



## BIG Change Curriculum: For Listening and Discussion Group Facilitators



What Works

TO PREVENT VIOLENCE

A Global Programme To Prevent  
Violence Against Women and Girls



EQUAL  
ACCESS



## **Phase Two: I - Increase Readiness for Change: The Skills Building Phase**

**Week 14 to Week 26**

## Week 14: Ingredients for a Healthy Marriage

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, flipchart paper, and thick pens.

**Aim:** The aim of this week is to review what makes a happy and healthy marriage and to think about the skills that are needed to have a happy and healthy marriage. Participants will consider what changes they could make in their own marriages to bring greater happiness and prosperity for themselves and their spouse and make a commitment to start making those changes in their relationships.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week during the family session. If it is not covered, remind the group about the different ways our friends, family, community, and society influence the way we think and act. Highlight that while this can be a negative influence, it can also be positive and we must all work together to create a supportive environment for couples that reject violence.
2. Ask members of the group if anyone wants to share any thoughts or feedback from last week's family sessions, and the commitments they made as a family after the session. Use the questions below to guide you:
  - *Did your family members enjoy the session?*
  - *Did you find time to discuss the session as a family and think about some family commitments?*
  - *Is anyone willing to share those commitments with the group?*
  - *How do you think these commitments will improve your family relationships?*



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

Sarita (Manarupa's friend) comes to see Manurupa again and confides that she has been trying to talk to her husband about his lack of interest in sex, but has been too embarrassed to do so. She talks about how lonely and upset it makes her feel when her husband is not interested in having sex. She is worried about why he would feel this way when men are supposed to want sex. She asks Manarupa if she thinks maybe her husband is having an affair. Manarupa tells Sarita there could be many different reasons for her husband's lack of interest in sex. She warns Sarita not to guess what her husband is feeling without talking to him or sharing how she feels. They discuss how a healthy sexual relationship between a husband and a wife is important in a marriage as it helps the couple feel intimate and close, however Manarupa stresses that just because he is a man, it does not mean her husband should always want sex. They discuss the importance of good communication between spouses, especially on sensitive topics, and Manarupa gives Sarita some good advice on how to talk more openly with her husband. The conversation ends with Manarupa having to rush off as her in-laws are moving in the next day and she needs to prepare the house.

**Vox Pop:** In order to improve your married life, what is one thing that you would like to change / that you wish your spouse would change?

**Interview:** Experiences of various couples who talk about what makes a happy marriage, including skills such as good communication and empathy.

1. Before you play the program make sure everyone is sitting comfortably and remind the group to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 14 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. During the break, put up a piece of flipchart paper. You will use it during the next set of questions.
2. Bring everyone back to the main group. Once everyone is sitting down quietly, start the discussion, using the questions below to guide you:
  - *Manarupa mentions to her friend Sarita that a healthy sex life is one of the important aspect of happy and healthy married life. Do you agree with what she says? Why?*
  - *Why does Manarupa warn Sarita not to try to guess why her husband is not interested in sex and urges her to talk to him instead? (Suggested response: because the only way we can truly know what our partner is thinking or feeling is by talking to them and telling them how we feel).*
  - *What are the other ingredients of a happy marriage that were mentioned by different couples in the radio program? (Write the responses on the flipchart paper, so everyone can see)*
  - *Did you think about these things before getting married?*



### **Task Time! (40 minutes)**

1. Review the list of 'ingredients of a good marriage' that were noted down during the Let's Listen section. Ask the participants: "Are you happy with the list or is there anything you would like to add / remove?" Make any changes to the 'ingredients' sheet as agreed to by the group.

2. Highlight that a healthy marriage is a mixture of feelings (how we want to feel, how we want our spouse to feel) and actions (actions we can both take to ensure we feel good in our marriage).
3. Explain that you are going to do a small group activity.
4. The first step in their groups will be to discuss and write down a list of feelings that both spouses should experience in a healthy marriage, for example: happy, safe, respected, valued, trusted, loved. For each feeling, ask the group to think of actions that we can take to make our spouse feel this way (or actions that our spouse can take to make us feel that way). For example: to make our partner feel happy we should spend time together, appreciate them for what they do for us, support them in public and private, etc. During this time they should think about what they have heard so far about what makes a healthy marriage and reflect upon their own marriage, including how they would like to feel, how they would like their spouse to feel, and what they can do / their spouse can do to make them feel this way.
5. Divide the participants in to two groups. Give each group a piece of flipchart paper and pens.
6. Give the groups 10-15 minutes to complete this task.
7. Bring the whole group back together and share the feelings and actions that different members have written down. Use the questions below to guide the discussion:
  - *Do you feel the positive feelings described in your own marriage?*
  - *Are you / your spouse doing all you can to make each other feel positive in the marriage?*
  - *Were there differences in how you wanted to feel and how you wanted your spouse to feel?*
  - *Were there differences in how you felt you should act and how your spouse should act towards you in the marriage?* Highlight that while we are all different, we do all generally want the same thing in our marriages, including feeling happy, safe, respected, and heard. However, we don't always think about the way we treat our spouse, how it affects them, the way that they feel in the marriage. This is very important to keep in mind.
8. Explain to the group: "*To balance power and achieve mutual respect and understanding in our relationships, we need to develop certain skills. These include being able to understand our own feelings and how to communicate them, listening to our spouse and understanding their point of view, and learning how to think critically and creatively to overcome issues and solve our problems together. Over the coming weeks we will be learning more about these skills and how to apply them in our relationships.*"

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the discussions in today's session, summarize the key points of the day including:
  - For a relationship to be healthy, both spouses need to feel a number of things including: happy, safe, listened to, and respected.
  - While we may know how we want to feel in a relationship, it is important to think about how your spouse feels in a relationship and how your actions affect the way that they feel.
  - Skills such as good communication, critical thinking, and empathy are key to a healthy marriage. Over the next few weeks we will look more at these and other skills and how to apply them in our marriages.



### Take-Home Activity and Closing (5 minutes)

1. Ask participants to take 15 minutes during the week to share with their spouse some of the feelings and actions from the Task Time! Exercise. Together they should discuss whether or not they are feeling / doing these things already in their relationship and what each of them could do more of.
2. As a couple, they should decide on and commit to one action they will each focus on to improve their relationship and make it as healthy as possible.
3. If possible, just before the next session, they should find time to discuss together again – have they kept to their commitment this week?
4. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program.



## **FACILITATOR'S NOTES: What Are Life Skills and Why Are They Important?**<sup>1</sup>

In the simplest way, life skills are the skills we need to have good relationships and make positive decisions in life.

Everyone has knowledge and most people know what is right and what is wrong in various situations they may face in life. However, many times people are not able to turn their knowledge into positive behavior, because they don't know how to use life skills (like good communication, critical thinking, problem solving, empathy) to do this.

For example, a wife or husband may know that they want to treat their spouse with more respect, but feel unable to move forward as they don't know how to start communicating with their spouse and listening to their point of view. They may lack the confidence to know they are capable of behaving in a different way towards their spouse. They may also face parental / societal pressures to behave in a certain way because of their gender or from fear of changing the power in their relationship. Similarly, a husband or a wife may feel disengaged or devalued in a marriage but without life skills to help correctly identify these emotions, they may choose negative rather than positive actions to address their frustrations. In such scenarios, they have the knowledge but not the life skills to transfer that knowledge into new ways of behaving and communicating as a couple.

Below is a list of life skills, which are generally considered the most vital skills and are currently practiced all over the world to tackle varieties of issues. For the Change Starts at Home Project and the Samajhdari radio program, we will be concentrating mainly on the first six life skills in the list.

- Self-awareness includes how we see ourselves, our character, our strengths and weaknesses, desires and dislikes, priorities in life, and things that make us happy or unhappy. Developing self-awareness

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<sup>1</sup> Adapted from: Shrestha, B. & Ferguson, G. (2008). Life skills manual. Equal Access.; Cai, C. Life skills: A facilitator's guide for teenagers. United Nations Children's Fund (UNICEF) Nepal Country Office. Retrieved from [http://www.unicef.org/eapro/Life\\_Skills\\_\\_A\\_facilitator\\_guide\\_for\\_teenagers.pdf](http://www.unicef.org/eapro/Life_Skills__A_facilitator_guide_for_teenagers.pdf).

can help us to recognize when we are stressed or feel under pressure in our marriage / lives and can also help us understand why we act the way we do.

- Effective communication means being able to talk about our thoughts and feelings and have the courage to seek help or advice when we face difficult decisions or issues. Effective communication is also about listening to others and putting our views across in the most positive way.
- Critical thinking enables us to analyze information and experiences to understand what or who influences the way we think and act. This is important to be able to deal positively with problems in our lives and also have the courage to change the way we behave, regardless of what others might think.
- Empathy is an ability to imagine what life is like for another person. Empathy can help us to understand and accept others, including our spouses, for who they are. When we understand ourselves as well as others, we are in better position to communicate our needs and desires. We are also better equipped to present our thoughts and tackle delicate ideas without offending others.
- Ability to manage emotions involves recognizing emotions in ourselves and others and being aware of how emotions influence behavior. Intense emotions, like anger, jealousy, or sorrow can have negative effects on those around us as well as our own health, if we do not react appropriately. By being able to understand and handle our emotions properly, we are less likely to resort to violence.
- Coping with stress is about recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help to control our levels of stress. This may mean that we take action to reduce the sources of stress, for example, by making changes to our physical environment or lifestyle. Or it may mean learning how to relax, so that tensions created by unavoidable stress do not give rise to conflict in our relationships.
- Problem solving skills empower us not only to confront our problems, but can also help us to turn the problems into opportunities for our growth.
- Decision-making is about learning to make the right decision for ourselves. This process involves the assessment of different options and their possible outcomes, rather than simply yielding to our own desires or pressure from others.

- Creative thinking helps us respond well to our everyday life situations. It is about exploring other ways of behaving and thinking through the consequences of our actions.

When training on or using life skills it is vital to remember that all life skills are interdependent and rarely stand alone. For example, if a person wants to stop drinking so much alcohol, then they will have to utilize a range of life skills. These might include being self-aware and understanding why they drink and what benefits stopping will bring, next they may need to use creative thinking to identify and decide how to not put themselves in situation where they usually drink alcohol, and lastly they will need effective communication to talk to their spouse and friends about why they are stopping and asking for their support to do this.

## Week 15: Understanding Me, Understanding You

### COUPLES WEEK

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, paper and pens (enough for the entire group), 'Understanding Me, Understanding You' Exercise Sheet, flipchart paper and thick pens (to explain the take-home activity).

**Aim:** The aim of this week is to introduce the participants to the importance of understanding their own emotions and motivations in a relationship. This week will therefore help participants better understand themselves and their spouse and begin to develop the skills they need to communicate those feelings to each other in a way that supports a healthy and happy relationship.



#### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the ingredients for a happy and healthy marriage and how it is made up of the feelings and actions of both spouses. Remind the group that at the end of last week you mentioned how we need certain skills (known as life skills), which everyone possesses, to turn our feelings into actions. Highlight that this week's discussions will focus on one of those skills - self-awareness, or understanding ourselves.
2. Ask 2-3 people in the group to share how the take-home task went. Use the questions below to guide you:
  - *Was there differences in how a wife wants to feel and how a husband wants to feel in a marriage?*
  - *What actions did you each commit to?*
  - *Did you keep to these commitments?*
  - *Did you notice any differences in your relationship due to those actions and commitments?*



## **Let's Listen! (30 minutes)**

### **Radio Program Highlights**

Sarita talks to her husband regarding his loss of libido. At first, the husband tries to avoid the topic, but Sarita mentions about how she is feeling and how talking about the issue will help them both understand each other and support each other better. Eventually the husband opens up and says he does not know why he feels this way, He has felt very low since he lost his job and is not interested in anything, including sex. Relieved he is not having an affair, Sarita comforts her husband and suggests he should go and meet up with his friends, as that always helps her when she is feeling low. Her husband hesitates at first, but agrees in the end.

Meanwhile after seeing a couple bring a small baby boy to the hotel, Surya's mother tells Manurupa and Surya that they should have another baby so that she can have a grandson to continue the family lineage. Surya assumes that Manarupa is not interested in having another baby, especially for the reasons his mother gives, and thinks he is finally defending her by disagreeing with his mother's idea of having another child. Manarupa, however is upset as she would like another child (girl or boy) and this misunderstanding sparks an argument between Manarupa and Surya.

**Vox Pop:** What are your expectations from your married life? How do you let your spouse know about these expectations?

