stop the Violence team at the World Association of Girl Guides and Girl Scouts via email:

stoptheviolence@waggggs.org

We would like to thank Thammy Chong and Fiona Bradley,
our Stop the Violence Facilitators for their support in writing this activity pack.

