

Session 3: Understanding gender roles and relations

Description and objectives	<i>This session aims to lead participants to reflect on gender roles and cultural expectation/impositions. They will identify, and then challenge gender stereotypes, as well as continuing learning relaxation techniques through a guided meditation focused on compassion.</i>
Material needed and preparation	<ul style="list-style-type: none"> ✓ Flipchart, markers, pens, cello-tape ✓ The "Sex and Gender" quiz questions written on post-it notes ✓ The diagram "Men do - Women do" on a flipchart ✓ Copies of the "Men do" diagram (A4) ✓ Copies of the "Men do" diagram (A4) ✓ Attendance sheet

Structure of the session	Time
3.1 Welcome	5 min
3.2 The difference between biological sex and gender	20 min
3.3 A day in the Life of Women and Men	20 min
3.4 The Man Box	20 min
3.5 The Woman Box	20 min
3.6 Listening Practice	20 min
3.7 Relaxation techniques	15 min
3.8 Closing circle/check-out	10 min
Total time	2.10 hours

Activity 3.1: Welcome and overview

Time required: 5 minutes.

Objectives:

- ✓ Communicate an ongoing appreciation for everyone's participation
- ✓ Maintain continuity from one session to the next
- ✓ Present the goals for this session



★ Note

The following activities are gender-sensitive. It means that facilitators will have to adapt the narrative depending on the gender of the audience. When facilitators read "Men/Women" underlined in the script and see the icon on the left, they will have to choose depending on the gender of the audience.

1. As participants arrive, hand out their notebooks and pens
2. Welcome everyone back. Express your appreciation for the last group session and enthusiasm about being together again.
3. Check-in:
 - "For our check-in today, each person will say something about our last session together that was important to you.
 - Who wants to go first?"
4. After each participant has shared their sentence, say "thank you" and ask them to pass the floor to a person next to them
 - "Does anyone have any questions about last week's session?"
5. Transition Message: State that in this time of great challenges, sometimes we may feel stressed because of how we are taught to behave as man or as a woman. We will explore this more today and identify ways that we can overcome some of the stresses of this time that are due to being a man or a woman.
6. Review the agenda for this session"
 - "Today we will be continuing our journey together by exploring how we get trained to be a man/ a woman and how that affects ourselves, our family and our community".