**Interview:** Different couples share how understanding themselves better and communicating this clearly to their spouses has helped them avoid misunderstandings and the arguments that it can cause.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 15 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *Sarita was finally able to discuss with her husband about their sex life and his lack of interest. Do you think she did the right thing by communicating about this openly?*
  - *Why do you think she hesitated for so long? Were her fears that he was having an affair correct?*
  - *Did her husband judge her for initiating the discussion about their sex life?*
  - *Who do you think benefitted from their open communication? How?*
  - *Surya Singh and Manarupa got into an argument this week. What caused the argument?*
  - *We always thought Surya Singh and Manarupa understood each other very well, but still the fact that Manarupa wanted to have another baby was news to Surya Singh. Why did you think this happened?*
  - *Why do you think it is important for couples not to assume that they understand their spouse or their spouse understands them in every case, and to make it a point to have conversations with each other about different issues? (Suggested response: we usually think we understand our spouse very well, but it might not be the case for each issue. So it is very important to communicate clearly and make sure that both of you are on the same page and not assume that you know what s/he thinks/wants).*



### Task Time! (40 minutes)

1. Explain to the group that you are going to ask them some questions about themselves. They do not have to share their answers at this stage, but should think about them and, if they can, write down the answers on the piece of paper in front of them. Remind those in the group who are writing their answers down to not show them to anyone else.
2. Pass around paper and pens to each person.
3. Read aloud the questions under Step 1 from the 'Understanding Me, Understanding You' Exercise Sheet. Only read the questions under Step 1. Pause after each question, to allow the group to think of their answer and write it down. When you are finished with the questions, ask the group: "*Did you find it easy or hard to answer the questions?*" Discuss as a group why it is important to know these things about ourselves. (Suggested response: In life it is important to really know and understand ourselves. Knowing what makes us happy or sad, what our strengths and weaknesses are, what our needs and motivations are helps us to make good decisions, set realistic goals for ourselves, and communicate our thoughts and feelings more clearly. When we don't know ourselves, we can make bad decisions that end up making us unhappy instead. We can also end up blaming others for our unhappiness, or not explaining to others what we need to make us happy. If we don't know what we want in life then we cannot expect others to either).
4. Now ask "*We have been discussing how well we know ourselves, but who thinks they know their spouse well?*" From the couples who think they know their spouse well, ask 2 couples to volunteer to play 'Knowing Your Spouse' (ideally the selected couples should be literate). Explain you will read out the same questions, but this time they need to think about their spouse not themselves.
5. Read aloud the questions under Step 2 from the 'Understanding Me, Understanding You' Exercise Sheet. Pause after each question, to allow the couples to think of the answer and write it down. Then, ask the husband and wife to read out their first answers (about themselves) and compare with the answers from the second part (about their spouses) – did the answers match?

6. Conclude by reinforcing that, at times, we do not know everything about our spouse, no matter how close we are. It is very important to make an effort and have regular communication between couples to ensure that we are not making assumptions about things that matter to our spouses (like Surya Singh did in the radio program today), including future plans with each other.

## Wrap Up



### Wrap Up (10 minutes)

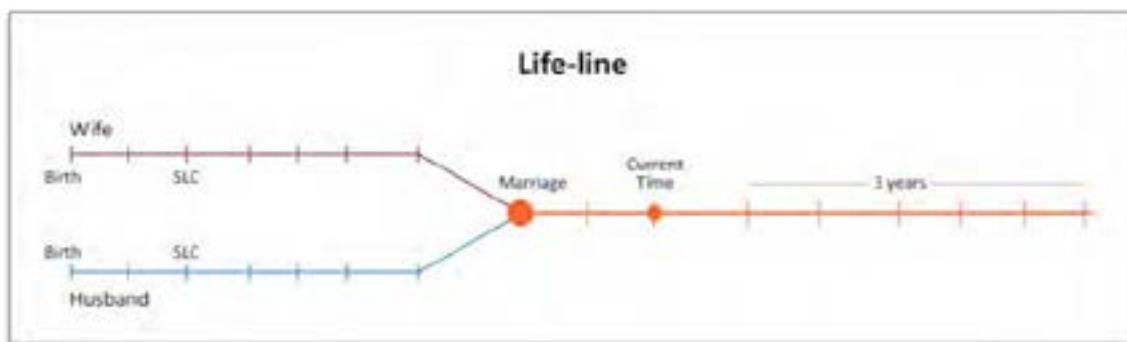
1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:

- Knowing yourself is not about knowing your name, where you are from, or who your parents are. Knowing yourself is about knowing your own emotions, what you are capable of, what sort of emotions discourage or encourage you.
- Knowing ourselves and our motivations are important first steps to understanding our actions and the outcome of our actions – both within our marriages and in life.
- In a marriage it is also important to communicate how we feel and what we know about ourselves to our spouse.
- At the same time, it is also important that you are able to know your spouse, including their emotions and their expectations from marriage. For this, it is important for couples to communicate clearly and most importantly, not assume things about their partner.



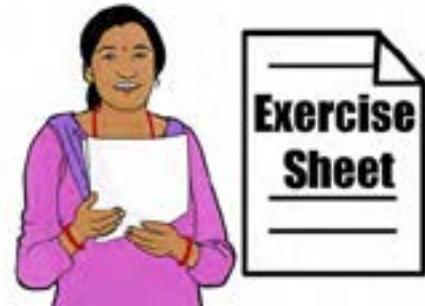
### Take-Home Activity and Closing (5 minutes)

1. This week's take-home activity is a little more complicated than usual, so try to explain it clearly to everyone first and make sure the group understands what is expected of them.
2. To explain the home activity, take a flipchart paper and draw a line down the middle of the paper. Tell them "*this is your 'Life Line'*". Indicate the time periods on the line. For example, 'Year XX - birth, Year XX - passed SLC, Year XX - Got married'. Draw another line parallel to the first line and explain, "*this is the life line of your spouse*". Mark important time periods on that line too. Note that from the point they got married, the two separate lines will merge to become one. Mark significant moments on the Life Line from the point



they merge after marriage, such as first marriage anniversary, children, etc.

3. Once everyone is clear on how to draw a Life Line, ask the participants to take some time during the week (30 minutes) and come up with their own Life Line as a couple. Ask them to mark the significant moments in their lives – both positive and negative. Once that is done, ask them to discuss the important things they wish to happen/achieve in the next 3 years. Mark those on the Life Line as well.
4. Explain that this exercise is to help them understand each other well and ensure that their future plans match with their spouse's plans. Once the things that they want to do are marked and agreed upon, then ask them to discuss 3-5 ways to achieve their goals as a couple.
5. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program as well as share what they have learned.



## **EXERCISE SHEET: Understanding Me, Understanding You**

### **Step 1: 'Knowing Ourselves'**

Questions for the group members to reflect on and answer individually about themselves:

1. What is your favorite food?
2. Who is your favorite singer?
3. What makes you happy?
4. What makes you sad?
5. What makes you angry?
6. What is your biggest strength?
7. What is one thing that you love most about your marriage?
8. What is one bad habit of yours that you know you need to change?
9. What is one behavior that you would want your spouse to change?
10. What do you think is your biggest contribution to your marriage?

### **Step 2: 'Knowing Your Spouse'**

Questions for the couple to answer about each other:

1. What is his/her favorite food?
2. Who is his/her favorite singer?
3. What makes him/her happy?
4. What makes him/her sad?
5. What makes him/her angry?
6. What is his/hers biggest strength?
7. What is the one thing that s/he loves most about your marriage?
8. What is one bad habit that your spouse knows s/he needs to change about themselves?
9. What is one behavior that s/he would want you to change?
10. What do you think is your spouse's biggest contribution to your marriage?

## Week 16: Getting to the Root

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, paper and pens (to write Task Time! 'message' in advance of session), and flipchart paper and thick pens.

**Aim:** The purpose of this week is to highlight the importance of effective communication among couples, in order to get to the root causes of an argument. The group members will be encouraged to understand and practice the skills required to communicate effectively.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about self-awareness (or understanding ourselves) and how it is an important first step in ensuring our spouses understand us and our expectations. Remind the group how it is important not to assume they know their partner's thoughts, feelings or motivations without first talking to them. Finally, highlight again the importance of communicating clearly about the important issues.
2. Ask if anyone wants to share how the take-home exercise went. They do not have to share what was said, but simply how the experience was. Use the questions below to guide you:
  - *How was the experience of working on your 'Life Line' and future plans together?*
  - *Did you find you agreed with what to put on the future Life Line?*
  - *Have you ever made time to talk together like this before?*
  - *Do you think the exercise was helpful for you and your spouse to discuss about your hopes and dreams for the future and understand each other better?*



## **Let's Listen! (30 minutes)**

### **Radio Program Highlights**

Surya Singh is still irritated by Manarupa's behavior in the last episode and is also annoying others unnecessarily. Due to their disagreements and the effect it is having on both of them, their work at the hotel suffers and the customers are not happy. Instead of talking, Manarupa and Surya blame each other and their arguments get worse. Eventually Surya Singh leaves without telling anyone.

Sarita's husband goes out with his friends, as Sarita encouraged. His friends ask why he has not been out with them for so long; they tease him and accuse him of being 'hen pecked' by his wife. He gets annoyed and leaves. One of his friends follows him out and asks him what is really wrong. Sarita's husband does not want to talk at first, but eventually tells his friend that he has been feeling very low since loosing his job. His friend says the same happened to him. They talk about how hard it is as a man to admit when they need help. The friend urges Sarita's husband to go and speak to a doctor, as that helped him a lot.

After Surya has been gone a while, Manarupa starts to get worried, as it is not like him to disappear. Arjun arrives and hears about what happened from Manarupa. He tells Manarupa that many times the root cause of conflict or argument lies somewhere else. Instead of identifying the root source of an argument, we instead fight about the results that are caused by the root. He asks Manarupa if she has talked to Surya about why he does not want a second child or why he is feeling so angry. She admits that she has not and agrees she needs to talk openly and honestly with Surya, which will help make life easy for both.

**Vox Pop:** When you disagree with your spouse about something, how do you deal with it?

**Interview:** An expert highlights why it is important for a husband and a wife to identify the root cause of the issue when they are having a misunderstanding or disagreement and how to best do this using effective communication skills.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 16 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *The environment in the hotel today is not as pleasing as it usually is. What do you think is the reason?*
  - *When they get into an argument, Surya Singh simply leaves the hotel without saying a word. Do you also do that sometimes? Do you think it's the right way to deal with the problem?* (As part of the response to this question, be sure to highlight that although it is always best to stay and try to talk through a disagreement, if one person feels very angry it is better for them to leave the situation for a while to calm down rather than risk the argument escalating into violence)
  - *Sarita's husband is reluctant to tell his friends how he really feels – why do you think that is? Why do you think men find it hard to ask for help?*
  - *The expert in the radio program mentioned why it is important for a husband and a wife to identify the root cause of the issue when they argue and work together to come up with a solution? Do you agree with what the expert said?*
  - *Do you think it is possible to have an open communication with your spouse on all the topics that matter to you and your family? If yes, why? If no, why?*

- *What topics do couples not talk about? Why is this and how can we change it?* (Suggested Response: "Certain topics such as sex, money, men's emotions can be more difficult to talk about as traditionally we are told that these subjects are not appropriate or too sensitive for men and women to discuss together. However, as a couple it is important that you find a way to talk about all topics that affect your marriage and your lives together.")



### Task Time! (40 minutes)

1. In preparation for the activity, write a short 'message' on a piece of paper. The 'message' can be on any topic and should consist of at least 4-5 sentences, which are not very easy to remember. It can be similar or the same as the one given in the box. Do not show it to anyone else in the group.
2. Explain to the group that to better understand 'effective communication', you are going to ask them to participate in a game where they must pass on a message by whispering it from one person to the next.
3. Ask the group members to sit in a circle. Start by whispering your message in the ears of the person sitting next to you, in such a way that no one else can hear it. S/he will get only one chance to hear what you have whispered, before they must whisper it to the next person in the circle.
4. The whisper continues around the circle until everyone in the circle has heard the message. The last person to hear the message should say aloud what they have heard. Compare this to what was originally said – is it the same? If it is different – why has it changed? Often you will notice that the message becomes very distorted and even funnier.

#### Note/Message Sample:

I heard Phool-Kumari and Phanindra fighting early this morning. Phool-Kumari blamed Phanindra for selling a chicken out of the total 6 that they had, to pay for his alcohol. Phanindra on the other hand claimed that they always had 5 chickens only and convinces her about it. But next day when Phool-Kumari counted her chickens again, there were 7.

5. Explain to the group members that what they just practiced was a form of communication. Ask them "*Was it an effective form of communication?*" (Suggested Response: No, because they were faced with different obstacles such as not being able to repeat it, not able to say it loudly, no eye contact, only one way, etc.).
6. Use this exercise to make a list on flipchart paper of what is and what is not good communication. Encourage the group to think about the speaker as well as the listener. Use the Facilitator's Notes on what is effective communication to guide you if required.
7. Explain that now you are going to ask for two volunteers (a teller and a listener) to communicate the same message again, but in an effective way. The two volunteers should sit opposite each other and the teller should explain the message to the listener using the good communication skills highlighted in the last discussion. The listener should also use the good listening skills discussed earlier. At the end the listener should be able to explain what was in the message accurately.
8. Ask for two volunteers and begin the exercise.
9. When it has finished reinforce that 'Effective Communication' means ensuring that the person you are communicating with understands exactly what you are trying to say. Effective communication is not just you talking one way, but it also includes listening to others attentively.

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - Communication is one of the most important aspects of a good marriage and mutual understanding thrives on the open exchange of emotion, desires, and beliefs.
  - Communication can help couples build trust, understand each other better, solve problems together, and make better decisions based on each other's needs.
  - If a couple does not communicate effectively, they are likely to experience frustration, anger, and resentment. On the other hand, couples who communicate well experience fulfilled relationships, empathy, and true intimacy with their spouses.

- Communication is more than just talking – it requires active listening too, so that the message given by the sender can be listened to, interpreted, and understood by the receiver who can then respond if necessary
- The ability to communicate well with our spouse does not happen overnight – it is a daily choice that we make. But learning to understand your spouse and their emotional language is far more important and rewarding than trying to force your own opinions and thoughts. When you listen to your spouse they will be more willing to listen to you.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask the participants to take some time together during the week (30 minutes) to 'Interview' their spouse (15 minutes each) like the interviews you hear in radio and see in TV.
2. Give them the following questions which can help them to plan their interview:
  - Did you enjoy your childhood? Why?
  - What were the best and worst subjects for you in the school?
  - Which movie do you like the best until now? Why?
  - Who is your favorite relative?
  - Which family member were you closest to as a child?
  - What was the most dramatic event in your childhood or during your teen-age years?
  - What achievement in life has brought you the greatest satisfaction?
  - What has been the biggest disappointment of your life until now?
  - What do you consider your best qualities?
  - What were the major turning points in your life?
  - What major goals do you have?

3. Explain to the group members that to make this exercise a success they should choose a quiet time and go somewhere where they cannot be easily interrupted or distracted. Clarify that each person should get equal time to carry out the interview with the other, but they can be carried out at different times if it is hard to find time to do them both together.
4. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program.



## **FACILITATOR'S NOTES: What is Effective Communication?**

Effective Communication means being able to explain your thoughts, emotions, desires, or needs in a clear and understandable way. It is also about being able to ask for help or advice when faced with a difficult situation. When we are able to express our thoughts with others in an effective way, many misunderstandings that we face in life can be cleared up.

### **How to communicate effectively?**

- Speak clearly and calmly without shouting or mumbling.
- Think through what you want to say before you say it.
- Pick a good time when neither of you are too tired, too stressed, or have other distractions (such as children around or jobs to do).
- Try to stick to the topic.
- Make eye contact.
- Let the other person speak / ask questions and listen when they speak.
- Remember that speaking is more than just what you say – watch that you are using the right tone of voice and that your hand gestures and facial expressions match what you are saying.

### **What is good listening?**

Listening is just as important as speaking when it comes to effective communication. If we don't listen then our communication is only one way and is ultimately useless. If someone feels they are being listened to, they are more likely to open up to you.

### **How to listen effectively?**

- Use your body language to show that you are listening. For example, make eye contact, nod, and lean in towards the person who is speaking.
- Take turns to speak and listen.
- Do not interrupt, but do ask questions if you don't understand.
- Listen to everything that is being said, not just the parts that you want to hear.
- Clarify what you understand about what has been said.
- Take the time to listen to others and check you have been understood.

## Week 17: Recognizing & Communicating Stress

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, flipchart paper, thick pens, and a piece of cloth to use as a blindfold (for the activity).

**Aim:** This week will focus on the importance of understanding stress – what causes it, how it affects people, and how to communicate that we are stressed to our partners. The group will consider what skills are needed to recognize stress in ourselves, and how best to handle it so it does not negatively affect marital and other relationships. Participants will also discuss ways to cope with stress, including asking for help, and strategies for how to support our spouses when they are stressed.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the importance of communication between couples and the difference between general communication and 'effective communication'.
2. Remind participants that "*In a good relationship, couples are able to talk freely, openly, and feel safe sharing their most private thoughts. They feel comfortable to voice their concerns and feelings when difficulties arise and are happy to voice their positive thoughts when things are good. Both partners talk tactfully, avoiding language that is attacking, hurtful, or controlling. They listen attentively, trying to understand what their partner says without judgment rather than looking for what's wrong in what their partner has to say or dismissing what they hear, even if they have a different perspective. Most importantly, after talking, both people in the marriage feel good about the conversation, and feel like their concerns have been considered and addressed.*"

3. Ask 2-3 people in the group how the interview with their spouse went. Ask if someone is willing to share the details of their interview. Use the questions below to guide you:
  - *Did it help you to know your spouse a little better?*
  - *Did you learn anything new about your spouse?*
  - *How did you show you were listening to your spouse?*
  - *Did you feel your spouse listened to you?*
4. Encourage participants to keep opening up with their spouses and taking time to talk and listen to each other. They can start with sharing simple things with each other, for example how their day went – the important point is to take turns to listen and respond to each other.



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

Sarita calls to update Manarupa – who went to visit the doctor as advised by his friend and is showing improvement already. She thanks Manarupa for encouraging her to talk to her husband and says they are closer having shared their worries with one another. Manarupa and Sarita discuss how they were not aware that stress could have such negative effects and how it might have cost Sarita her marriage, had she not taken the initiative to approach her husband. After talking to Sarita, Manarupa realizes that she hasn't been communicating openly with her husband herself and decides to do that when he comes back.

When Surya Singh returns, Manarupa tell him about how worried she had been. They are both calmer and agree that their issues won't be resolved by just walking off from the problem, instead they talk openly with each other about factors that are causing stress. They discover that the main root of the problem between them was having another child and Surya admits he is worries about Manarupa getting pregnant again as she had been very unwell during the last pregnancy and he didn't want anything to happen to her. In the end, they both agree to keep talking and make a decision together.

**Vox Pop:** What do you do when you are stressed? How do you support your husband/wife when they are under stress?

Interview: A psychologist discusses how to identify if you are stressed, the best way to handle stress, and the different ways to support your spouse when they are stressed.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 17 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *Sarita was hesitating for so long before communicating with her husband. But once she initiated the discussion, she realized that it was the right thing to do. What are your thoughts on that?*
  - *Manarupa and Surya Singh, although in many ways an ideal couple, realized that they too were not able to have a clear communication and understanding regarding a second child. How did they resolve their argument?*
  - *Have you faced a similar situation yourself, when you realized that what you assumed your spouse wanted/needed was not correct? How did you resolve it?*
  - *How did stress affect the couples and their relationships (Sarita and her husband, Manarupa and Surya) in this episode? How did it change the behavior of Surya and Sarita's husband?*
  - *What are the different ways mentioned in the radio program to ask for help when you are stressed?*
  - *Do you think the suggestions given by the expert to support your spouse when they are stressed were something that you could try in your relationship? If that does not directly apply to your situation, what do you think can work?*



## Task Time! (40 minutes)

1. Explain that the activity will allow participants to practice their communication skills. Explain that the two volunteers will stand on opposite sides of the room. The task is for one volunteer to use her/his voice to guide the other volunteer across the room until they meet on the other side. The volunteer who is crossing the room will be blindfolded.
2. Ask for 2 volunteers. Check that everyone understands and that one volunteer is happy to be blindfolded.
3. Give 2 minutes for the 'seeing' volunteer to guide the 'blindfolded' volunteer across the room by shouting out instructions (walk forward, stop, keep walking, etc.).
4. Explain that *"in a minute, I am going to ask you to do the task again, but this time it will be a little more stressful"*.
5. To make it more stressful, tell the others in the room to move about in the middle of the room and make as much noise as possible.
6. The 'seeing' volunteer should try again to guide the 'blindfolded' volunteer across the room. With all the noise and activity in the middle of them, it should be a lot harder this time.
7. Tell the 'seeing' volunteer to call out in whatever way feels natural for the stressful situation, for example: raise her/his voice, show frustration, shout at the other people to be quiet or to get out of the way, shout instructions at the 'blindfolded' volunteer, etc.
8. Tell the 'blindfolded' volunteer to respond in whatever way feels natural to them for the stressful situation, for example: help me, I can't hear you!, which way do I go? Everyone in the middle should ignore the volunteers and just continue to make noise and move about
9. Let them try for 3-5 minutes before calling out "STOP!".
10. Ask the two volunteers to share in which scenario it easier to communicate. (Suggested response: when it was quiet and everyone was calm).
11. Use the game to explain, *"trying to communicate in a stressful situation is very challenging. So, it is very important to choose a good time to communicate, when everyone is calm and there are not too many distractions or external stresses"*.
12. Ask the 'seeing' volunteer: *"How did you feel when you were telling people to be quiet but everyone was ignoring you? How did this affect your ability to calmly guide the other person? Did it change the way you responded to everyone around you and to the other volunteer?"*

13. Ask the 'blindfolded' volunteer: "*How did you feel when everyone was rushing around you? Did you feel like the other volunteer was supporting you / helping you through?*"
14. Summarize by saying that: "*When we are stressed, we tend to get angry more easily and are not able to explain ourselves as clearly to others. When we are stressed and angry we may respond in a rude manner and say things we don't mean. Because of this, it is important to recognize when we are stressed and try to minimize our stress and the impact it has on us and our responses to those around us. It is also important to recognize when our spouse is stressed and to remember their stress will also affect how they respond to you. For example, s/he might have unexpected (rude) reactions or they may withdraw and not talk at all, etc. In this situation, it is important to acknowledge that you are both stressed and try to calm down before you approach him/her.*"
15. Explain that you are going to do another group activity and for this you are going to divide participants in to three groups and give each group a sheet of flipchart paper. One group should write 'causes' on the top of their paper, another group should write 'symptoms' on top of their paper, and the final group should write 'coping'. When you say go, the 'causes' group should write as many causes of stress between married couples that they can think of. The 'symptoms' group should write as many symptoms of stress in men and women. And the 'coping' group should write as many ways they can think of to reduce or cope better with stress.
16. Divide the participants in to three groups and give them each a piece of paper and pens. Give them 5 minutes for this rapid brainstorm.
17. After 5 minutes, bring everyone together and discuss what has been written on all 3 papers. Add any additional causes, symptoms, or coping mechanisms that have been missed (refer to the facilitator notes for guidance).
18. End by summarizing that "*stress is a part of life that we cannot avoid but we can learn to identify what causes us stress, how stress affects us, and what helps us cope with stress / stressful situations. We can also learn to recognize these things in our spouse, allowing us to better respond to their stress. By staying in tune with your partner, you will find opportunities to express your support and love, helping your partner endure the demanding times while strengthening your relationship*".

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - Dealing with stress is never easy, but it's a part of our life. It is important to be able to recognize symptoms of stress in yourself and try to deal with the causes of stress before the symptoms become too overwhelming. Try also to recognize symptoms of stress in your spouse and provide the support they need to overcome their stress. Supporting each other in your marriage and communicating your feelings will not only create comfort and connection, but a healthy, secure base in your relationship, which both partners can count on.
  - If it is you that is stressed, tell your spouse why you are stressed and don't be afraid to ask for help. If it is your spouse that is stressed, let them know you are there if s/he wants to talk, but also give them space if they need it. Don't assume what s/he needs – instead ask and listen.
  - Men and women often react to stress differently. So talk to your spouse about what is the best support you can give when they are stressed. Is it talking or giving them space? Do they want to be comforted and listened to or do they prefer practical help, for example sharing tasks, so they feel less burdened?



### Take-Home Activity and Closing (5 minutes)

1. Ask the participants to take 1 hour during the week to discuss stress, including: what causes them both stress, what symptoms they both demonstrate when they are stressed, and what they would expect from each other when they are showing signs and symptoms of stress. Suggested questions for discussion include:

- How do you show stress?
- How do your sleeping habits, eating habits, mood, energy levels or disposition change when you are stressed?
- What can you do to support your spouse when they are stressed?

2. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program.



### **FACILITATOR'S NOTES: What is Stress?**

Stress is the feeling of being under too much emotional or mental pressure. It is a normal and unavoidable part of our lives. However, if stress builds up too much it can have a negative impact on our health and our relationships.

Stress is our body's internal response to external pressure or threats. Stress is not an illness but it can cause serious illnesses if it continues for a long period of time. It affects how a person feels, thinks, or behaves, so it is important for a person to recognize the signs of stress in themselves early on.

#### **Causes of Stress**

There are many different causes of stress and different people will find different things stressful.

Feelings of stress are usually caused by something happening in a person's life and can be linked to a person's thoughts, feelings, and actions. Some triggers for stress might include:

##### **1. Facing Big Changes in Life**

For example, getting married, having children, starting a new job, going through a breakup, bereavement, illness or injuries.

##### **2. Unrealistic Expectations or Negative Attitudes**

For example, being unhappy in a job or marriage, arguing with friends / neighbours / relatives, worrying about exams, feeling that life should be different or better in some way.

### 3. Overwork and Tiredness

For example, working long hours, studying too hard, managing a young family.

### 4. Money / Financial Management

For example, debt, worries about money, pressure to earn more money.

### 5. Time Management

For example, having too much to do and not enough time to do it.

## Symptoms of Stress

<u>Mental</u> <ul style="list-style-type: none"><li>• Memory Problems</li><li>• Inability to concentrate</li><li>• Continuous worry</li><li>• Racing thoughts</li></ul>	<u>Emotional</u> <ul style="list-style-type: none"><li>• Feeling down</li><li>• Feeling overwhelmed</li><li>• Irritability (short tempered)</li><li>• Inability to relax</li><li>• Low self esteem</li></ul>
<u>Physical</u> <ul style="list-style-type: none"><li>• Excessive perspiration</li><li>• Chest pains/ elevated hearts</li><li>• Frequent colds and illness</li><li>• Nausea, dizziness and headaches</li></ul>	<u>Behavioral</u> <ul style="list-style-type: none"><li>• Increase/decrease appetite</li><li>• Nervous habits</li><li>• Difficulty/irregular sleeping</li><li>• Excessive use of alcohol, cigarettes or drugs</li></ul>

## Coping with Stress

It is not possible to avoid stress but it is possible to learn to manage stress more effectively. The first step is to recognize the sources of stress and how it affects us. Try to recognize moments when you are stressed and think about what caused it, what symptoms you felt (fast heart beat, tiredness, irritable, not sleeping), and how long it lasted. When you recognize what causes you to be stressed and how it affects you, you can either avoid those situations or deal with the issue early before the negative feelings overwhelm you.

Other ways to cope with stress include:

### 1. Learn How to Better Respond to Change

*Some changes are inevitable. Birth and death happen. Earthquakes and floods happen. In these situations struggling to prevent inevitable change is very stressful. Acknowledge the situation is stressful but accept it and try to work through it one day at a time.*

## **2. Be Realistic**

Often a person's ideas about how life "should be" do not match reality. It is important in these situations to be realistic. Unrealistic attitudes promote *unnecessary* disappointment and resentment when life doesn't happen the way we want.

Accepting our reality reduces stress and helps us to:

- Recognize the reality of a situation,
- Evaluate situations more appropriately, and
- Act more effectively.

## **3. Reduce Overwork and Tiredness**

The more tired we are, the less productive we tend to be. Instead a person should look for balance by:

- Making time for rest as well as work,
- Spend time with family and friends, and
- Do not put unrealistic pressure on yourself or others to work beyond your capacity or time.

## **4. Manage Money Wisely**

Many people do not really understand their finances. They are uncertain about what they earn, how they spend it, and what their financial obligations are. Try to put money aside when you earn it for important things like food, clothing, fuel, etc. Only once you have paid for those things, can you see how much you have left for other activities. Also try to put aside a small amount each month as an emergency fund so that if something happens, you have some savings.

## **5. Time Management**

- Prioritize goals - what is really most important?
- Create a list or action plan with relevant tasks to be accomplished to reach goals
- Create a mental or written "to do list" to manage tasks in a day / week
- Focus on the top priority action until that one is accomplished
- Celebrate finishing a task even for a moment, sometimes longer, before moving on to the next
- Work with your partner and help each other to make the most of both of your time

## **6. Choosing a Healthy Lifestyle**

- Eat well
- Sleep
- Be active

## Week 18: Communicating without Arguing COUPLES WEEK

**Total Time:** 2 hours

**Materials Needed:** Radio and episode recording.

**Aim:** The purpose of this week is to help participants understand how to avoid overly aggressive or passive forms of communication during a conflict and instead, to focus on how to communicate in a healthy and respectful way. The couples will also learn more about how to communicate in an honest, clear, and calm way about their feelings during an argument or discussion with their spouse without being hurtful, mean, or allowing themselves to be overpowered by the other person.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the causes and symptoms of stress. Explain: *"It is vital to understand what causes us stress and how we respond to it as well as what causes our spouses stress and how we can best support them through it. When we support each other and allow ourselves to be supported through stressful times, we become closer and stronger as a couple."*
2. Ask 2-3 couples to share what they discussed for their homework. Use the questions below to guide you:
  - *What causes stress for you and your spouse?*
  - *Do you and your spouse react in different ways to stress?*
  - *Did you learn more about the best ways to support your spouse when they are stressed?*
  - *Were you able to put your learning into practice during the week?*



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

This week the episode starts at Padam's home. Padam is surprised to see Tara wearing a new kurta. Tara tells him that she got some money from Manarupa for the milk she sold for past two weeks and bought a kurta with it. Padam gets angry about the fact that Tara collected money from Manarupa without checking with him first and on top of that, she spent it on a dress. Tara tries to explain that she needed a new dress as her belly is getting bigger due to her pregnancy, but Padam does not listen and shouts at her. Tara becomes very passive and feels very bad, but Padam does not care and leaves home in angry mood.

Sarita and her husband, Shiva, are talking together in their house. Shiva tells her that he is feeling much better and they talk a little about what was causing him stress and how he appreciates her support. Sarita ends the conversation saying she has to go as she is going to a temple with her mother-in-law (Shiva's mother). Shiva comments on how her relationships with other family members have improved and how everyone seems to be happier, reinforcing how the whole family benefits when a couple is happy.

Padam has just left after arguing with Manarupa and Surya, accusing them of giving Tara money against his wishes. This scene starts after he just left, and Manarupa, Surya, and Arjun discuss about how he got so angry over nothing and how he thought they were making fun of him when they are laughing about something else. They discuss about how it is easy to misread the situations when you are so angry, as Padam did. They worry about Tara and wonder how Padam might have reacted with her. They talk about how easy it is to get into one sided argument while many times, open communication would have solved the situation easily.

**Vox Pop:** How do you communicate what is upsetting you when you are angry?

**Interview:** Discussion with couples on if one spouse does not agree with her/his partner, how can they communicate effectively by respecting the other person's view and resolve the problem.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 18 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *What did you think about the argument between Padam and Tara?*
  - *How did Padam communicate his feelings? What about Tara?*
  - *Is this typical of the way men and women often communicate when they are upset or angry with their spouse?* (Suggested response: Yes. Men often think they need to be confrontational, loud, and attacking in an argument, whereas women are taught to be quiet and accepting.)
  - *How did this compare to Sarita and her husband's conversation? Which relationship do you think is healthier and more balanced?*
  - *When Padam comes to the hotel he thinks others are laughing at him, do you think they were? Why do you think he reacted in this way?* (Suggested response: because he was angry and emotional he was not able to see the real situation and jumped to the wrong conclusion.)
  - *What advice did you get about not arguing with your spouse from the interview section?*



### Task Time! (40 minutes)

1. Start by explaining to the group that during the drama they saw three types of communication styles: Aggressive, Passive, and Assertive. Use the Facilitator's Notes to guide you in your explanation of each of the different communication styles. Ask them to try to identify which characters were being aggressive (Padam), which characters were being passive (Tara), and which were being assertive (Manarupa and Surya).
2. Discuss the differences between the three styles of communication (using the Facilitator's Notes to guide you). Ask the group: "*Which of the three different styles do they think are the most effective way of communicating in an argument with your spouse?*"
3. Explain that you will ask two volunteers to act out a typical argument between a husband and a wife. Before they begin, explain that you will tell them which style of communication they should follow in their argument. You might tell them the same style (i.e. both aggressive) or you might tell them different styles (i.e. one aggressive and one assertive). The rest of the group will watch and guess what communication styles the volunteer couple are using.
4. Ask for two volunteers. Quietly tell the volunteers that you want them both to be aggressive. The couple should know what style of communication their partner has been given, but the rest of the group should not hear.
5. Ask the couple to begin the role-play in the style of communication you have given them. After 3 minutes shout "Stop" and ask the group:
  - *What style of communication did you see here?*
  - *How did the style of communication affect the argument?*(Suggested response: when both partners are aggressive the argument very quickly escalates into a conflict where neither party are listening to the other and no resolution can be found. Physical violence is also more likely in this situation.)
6. Repeat the process (either with the same or a different couple) but this time one person should be aggressive and the other person should be passive.
7. Again stop after 3 minutes and ask:
  - *What style of communication did you see here?*
  - *How did the style of communication affect the argument?*(Suggested response: when a person (usually a woman) is passive in an argument, it is a sign that power in the relationship is not balanced and like Tara, the woman may fear

violence, feel her voice is not heard, or feel she deserves to be treated in that way. Aggressive communication used in this way can also be a form of emotional violence and will never lead to a positive and respectful outcome.)

8. Repeat the process one last time (either with the same or a different couple) but this time both people should be assertive.
9. Again stop after 3 minutes and ask:
  - *What style of communication did you see here?*
  - *How did the style of communication affect the argument?*  
(Suggested response: Being assertive involves being clear about the way you feel but not being hurtful or disrespectful. It also means staying calm and in control of your emotions, listening to the other person's point of view but without being submissive or allowing them to dominate. When a couple communicates in this way they are much more likely to find a compromise or a solution to the issue without conflict.)

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - No matter how close you are with your spouse, misunderstanding and communication gaps are always possible. Arguments are a part of every marriage, but we can and should handle conflict positively.
  - When there is a disagreement between couples, it is important that both partners speak in a calm and respectful way and feel they can express themselves without the risk of violence or other repercussions.
  - Being aware of our tone of voice and body language are as important as what we say during a disagreement.
  - Trying to understand each other better by recognizing and/or accepting each other's point of view is an important step to reaching mutual understanding. When we are willing to open up to each other and see a situation from our partner's side, it will help us to really communicate rather than argue.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask the participants to find time in the week to discuss a recent argument or source of disagreement with their spouse. Couples should reflect on which communication style was used at the time and try to discuss the issue again in a more assertive way. Each partner should have 5-10 minutes to discuss their side of the argument / source of disagreement, focusing on being calm, stating their feelings and needs, and expressing themselves respectfully. When listening, the other partner should listen respectfully without interrupting.
2. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program.

### **FACILITATOR'S NOTES: The Four Basic Styles of Communication<sup>2</sup>**

1. PASSIVE COMMUNICATION is a style in which individuals avoid expressing their opinions / feelings. As a result, passive individuals often do not respond to hurtful or anger-inducing situations. Instead, they allow grievances and annoyances to mount, usually unaware of the buildup until they have reached their high tolerance threshold for unacceptable behavior, at which point they may be prone to explosive outbursts. After the outburst, however, they may feel shame, guilt, and confusion, so they return to being passive.

Passive communicators will often:

- not assert themselves
- allow others to deliberately or inadvertently infringe on their rights
- not express their feelings, needs, or opinions
- speak softly or apologetically
- not make eye contact and have a slumped body posture

<sup>2</sup> Adapted from: UK Violence Intervention and Prevention Center. The four basic styles of communication. Retrieved from [https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14\\_FourCommStyles.pdf](https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_FourCommStyles.pdf)

The impact of a pattern of passive communication is that these individuals:

- can feel anxious because life seems out of their control
- can feel depressed because they feel stuck and hopeless
- can feel resentful (but may be unaware of it) because they are unable to voice their views / needs.
- can feel confused and unsure of their own feelings
- can find that real issues are never addressed

A passive communicator may say or believe:

- "I'm unable to stand up for my rights."
- "I don't know what my rights are."
- "I get stepped on by everyone."
- "I'm weak and unable to take care of myself."
- "People never consider my feelings."
- "I don't deserve respect."
- They may also believe that they deserve bad treatment from others.

2. AGGRESSIVE COMMUNICATION is a style in which individuals express their feelings and opinions and advocate for their needs in a way that violates the rights of others. Thus, aggressive communicators are verbally and/or physically abusive.

Aggressive communicators will often:

- try to dominate others
- use humiliation to control others
- criticize, blame, or attack others
- be very impulsive
- have low frustration tolerance
- speak in a loud, demanding, and overbearing voice
- act threateningly and rudely
- not listen well
- interrupt frequently
- use "you" statements to put blame on the other
- have an overbearing or intimidating posture

The impact of a pattern of aggressive communication is that these individuals:

- become alienated from others
- generate fear and hatred in others
- always blame others instead of owning their issues, and thus are unable to find a resolution

The aggressive communicator may say or believe:

- "I'm superior and right and you're inferior and wrong."
- "I need to be loud, bossy and pushy to get my way."

- "I can dominate and intimidate you."
- "I can violate your rights."
- "I'll get my way no matter what."
- "You're not worth anything."
- "It's all your fault."
- "I react instantly."
- "I'm entitled."
- "You owe me."
- "I own you."

3. PASSIVE-AGGRESSIVE COMMUNICATION is a style in which individuals appear passive on the surface but are really acting out anger in a subtle, indirect, or behind-the-scenes way. People who develop a pattern of passive-aggressive communication usually feel powerless, stuck, and resentful – in other words, they feel incapable of dealing directly with the object of their resentments. Instead, they express their anger by subtly undermining the object (real or imagined) of their resentments.

Passive-Aggressive communicators will often:

- mutter to themselves rather than confront the person or issue
- have difficulty acknowledging their anger
- use facial expressions that don't match how they feel - i.e., smiling when angry
- use sarcasm
- deny there is a problem
- appear cooperative while purposely doing things to annoy and disrupt
- use subtle sabotage to get even

The impact of a pattern of passive-aggressive communication is that these individuals:

- become alienated from those around them
- remain stuck in a position of powerlessness
- discharge resentment while real issues are never addressed

The passive-aggressive communicator may say or believe:

- "I'm weak and resentful, so I sabotage, frustrate, and disrupt."
- "I'm powerless to deal with you head on so I must use other tactics."
- "I will appear cooperative but I'm not."

4. ASSERTIVE COMMUNICATION is a style in which individuals clearly state their opinions and feelings, and firmly advocate for their rights and needs without violating the rights of others. These individuals value themselves, their time, and their emotional, spiritual, and physical needs and are strong advocates for themselves while being very respectful of the rights of others.

Assertive communicators will:

- state needs and wants clearly, appropriately, and respectfully
- express feelings clearly, appropriately, and respectfully
- use "I" statements
- communicate respect for others
- listen well without interrupting
- have good eye contact
- speak in a calm and clear tone of voice
- have a relaxed body posture
- feel connected to others
- feel competent and in control of themselves and their emotions
- not allow others to abuse or manipulate them
- stand up for their rights and views, without taking away from others

The impact of a pattern of assertive communication is that these individuals:

- feel connected to others
- feel in control of their lives
- are able to mature because they address issues and problems as they arise
- create a respectful environment for others to grow and mature

The assertive communicator may say or believe:

- "We are equally entitled to express ourselves respectfully to one another."
- "I am confident about who I am."
- "I realize I have choices in my life and I consider my options."
- "I speak clearly, honestly, and to the point."
- "I can't control others but I can control myself."
- "I place a high priority on having my rights respected."
- "I am responsible for getting my needs met in a respectful manner."
- "I respect the rights of others."
- "Nobody owes me anything unless they've agreed to give it to me."
- "I'm 100% responsible for my own happiness."

Assertiveness allows us to take care of ourselves, and is fundamental for good mental health and healthy relationships.

## Week 19: Managing Anger without Violence

**Total Time:** 2 hours

**Materials Needed:** Radio and episode recording.

**Aim:** The aim of this week is to discuss how to manage anger without turning to violence. By learning practical anger management skills, participants will understand that it is their responsibility to control their anger and will feel more able to do this in difficult situations.



### **Let's Start! (25 minutes)**

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the different styles of communication and the importance of being able to communicate calmly, respectfully, and assertively with one another – even during a disagreement or conflict.
2. Ask 2-3 people in the group to share their at home discussion. Use the questions below to guide you:
  - *What was the style of communication that you and your spouse used in the past conflict that you discussed?*
  - *Were you and your spouse both able to communicate about the issues again using an assertive style of communication?*
  - *What difference did communicating this way make to the discussion / argument?*
  - *Did you find a resolution that suited both of you?*



## Let's Listen! (30 minutes)

### Radio Program Highlights

This week's episode takes the audience back to Padam and Tara's home where Tara is annoyed and upset after realizing that Padam has sold their goat without consulting with her. When Padam gets home, Tara tries to explain to him that she was saving the goat, so she could sell it to support her after delivery. Tara soon realizes that Padam is drunk and she gets even more angry at the thought that he has used the money from the goat for alcohol. Tara is so upset that she starts shouting at Padam and eventually hits him. In response, Padam pushes her back and Tara falls to the ground and is hurt. Tara's younger cousin comes in to the room, sees Tara on the floor, and quickly runs outside and starts calling for help. Manarupa and Surya happen to be passing by – they came to check that Tara was ok after Padam's last outburst at the hotel – when they hear the cousin calling. They run in to the house. Manarupa comforts Tara and tells Padam to arrange for Tara to go to the local clinic as soon as possible to make sure her and the baby are ok. Padam goes to find his brother to drive them to the clinic.

In the next scene, Surya goes to visit Padam and find out how Tara and the baby are. Padam says they are still at the clinic. Padam initially tries to justify his actions, saying Tara pushed him, but Surya will not accept this stating there is no excuse for violence no matter if it is perpetuated by a man or a woman. Surya tells Padam that he needs to learn to manage his anger, not only for his relationship with Tara, but also for his own health and happiness, particularly with a new baby on the way. Surya gives Padam some practical tips for managing his anger and Padam says he will try. At the end of the episode, Padam gets a call that Tara has gone in to labour and rushes out of the house.

**Vox Pop:** What do you do if you are get angry with your partner for some reasons? How do you stop yourself from becoming too angry or violent in an argument?

**Interview:** An expert covers how to manage anger without violence and why that is important.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 19 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, then you can start the main facilitated discussion, using the questions below to guide you:
  - *Why do you think Padam sold the goat?*
  - *When Padam arrived home drunk, it made Tara very angry. Instead of being passive like usual, she began shouting and hitting Padam. What are your thoughts about the way Tara reacted with Padam? Why do you think she reacted in that way?*
  - *How should Padam have reacted to Tara's outburst?*
  - *When Surya came to see Padam he says that 'anger is an emotion, but violence is a choice' – what do you think he meant by this?*
  - *Many people shared in the radio program about what they do when they are angry with their spouse. Can you share what you do when you are angry?*
  - *After listening to the expert in the radio program, how do you analyze your own behavior? Do you think you might react/behave in a different way from now onwards when you feel the anger?*



### Task Time! (30 minutes)

1. Explain to the participants that, shortly, you will be asking for volunteers to participate in a game. The game will be played by two participants, who will be given a scenario and asked to fight (verbally) and give rude remarks to each other. The scenarios can be similar or the same as those given in the box. Explain that the reactions should be instant and the person who has the last say will win the game.
2. Once everybody understands the rules of the game, ask for two volunteers. Ask them to select a scenario (or give them a scenario) and let them begin to argue back and forth.
3. After 3 minutes, ask them to stop.
4. Now, ask the volunteers to reenact the same scenario. However, this time after the initial remark, ask each participant to focus on their breathing and count to 5 in their head before responding.
5. After 3 minutes, ask the volunteers to stop.
6. Ask them how they felt during the first and second round. (Possible responses: finding it more difficult to respond/react with the same level of aggression when they were allowed to respond instantly, feeling in more control of their emotions in the second round.)
7. Explain that "*there are many ways to manage anger and learning to 'manage anger in the moment' can be very effective. When we give ourselves some time, even if it is only 5 seconds, it allows our rationale mind to catch up with our feelings and it helps us to be more reasonable. Also it gives us a moment to think about the situation and analyze if our response is appropriate to the situation. This directly reflects in our reaction/behavior and can mean a situation does not escalate to violence.*"
8. Spend 5 minutes with the group as a whole brainstorming other techniques to manage anger. Write down the suggestions as they are mentioned so that everyone can see. Remind the group to think back to the radio program and some of the advice that was given by the different characters such as Surya and the expert. Use the list provided in the Facilitator's Notes (Anger Management Tip 3) to help you complete the written list.

#### Scenario Sample:

- You are getting ready to go to work and realize that your shirt which you asked your wife to wash has been discolored.
- You are rushing to make morning meal ready for the husband and the kids, meanwhile the husband comes and complains that he has been eating the same vegetable for past 3 days
- You have been planning to go to a Dashain Fete with your spouse and kids, your mother (in-law) says that there is a lot of work to be done at home for the festival

to the radio program and some of the advice that was given by the different characters such as Surya and the expert. Use the list provided in the Facilitator's Notes (Anger Management Tip 3) to help you complete the written list.

9. Once everyone is happy with the list of ways to manage anger, tell the group that they will have 5 minutes in pairs to practice some of the techniques. Explain that they should start with a typical domestic argument and after a few minutes, use one of the techniques to try and stay calm and positive rather than letting the argument escalate.
10. Divide the group into pairs and give them 5 minutes to complete the exercise.
11. After 5 minutes, bring the group back together and discuss how they found the techniques.
12. End by reinforcing that 'anger is an emotion, but violence is a choice' and we can always choose to react in a positive manner by learning and practicing to manage our anger.

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - Anger is a perfectly normal human emotion and, when dealt with appropriately, can even be considered a healthy emotion. However, out-of-control anger can damage your relationships, affect your judgment, get in the way of success, and have a negative impact on the way people see you. So it is important to learn to manage anger.
  - Simple tips such as breathing or counting can reduce anger in the moment and stop an argument from escalating into physical violence.
  - Anger management also means recognizing what makes you angry as early as possible and either avoiding those situations or expressing these feelings and frustrations in a cool and calm way.
  - Like any other skills, anger management takes practice, but it is possible to learn to manage our anger.
  - While you can't control another person's anger, you can control how you respond to it:

- Set clear boundaries about what you will and will not tolerate.
- Wait for a time when you are both calm to talk to your spouse about the anger problem. Don't bring it up when either one of you is already angry.
- Remove yourself from the situation if your loved one does not calm down.
- Put your safety first. If you feel unsafe or threatened in any way, get away from your loved one.
- Remember you are not to blame for your spouse's anger management problem, and there is no excuse for physically, verbally, and/or emotionally abusive behavior.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask the group to find 15 minutes with their spouse during the week and make a list of things that make them angry. It could be things like hunger, waiting, tiredness, being told what to do, when things do not go as planned, not feeling appreciated. Remember that these are the 'triggers' for your anger. Once you have the list, talk about how your bodies feel when you are angry, so that you are better able to recognize anger building in yourself and your spouse. Also discuss ways to manage your anger in these situations, for example: having a cooling off period, going to bed earlier, getting a message from your spouse that they will be late, having a cup of tea, taking a walk, etc.
2. During the week, try to practice what you discussed/agreed and see if you are able to recognize when you are becoming angry and manage your own anger better.
3. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting, which is a couples' session. Ask participants to encourage their friends and family to listen to the radio program.



## **FACILITATOR'S NOTES: Anger Management<sup>3</sup>**

Anger management is a term used to describe the skills needed to recognize that you, or someone else, is becoming angry and take appropriate action to deal with the situation in a positive way.

### **Anger Management Tip 1: Explore what's really behind your anger**

Anger problems often stem from what a person learns as a child. If someone has watched others in their family scream, hit each other, or throw things, they might think this is how anger is supposed to be expressed.

Anger is often a cover-up for other feelings.

In order to express anger in appropriate ways, it is important to understand our real feelings. Often anger can be hiding other feelings such as embarrassment, insecurity, hurt, shame, or vulnerability.

By recognizing the emotion behind the anger, we can begin to deal with that emotion rather than covering it up with anger.

Anger can also be a symptom of underlying health problems, such as depression, trauma, or chronic stress – so it is important to recognize this and seek help.

### **Anger Management Tip 2: Recognize anger warning signs and triggers**

While it might seem that people can explode without warning, there are usually physical warning signs that anger is building. Recognizing these signs in ourselves and others will allow you to take steps to manage your anger before it boils over.

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<sup>3</sup> Adapted from: Mayo Clinic Staff. (2017, March 4). Anger management: 10 tips to tame your temper. Mayo Clinic. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434?pg=1>; Segal, J., & Smith, M. (2017, April). Anger management: Tips and techniques for getting anger under control. Helpguide.org. Retrieved from <http://www.helpguide.org/articles/emotional-health/anger-management.htm#healthier>.

- Be aware of how anger feels in your body. Physical signs of anger can include: tense / knotted stomach, hands or jaw clenched, tense muscles, feeling clammy or flushed, pounding heart, faster breathing.
- Identify negative thoughts that trigger anger. People often think that external things—frustrating people or situations—are causing anger. But anger problems have more to do with negative thinking patterns, such as having a rigid view of the way things should be, and getting angry when reality doesn't match up, overlooking the positive things while letting small irritations mount, or blaming others for bad things that happen rather than taking responsibility.
- Recognize situations that trigger anger. Stressful events don't excuse anger, but understanding how these events can affect anger can help to avoid unnecessary aggravation.

### **Anger Management Tip 3: Learn ways to control anger**

Once you recognize the warning signs, you can take steps to manage your anger before it gets out of control.

#### 1. Exercise

- Exercise (even just a walk) relieves stress, lowers blood pressure, and can improve your mood.
- It can also put space between you and the stressful or frustrating situation, giving everyone time to calm down and think.
- Exercising before entering a situation that may lead to anger, can help keep to stabilize our mood.

#### 2. Manage stress

Stress can lead to anger so it is important to take steps to relieve pressure and regain control.

- Make time for fun and relaxation with friends and family. Your friends and family don't have to be able to fix your stress; they just need to be good listeners.
- Practice relaxation techniques such as yoga or meditation.
- Adopt a healthy lifestyle. Getting enough sleep, eating well, avoiding too much alcohol or sugar, can increase your resistance to stress and make it easier to manage anger.

#### 3. Manage anger in the moment

In certain situations it is important to be able to control your emotions in the moment:

- Focus on the physical sensations of anger. Tuning into the way your body feels when you're angry often lessens the emotional intensity of your anger.

- Think before you speak. Take a few moments to collect your thoughts before saying anything to avoid saying something you will regret and allow others involved in the situation to do the same.
- Use I statements. This can help you avoid being critical or hurtful. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes," instead of, "You never do any housework."
- Take some deep breaths. Deep, slow breathing helps stop rising tension. Breathe deeply from the stomach, getting as much air as possible into your lungs.
- Slowly count. Focus on the counting to let your rational mind catch up with your feelings. If you still feel out of control by the time you reach ten, start counting again.
- Take a moment to think about the situation. Ask yourself: How important is it? Is it really worth getting angry about it? Is my response appropriate to the situation?
- Take time out. If you can feel anger building beyond your control leave the room / the situation until you feel calmer.
- Talk when things are calm. When the situation is calm again try to express your frustration in an assertive way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

#### **Anger Management Tip 4: Know when to ask for help**

Asking for help is not a sign of weakness. When anger gets out of control and causes people to do things they regret or hurt those around them it may be time to ask for help. Some signs might be:

- Feeling constantly frustrated and angry no matter what you try.
- Anger causing problems at work, with family and friends, or with a spouse.
- Fear of new events and people in case you can't control your temper.
- Getting into trouble with the law due to anger.
- Anger leading to physical violence.

## Week 20: Making Decisions Together

### COUPLES WEEK

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, copies of the 'Decision-Making Tool' (enough for all couples), copies of the 'Scenarios' Exercise Sheet (have the scenarios cut out in advance of session), and pens (enough for all couples).

**Aim:** The aim of this week is to focus on supporting and encouraging positive behavior change and the importance of couples working as a team to make decisions even when close family, friends, or the wider community may be expecting them to behave differently. By building the capacity of the couples to use communication, problem solving, and empathy when faced with a decision, they will feel better equipped to deal with day-to-day decisions collectively.



#### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind everyone about different ways to manage anger and the importance of remembering that although anger is an emotion, violence is a choice. Highlight to the group that anger management also means recognizing what makes us angry as early as possible so that we can either avoid those situations or express our feelings and frustrations in a cool and calm way. End the review by asking the group if they can remember any of the ways to manage anger that were discussed last week.
2. Ask members of the group if anyone wants to share any thoughts or feedback from last week's homework, and the discussions they had with their spouse about what makes them angry. Use the questions below to guide you:
  - *Did you and your spouse have similar or different triggers for your anger?*
  - *Had you ever thought about what triggered feelings of anger in yourself or your spouse before?*

- *How does anger affect you and your spouse physically? Were these physical affects the same or different for you both?*
- *Did you discuss any strategies for staying calm? What were these?*



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

The drama opens with Manarupa, Surya, and Arjun discussing Padam, who has just been to deliver the milk for Tara. They both notice that although it has not been easy for him, Padam has been making a real effort to be a better husband and father since Tara had her baby.

Manarupa and Surya have decided not to have another baby due to health risks. They come to this decision through good communication as a couple and decide to both tell Surya's parents together. Although Surya's mother is not pleased to hear that they will not have another baby, his father supports them and congratulates them on making a difficult decision together.

**Vox Pop:** How do you support each other in difficult circumstances / through difficult decisions especially if your other family members disagree with your choices?

**Interview:** A couple shares how they handle decision-making regarding important/difficult household matters, including how to share that decision with other family members jointly, and convince the family if they are not happy with the decision. A discussion on the IVR poll result for 'who makes the financial decisions in your household' is also included here.

1. Before you play the program make sure everyone is sitting comfortably and remind the group to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 20 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

**Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *In the radio program, we heard how Padam is trying hard to fulfill his responsibilities as a good husband and a father. What were your thoughts when you heard this? Do you think it will be hard or easy for him to change and maintain this new positive behavior?*
  - *What might be the risks or triggers that could cause him to return to his old behavior?* (Suggested response: alcohol, stress, not feeling his efforts are appreciated, peer pressure, family influence)
  - *How can Padam avoid such risks so he stays motivated to do his best for his wife and child?* (Suggested response: not spend time with friends who drink or encourage less positive behavior, talk about any stress that he is feeling, acknowledge that it is hard and ask for help if needed, spend quality time with his family)
  - *What do you think people around Padam (his friends, family, and Tara) could do to encourage and support him to continue such behavior?* (Suggested response: appreciate and acknowledge that he is trying, talk about the positive benefits of his new behavior, express that it is hard, but how good it is that he is trying, make an effort to do things together as a couple or a family)
  - *What steps did Surya and Manarupa take to make their decision about whether or not to have a baby? Do you think it was a good way to come to a decision as a couple?* (Suggested response: assessed their situation, analyzed possible outcomes of having a baby, discussed about the risks they might be taking and decided together to not have another baby)
  - *What is the advantage of joint decision-making as a couple? How do both spouses benefit from making decisions together?* (Suggested response: all the responsibility and stress of making

a decision is not just with one person, you get a different perspective and new ideas that might help with the decision-making, if both spouses are part of the decision-making you will do your best to make it work – you get to share the credit and the good outcomes from that decision and if it was not the right decision, you get to share the burden and work together to improve the situation)

- *We also heard that Manarupa and Surya told Surya's parents together about their decision regarding not having a second child. What are your thoughts on that? Do you think it is important for a couple to stand together in this way even when other family members are in disagreement?*
- *What decisions do you make as a couple? Did you agree with the poll results about financial decisions? (When discussing this, highlight how couples should try to make all major decisions together including finances, decisions regarding the household, children, etc.)*



### **Task Time! (40 minutes)**

1. For this week's activity, explain to the group that they will work together with their spouse. They will go through a problem that will be presented to them and will make a decision about what to do next.
2. To help them do this, you will give them a scenario, for example: a couple trying to decide whether to have a baby, and also a 'Decision-Making Tool' (included at the end of the section), which they will work through step-by-step.
3. Read out an example scenario and the steps from the Decision-Making Tool one by one, ensuring that the group is clear on how it works and what they need to do.
4. Ask the group to sit with their spouse and give each couple a number between 1 and 5. All the couples with number 1 should get scenario 1 all those with number 2 get scenario 2 and so on. The 5 'Scenarios' are provided in the Exercise Sheet. Give each couple a copy of the Decision-Making Tool.
5. Once each couple has one of the five scenarios and a copy of the Decision Making Tool, give them 15-20 minutes to work through the Decision-Making Tool as a couple, providing support and guidance if required.

- Once everyone has finished, ask the couples to tell the rest of the group what their scenario was, what decision they made, and how they came to that decision using the Decision-Making Tool. Encourage couples to also share what they learned from the exercise.

## Wrap Up



### Wrap Up (10 minutes)

- Drawing from the discussions in today's session, summarize the key points of the day including:
  - There are so many decisions we face in our lives, if we make them together with our spouse it will lessen the burden and stress that can come with having to make important decisions ourselves.
  - Making decisions as a couple is not so much about what you decide on, but rather how you go about the process of working through the steps towards making a final decision.
  - If you approach each decision in the same way – breaking it down, discussing the options, and deciding on the solution together – then over time it will become easier and more natural to discuss and make decisions together.



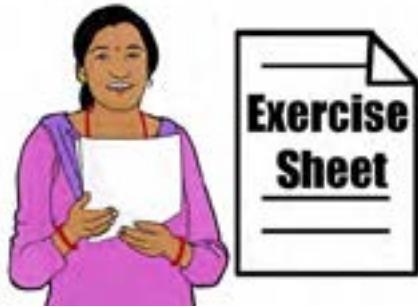
### Take-Home Activity and Closing (5 minutes)

1. Ask participants to think of a problem or decision that they are facing at the moment. During the week they should take 15 minutes to follow the same steps they used in the decision-making tool exercise to come up with a solution or decision that they both agree on.
2. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program and call the IVR line.
3. Remind everyone of the numbers for the IVR line are and that it is toll free (does not cost them any money to call these numbers):  
 For NTC- 166001 00 501  
 For NCell - 98011 11 396

### The Decision-Making Tool<sup>4</sup>



<sup>4</sup> Adapted from: United Nations Children's Fund (UNICEF). Life skills-based education for drug use prevention: Training manual. Retrieved from <https://www.unicef.org/lifeskills/files/DrugUsePreventionTrainingManual.pdf>



## **EXERCISE SHEET: The Scenarios**

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### **Scenario/Problem 1:**

Radha and Sohan have been married for 3 years. Initially, both of them agreed to not have a child immediately after marriage as both of them wanted to be economically independent first. But now Sohan feels that they should have a child. Radha is hesitant as she just started a new job, and knows that having a child will affect her ability to work. She enjoys working and would want to continue working even after having a baby. She got this job after lots of struggle and wants to work for longer before getting pregnant. Sohan understands, but also worries that delaying the pregnancy might invite complications as Radha is already close to 30 years. What should they do?

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### **Scenario/Problem 2:**

Laxmi and Seshkanta are a happily married couple, with a 2 year old child. Their financial situation is not so good. Seshkanta is a farmer, he works on a small piece of land that they own and generates some income from there, but it is not much. He also takes on some tasks once in a while for extra money. Laxmi just got some training in dairy farming and wants to sell that land to use that money for opening a dairy farm, as she knows that their needs will keep increasing and they need to find an alternative/better source of income. But both Laxmi and Seshkanta are also thinking of the risks. If the business does not go well, they could lose the land and also all the money. They are not sure what to do. What should they do?

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### **Scenario/Problem 3:**

Ramesh and Shital have been married for 3 years and are living in a joint family. Ramesh has to go to other districts quite frequently for his work for 2-3 weeks at a time, during which Shital is left alone at home, with her in-laws. It is very difficult for Shital when she is by herself as her in-laws create lots of trouble, are not supportive, and are always rude to her. They also burden her with all the household chores, which make her very exhausted all the time. Shital finds that the situation with her in-laws is better when Ramesh is around. Ramesh understands Shital's situation and feels bad for her, but at the same time he also knows that his parents will not like it (and might be hurt) if he asks them to not do that or support her with work. They might even feel that he is taking her side and not respecting them. How can they make this situation better for Shital?

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### **Scenario/Problem 4:**

Maya and Shyam have been married for 8 years. They have always been living with Shyam's mother and Maya's relationship with her mother-in-law has not been great from the beginning. They have started to fight more frequently in the past few months. Although Shyam can see that it is his mother who is more unreasonable and rude most of the time, which triggers the fights between them, he feels helpless as he loves and respects his mother very much. Also, as his mother is sick, he is more empathetic to her and Maya does not like that. She feels like she has always been a second priority for Shyam. So she has been pressuring Shyam to be separated from his mother and live by themselves. What is the best decision for them in this situation?

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### **Scenario/Problem 5:**

Hari and Asha are a married couple, with 3 children. Their financial situation is not so good, in fact, they always find that their money is running out at the end of each month. Hari works in a local hotel and does not get that much. But he is just educated until high school and has not been able to find better jobs. Asha is uneducated and takes care of the family/children. What decisions can they make regarding savings/spending their money so that they can have a better financial situation?

## Week 21: Alcohol & Gambling

**Total Time:** 2 hours

**Materials Needed:** Radio and episode recording. Prior to the session, try to find out the details of available alcohol / gambling support services in your community. Bring these details with you, to provide to the group at the end of the session.

**Aim:** The aim of this week is to discuss the role that alcohol can play as a trigger for violence as well as the impact excessive drinking can have on an individual and a marriage. Other negative behaviors, including gambling, will also be discussed and by the end of the session, participants will have identified practical ways to reduce negative behaviors such as excessive alcohol use / gambling and will understand the benefits of doing that.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the important role of family members and friends to support men who are trying to stop being violent in their relationships – including acknowledging and appreciating their efforts both through our words and actions. Also highlight the discussions last week regarding why it is important that we make decisions, including financial decisions, together as couple. End the recap by asking the group if anyone can remember the steps involved in making a decision that were covered in the Decision-Making Tool.
2. Ask 2-3 people in the group to share how the take-home task went. Use the questions below to guide you:
  - *What decision did you discuss together?*
  - *Was this the first time you discussed such a decision together?*
  - *Did you follow the steps laid out in the Decision-Making Tool? How was that?*
  - *Were you happy with the decision that you came to?*



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

The drama opens in Padam and Tara's house. Padam is helping to give an oil massage to the baby. Tara tells him to be careful with how he is handling the baby and he gets a little bit annoyed with her, but manages to hold his temper. The scene ends with Padam going to the market to get new clothes for their son's naming ceremony. He tells Tara he has the money from delivering the milk to the hotel.

Manarupa comes over to the house to see Tara. They talk about how Padam is doing better, but he can still get annoyed by little things. Manarupa encourages Tara to support Padam and tell him that she appreciates when he does good things for her and the baby. Tara hopes his family and friends also support him and do not encourage him to return to his previous bad habits like drinking and gambling.

Later that night Padam comes home late drunk, without bringing any clothes for his son. He has spent all the money gambling with his friends. When Tara refuses to have sex with him, Padam gets angry. He beats her and forces her to have sex with him.

**Vox Pop:** What impact can excessive alcohol use by one or both spouses have on a marriage?

**Interview:** A person (with his spouse), who used to be addicted to alcohol, shares how he was able to overcome the addiction.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 21 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *How did that episode of the radio end? What happened between Tara and Padam?*
  - *It seemed Padam was doing better and being responsible for his wife and child and yet he ended up gambling, drinking, and being violent. What do you think caused/triggered it?*
  - *How do you think Padam will feel when he wakes up in the morning? (Suggested response: He will feel guilty/ashamed and this may make him drink more) What about Tara?*
  - *Do you think this happens in our community too – drinking and gambling triggering violence in the families and men getting more aggressive?*
  - *What is the role that Padam's friends play in his drinking and gambling? Do you think it is more accepted by our society when men drink or women drink?*
  - *If a man chooses not to drink, what would be the reaction of his friends? Is it expected that men will drink? How can we change this view?*
  - *What do you think are the negative impacts that drinking excessively like this will have on Padam? (Suggested response: health problems – alcohol affects the heart, liver, and brain, increased feelings of depression / feeling low, less money for his family if he spends it on drinking, risk losing your job – either because he is drunk or too hungover to work properly, more irritable, less able to control his emotions, more likely to be violent, problems in relationships with friends, family, spouse, make bad decisions)*
  - *What about the impact on Tara and their child? (Suggested response: more chance of experiencing violence from Padam, more arguments, more fear as can't predict how he will behave, less money for the household, blaming herself and feeling depressed / low / stressed which can also affect her ability to produce milk for the baby, affect Padam's ability to bond with his child, increased stress and violence in the house, which*

causes trauma for the baby and can affect healthy development and lead to problems later in life.)

- *What do you think should happen next?*



### **Task Time! (40 minutes)**

1. Introduce the activity as a practice to think through how to help someone who is drinking / gambling too much. Everyone is going to imagine that they are the friends and family of 2 men who drink too much and 1 man who gambles too much. It is their role to give advice to their friends about how they might stop drinking.
2. Explain you will be reading out descriptions of why each friend might drink / gamble and they will work in groups to think of what advice they can give that friend to stop his drinking or gambling. The group who comes up with the best advice (as decided by the group) will win a point.
3. Divide the participants into 2 groups and read out the first description from the 'Descriptions / Reasons for Drinking & Gambling' Exercise Sheet.
4. Give them 5 minutes to discuss as a group what advice they would give.
5. Ask the groups to share their advice, discuss, and decide on which group will win the point for having the best advice.
6. Do the same for the other 2 descriptions on the Exercise Sheet.
7. Once you have gone through all 3 descriptions, summarize by adding any additional advice that may have been missed. Refer to the Facilitator's Notes for this.
8. End by reading out the list of potential warning signs that a person is drinking too much. Do not ask anyone directly if they drink too much, but ask them to listen to the signs and reflect privately whether they, their spouse, or any friends or family is drinking too much.

#### *Signs we may be drinking too much:*

- *Feel guilty or ashamed about your drinking.*
- *Lying to others or hiding your drinking habits.*
- *Having friends or family members who are worried about your drinking.*
- *Needing to drink in order to relax or feel better.*

- "Black out" or forget what you did while you were drinking.
- Regularly drink more than you intended to.
- Thinking about drinking and when you will get your next drink often.
- Regularly waking up with a hangover.
- Spending money that the family needs on alcohol.
- Regularly drinking in the day.

9. Discuss / provide the names, phone numbers, and locations of any services or organizations in the area (including health services) that provide counseling and support for those struggling with addiction.

## Wrap Up



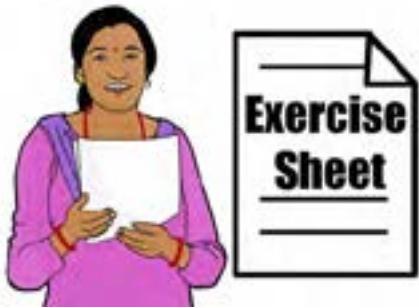
### Wrap Up (10 minutes)

1. Drawing from the discussions in today's session, summarize the key points of the day including:
  - Excessive drinking of alcohol negatively affects both spouses and their children, and increases the likelihood of violence in the relationship.
  - When we drink too much it can worsen negative feelings and this may lead to drinking more.
  - There are steps we can take to reduce how much alcohol we drink, such as avoiding situations where alcohol is present, asking for help, or spending more time at home.
  - If we notice that members of our friends or family are drinking too much alcohol or are trying to reduce how much alcohol they drink, we should support and encourage them.
  - Drinking excessively is not something that men should be expected to do 'because they are men'. We should work together to educate our communities about the negative consequences of excessive alcohol use and acknowledge men who don't drink as positive role models.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask participants to take 30 minutes during the week to talk with their spouse about alcohol. Questions for the discussion are:
  - Do you and your spouse need to reduce the amount of alcohol you drink?
  - How can you use the advice discussed in today's session to reduce how much you drink this week?
  - Can you discuss the advice they learned today with a friend, family member or neighbor?
2. Before closing, remind the group of the local services available for anyone suffering from addiction. Encourage anyone who has been affected by the discussion today and thinks they or a friend / relative has a problem with alcohol or gambling addiction, to seek help either from someone they trust or from a professional.
3. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program and call the IVR line.



## **EXERCISE SHEET: Descriptions / Reasons for Drinking & Gambling**

### **Description/Reason 1 - For Drinking Alcohol**

All of his friends/neighbors like to meet in the evening in a local place, talk, enjoy themselves, and drink. If he stops drinking, he is worried that he might eventually be out of the friend's circle and will have no one around. Also, drinking with friends is fun and it relieves him from stress. While drinking, he is able to forget all tensions and stress from work and other things and relax.

### **Description/Reason 2 - For Drinking Alcohol**

He often feels low and drinking helps to make him feel better. When he drinks he can forget everything and feel like a different person. When he wakes up in the morning after drinking the night before, he usually feels worse than ever, but this just makes him want to drink again.

### **Description/Reason 3 - For Gambling**

He started gambling because the money that he earned from work is just not enough to take care of the needs of him and his family. He also does it because he enjoys drinking and gambling and it is a fun way to pass the evening with friends. He tries to manage how much he loses, but if he has money in his pocket, he often finds it difficult to stop and sometimes he gets too drunk to remember how much he has lost.



## **FACILITATOR'S NOTES**

### **Simple Advice to Help Reduce Alcohol Consumption:**

- Stay home in the evenings with family and friends.
- Meet up with friends in the day or in places that there is less chance you will drink.
- Tell your friends and family that you are trying to drink less and ask them to support you.
- Drink slowly and drink water between alcoholic drinks.
- Write a list of all the reasons why it is good to drink less (less arguments, feeling healthy, better at work).
- Don't have alcohol in your house.
- Set yourself a goal of reducing your drinking week by week, either by having drink free days (and increasing these each week) or by limiting yourself to only 3 drinks a night, then 2, then 1.
- Only have enough money in your pocket for 1 or 2 drinks.
- Think about the reasons you drink (the triggers) and try to avoid or reduce them.
- **\*Go and see a doctor or local organization who can provide professional help for people with an alcohol addiction.**

### **Simple Steps to Reduce Gambling:**

- Make a list of all the positive reasons for stopping gambling (more money, less arguments, avoiding feeling negative when you lose).
- Hand over control of your money to your spouse.
- Tell others you are trying to stop gambling and ask they support you.
- Find other activities to do with friends.
- Play cards or games but don't include money or gambling.
- Do not meet up with friends when you know they are meeting to play cards and gamble.
- Wake up in the morning and set yourself a goal "I will not gamble today".
- Try to not gamble for one week and see how much money you save.
- If you go out with friends only take a little bit of money so that if you do gamble, you don't lose too much.
- Don't mix drinking and gambling.

- \*Go and see a doctor or local organization who can provide professional help for people with an alcohol addiction.

\* While there are simple steps you can take / advice you can give to friends or family to try and manage alcohol or gambling habits, remember that alcohol and gambling addiction is an illness and, where possible, you should try to seek professional / medical help, particularly if the addiction is impacting your or your families health and well-being.

## Week 22: Sharing & Responding

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, flipchart paper, and thick pens.

**Aim:** The purpose of this week is to identify, discuss, and provide alternatives to concerns that prevent women talking about the violence they are experiencing in their marriages. Additionally, the group will discuss how to respond to those experiencing violence in a supportive way. Through the discussions and tasks, the group will critically reflect on the existing norm that violence is a private matter and develop skills and strategies, including empathy, good communication skills, and problem solving that will help them provide support to those who may disclose violence.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the negative impact of excessive alcohol use and the tips that were discussed to reduce how much alcohol a person drinks.
3. Ask those who want to share how the take-home exercise went. They do not have to share what was said, but simply how the experience was. Use the questions below to guide you:
  - *Did you or your spouse drink less than usual this week?*
  - *Did you share any of the information or advice you learned with a friend, family member, or neighbour?*
  - *How did that go - was it difficult or easy to start that conversation?*



## **Let's Listen! (30 minutes)**

### **Radio Program Highlights**

Tara is crying, but her mother-in-law is not supportive and tells her to stop crying and focus on her grandson – they have a lot to do to prepare for the naming ceremony. Manarupa enters as the mother-in-law leaves and sees how the mother-in-law is speaking to Tara. She also notices immediately how upset Tara is and asks her what is wrong. Tara confides in Manarupa who listens and provides comfort. She reminds Tara that she is not alone and that there is help available if her or her baby's safety is at risk. They go to the doctor together so Tara can be checked.

**Vox Pop:** What is the best thing those close to you can do if you go through a difficult phase in your marriage?

**Interview:** Manarupa conducts the interview with LDG members and their families - those who have shared their personal issues in the group and have been supported by others. They are asked: How does it feel to share a difficult personal story with someone you are close to? How does it feel when someone close to you shares a difficult personal story with you?

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 22 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### Let's Talk! (20 minutes)

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *How does Tara's mother-in-law react when she sees that Tara is upset? Why do you think she responded this way?*
  - *How did Manarupa's response to Tara differ from the mother-in-law?*
  - *Whose response was more supportive for Tara? Whose response was more typical of the kind of responses you hear in the community when someone discloses violence?*
  - *Do you think Tara should have told Manarupa what had happened to her? Was it disrespectful to her in-laws to talk in this way?* (Suggested response: No, it is important that those experiencing violence feel they can tell others without judgment, shame, or stigma. Fear of judgment or shame is a major reason why women experiencing violence do not ask for support and can also blame themselves for the violence they experience. **Emphasize that a woman experiencing violence is never to blame. Remember, violence is a choice made by the perpetrator, not the victim.**)
  - *Was Manarupa interfering when she asked Tara what was wrong?* (Suggested response: One of the main challenges for stopping IPV between married couples is that it is seen as a private matter. Women are often expected to keep quiet and not talk about the violence that is happening to them, and others stay silent and do not try to help. However, this reinforces the idea that violence in the home is acceptable. In order to prevent IPV, we have to begin speaking out and reaching out to those experiencing violence in their homes.)
  - *Marital rape is a crime and yet Manarupa did not force Tara to go to the police. Was this right response?* (Suggested response: Yes, we can advise those we are supporting about what their options are, but we should never force them to do anything they do not want to. This includes going to the police, confronting their husband, or speaking to a village community group. Whatever happens next should be decided by and controlled by the woman who has experienced violence.)

- When Manarupa leaves with Tara, she speaks to Tara's mother-in-law in a kind and calm way. More importantly, she does not mention that Tara was raped and does not shame the mother-in-law for Padam's actions and her inactions. Why do you think she speaks in this way to Tara's mother-in-law? Why do you think she does not disclose that Tara was raped by Padam? (Suggested response: It is important that Manarupa does not put Tara at risk by confronting her mother-in-law or any member of the family, including Padam. By speaking in a calm and kind way she is able to communicate without shame or blame on Tara's mother-in-law. In this way, she is not putting Tara in a more vulnerable situation. Also, Tara's mother-in-law was also not in the room when Tara shared her story with Manarupa and it is very important that Manarupa does not tell anyone about what Tara shared with her, especially about her being raped. **We must all remember that it is the right of the victim to decide whom they want to share their experience with and we should all respect that.** Confidentiality and safety of the 'victim' is vital when someone discloses violence to you.)



### Task Time! (40 minutes)

- Begin by saying to the group that when someone close to us tells us they are experiencing violence, it is very important to react in the right way.
- Explain that one of the best ways to do this is to put ourselves in their shoes by asking yourselves: *How would you want someone to respond to you if you opened up to a close friend or relative about violence in your relationship? How would you be feeling if you were the one sharing about violence in your marriage and what would you want the person you were telling to say or do?*
- Have the group think about these questions, discuss their responses, and write key points up on flipchart paper.
- Once the main points have been covered by the discussion (see Facilitator's Notes for main points that should be covered), explain to the group that you would now like to do some role-plays to practice sharing and responding to stories of violence.

5. Explain that you will ask for two volunteers – one who will share that they are experiencing violence and the other one will respond in a positive and supportive way. Remind the group that this is just a role-play and the stories they share are made up.
6. Ask for 2 volunteers. Have the volunteers come to the front and act out the role-play.
7. When they are finished, ask the person who shared their story: *How did it feel to role-play opening up about a personal issue like this? Did you feel supported? Did you feel shamed or blamed in anyway? Did you feel any pressure to do anything you did not want to do?*
8. Now ask the person who played the role of the listener and supporter: *How did it feel to listen? Was it easy to be supportive without judging or telling the person what to do? How did you show the other person that you were listening and cared?*
9. Ask the group: *How did you feel that activity went? Did they think the person telling their story was well supported? What skills from earlier sessions might be helpful when supporting someone who is experiencing violence?* (Suggested response: good communication skills, listening skills, problem solving, and decision-making – but only when the person is ready)
10. If there is remaining time and interest, repeat the role-play with two more volunteers.

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - The fear of being shamed or judged can stop a woman, who is experiencing violence, from seeking help. We must act together as a community to ensure we support and don't blame women who are experiencing violence.
  - If we tell women to tolerate or hide violence, we are saying that we accept it in our community and we allow violence to continue.
  - When supporting someone who has experienced violence, it is important not to force them to do anything they don't want to

do, or put them in more danger by confronting their spouse / in-laws.

- Our role as supporter is to listen without judgment, keep what we hear confidential, and make sure the woman knows that she is not alone, is not to blame, and is supported.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask the participants to share with a friend, family, or neighbor about what they learned in today's session.
2. If they find themselves in a position of giving support to someone this week, then try to practice responding in a non-judgmental way that makes the other person feel listened to and supported (it does not have to be a case of violence, it may simply be a friend sharing a problem or concern with them).
3. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program.



### **FACILITATOR'S NOTES: Positive responses to someone who is experiencing violence**

- Reassure the person that it is not their fault and they are not to blame.
- Listen to them talk without interrupting or speaking for them.
- Do not rush them.
- Show that you are listening by maintaining eye contact, nodding, and leaning in towards them. You can tell them things like, "I am listening" and "take your time".
- Let them know they are not alone. Tell them, "I will help you", "you are not alone", and "we can get through this".
- Acknowledge how difficult it is to talk about such personal issues. You can say "it must be very difficult for you to talk about this" and "you are very brave".
- Help them think through options, but do not tell them what to do. If they just want to talk, that is fine. Talking is the first step and it can take a long time before people are ready to take action of any kind.
- Do not blame the person, do not dismiss or belittle what they are telling you, and do not humiliate or shame them in any way. Do not say: "I am sure your husband didn't mean it", "I am sure he loves you", "men are like that", "it is best to keep it to yourself", or "think of your family".
- Never tell anyone else what you discussed unless the person who told you asks you to. Do not gossip or share information about the situation with anyone.
- Never confront the husband or family. Never do anything that puts yourself or the woman you are supporting at greater risk of danger.
- Remember that speaking is more than just what you say. Watch that you are using the right tone of voice and your hand gestures and facial expressions match what you are saying.

## Week 23: Communicating Consent

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, and a chair (for the activity).

**Aim:** This week will focus on how to communicate with our partners, in an open way, about sexual relationships. The group will hear how to communicate consent and critically reflect on the belief that sex with one's wife, whether consented or not, is a man's right.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the importance of not shaming or blaming those that chose to speak about violence. Instead, we should use good listening skills and support others the same way we ourselves would want to be treated – with kindness and respect.
2. Ask the group if anyone managed to share what they had learned with a friend, family member or neighbor? If yes, ask: *How did you start the conversation and what did they share? What was the response of the person you spoke to?*
3. Also ask the group if anyone found themselves in position of providing support to someone close to them. If yes, ask them to share whether they used any of the skills and advice they learned from last week.
4. Encourage participants to keep talking to those around them about what they learn in the sessions. They can start with simple things, like what happened in the radio drama. The important point is to start having conversations about the issues with those around them.



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

Tara comes to the highway with her child to take the bus to her natal home. On the way she meets Manarupa, who reminds her to rest, take care of herself, and be in touch if she needs anything.

Sarita comes to bed and is tired after given her mother-in-law a massage at the end of a long day. Shiva offers to massage Sarita and as he does, they become relaxed and happy in each other's company. This leads to Shiva asking Sarita if she wants to have sex and Sarita says yes.

**Interview:** A studio discussion with well-known relationship therapist about sex, consent, knowing if your partner is ready, and other topics shared by listeners through vox pops and IVR.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 23 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *How did the conversation between Sarita and Shiva this week differ from what happened between Tara and Padam in the previous week?*
  - *Do you think both Sarita and Shiva were both interested in sexual relations to occur between them? How do you know this?*
  - *How did Shiva make sure that Sarita wanted to have sex?* (Suggested response: he asked her).
  - *How did Sarita let Shiva know that she wanted to have sex?* (Suggested response: she said yes).
  - *Do you think it is important to have such conversations between a husband and a wife? Why?*
  - *Who do you think should initiate this conversation?* (If most of the participants say: the husband should initiate such conversation, then ask the following question. *Do you think its okay for a wife to initiate the conversation as well?* Try to highlight to the group members that either women or men can initiate sex).
  - *In the baseline study that we conducted for this project, many males shared that they do not force their wife to have sex, however they do their best to convince her if she says 'No'. What do you think of this? If a wife says 'no', should the husband continue to try and persuade her until she says 'yes'?* (Suggested response: no one should have to be convinced in to sex. If a spouse is not interested, then it is always best to respect their decision and wait until they really are interested in having sex. This way, the sex will be more enjoyable for both parties. If you find that your spouse never wants sex, then just like Sarita did with Shiva, try asking your spouse if something is bothering them or if there is a reason they are not interested in sex. However, this conversation should not be held when one spouse is trying to initiate sex and should not be used as a way to persuade, guilt, or force a partner into having sex.)

- Do you think couples in our community can have such open conversations about sexual relationship with their spouses? If not, what do you think is stopping us?



### Task Time! (40 minutes)

1. Explain you are going to do an activity to highlight the importance of consent.
2. Ask for a volunteer to come to the front and sit on a chair (if you don't have access to a chair, then try and take something else from the volunteer like their jacket, jumper, bag, or notebook). Tell the volunteer, "*I am going to try and take your chair from you, but you don't want to give it to me. So whatever I do, try and keep hold of your chair. The only thing you can't do is say 'no' to me*". Once they have sat down, approach the volunteer and try taking their chair. (If you don't have access to chairs, then try and take something else from the volunteer like their jacket, jumper, bag or notebook). Don't ask them first, just start pulling at the chair (or other object).
3. After trying for a short while, say to the person: "*I am the facilitator of this group, you need to do what I say. Now give me your chair / jacket. etc.* Try again to take it.
4. After a short while, stop and ask the group the below questions, in order:
  - *What just happened? Did the volunteer want me to have their chair/ jacket?* (Suggested response: you tried to take their chair, but they didn't want you to have it)
  - *But they never said 'no', so how do you know they didn't want me to take their chair?* (Suggested response: because they kept hold of it, because they didn't get up off it, because they would have let you have it if they wanted you to have it)
  - *Did I have a right to take their chair, because I am the facilitator of the group?* (Suggested response: no, just because you are the facilitator it does not give you the right to take the chair)
  - *If I wanted his chair, what should I have done?* (Suggested response: ask the person: Can I have your chair, please?)
5. Ask the volunteer, "*How did you feel when I was trying to take your chair?*" (Suggested response: annoyed, upset, scared).
6. Do the exercise again, but this time tell the volunteer that when you ask them if you can take their chair (or other object) they should say

'no'. Ask the volunteer "*Can I have your chair?*" The volunteer should say 'no'. At this point, try taking the chair like you did last time.

7. After a short while, stop and ask the group:

- *What happened this time? Did the volunteer want me to have their chair? How did you know?* (Suggested response: the volunteer did not want you to take their chair, they said 'no' when you asked them)
- *When the person said 'no', what should I have done?* (Suggested response: not tried to take their chair)
- *But, I really wanted the chair, I'm tired, I have been standing up a lot today. They should just give me their chair right?* (Suggested response: no – it is their chair, they do not have to give it to you).
- *If after they said 'no', I took the chair anyway or they gave me the chair even though they did not want to, how do you think they would feel? Would they be happy I took their chair? Would they be happy to see me sitting in their chair?* (Suggested response: no, they would feel angry and upset about you sitting in the chair when they didn't want you to be there).

8. Do the exercise one more time and ask the volunteer again if you can have their chair. When the volunteer says no, you should say "*Ok. I understand you want to stay sitting in your chair. I will go and find my own chair.*"

9. Ask the group: *Was it easy to know when the person did not want to give me their chair?* (Suggested response: yes)

10. Explain "*I knew the person did not want to give me their chair because they did not get up, they did not smile, or offer me the chair and because, most clearly, they said 'no'. Consent in sex is the same. It is simply asking someone if they want to do something and then respecting their answer if they say 'no' or show you by their actions that they don't want to.*"

11. Ask the group: *What is the clearest way to let someone know that you don't want something?* (Suggested response: tell them you don't want to / say no).

12. Explain to the group: *Saying 'no' to sex should not be any different than saying 'no' to tea or a trip to the market. But as we talked about it in earlier weeks, because of power and gender identities, some men think that they are entitled to have sex whenever they want. Some women do not feel they can say 'no' to their husband if he wants to have sex. However, we need to educate and inform ourselves, our friends, and our family that it is ok to say 'no' to sex. Being in a healthy, happy relationship means having consensual sex. And having consensual sex means you ask, you listen, and you respect the answer.*

13. To end, ask everyone in the room to turn to the person sitting next to them. First, ask one person to say "no". Ask the other person to say "Ok, that is fine, I respect your 'no'". Swap around who says 'no' and who says 'ok' and repeat. If it does not sound loud or strong, ask them to do it again until they can say 'no' confidently and 'ok' happily.

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - Having sex with our spouse must be something that both partners want.
  - The easiest way to find out if your spouse wants to have sex is to ask them, and then respect the answer they give you.
  - If your spouse asks you for sex and you don't want to have it, you should be able to say 'no' and your spouse should respect the answer you give them.
  - Consensual sex is more intimate and enjoyable for both partners.



### Take-Home Activity and Closing (5 minutes)

1. Ask the participants to be aware of how often their partner asks if they want to do something and the response they give. This does not have to be related to sexual relations, but simply recognizing all the times in a day that we ask or are asked for our consent to something. If they feel comfortable, try extending this to sexual relations – they will not be asked to talk about this in the group next week.
2. Ask participants to also try starting a conversation about consent with a friend or family member of the same gender. As before, this does not have to be related to sexual relations – but simply about respecting the choices of those close to us when they say 'no' to something we ask of them. Talk about the importance of asking for consent ("do you want

to?"'), saying 'no', and respecting the answer. Highlight the fact that we often feel we do not have to be formal and ask for consent with people with whom we are close to, but emphasize that we need to be more careful not to take advantage of those close to us by respecting their opinions and choices, even if we disagree. Highlight the benefits of mutual consent in a relationship and how it makes couple feel closer and more intimate.

3. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting, which is a couples' session. Ask participants to encourage their friends and family to listen to the radio program and call the IVR line.

## Week 24: Bringing out the Best COUPLES WEEK

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, paper (for making boats), and pens (enough for all couples).

**Aim:** This week we focus on how the behavior of one spouse can positively or negatively affect the other. Couples will be encouraged to practice seeing each other as two parts of one whole. The discussions will focus on how we bring out the best in our partner and how, in turn, that brings out the best in us.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the importance of good communication and understanding in promoting healthy sexual relationships that are based on consent of both partners. Remind the group that consent is simply about asking, listening, and respecting the answer that is given.
2. Ask 2-3 couples to share if they discussed consent with any of their friends, family or neighbours. Use the questions below to guide you:
  - *Who did you speak to about consent?*
  - *How did you start the conversation and what information did you share?*
  - *Did the person you spoke to seem pleased that you were sharing the information?*
  - *For those of you who did not start a conversation, what stopped you?*



## **Let's Listen! (30 minutes)**

### **Radio Program Highlights**

This episode starts in Manarupa and Surya's hotel. Padam is there and he is drunk and depressed. Arjun goes over to Padam and tries to talk to him. Padam shares how he misses his wife and child and how upset he is that he has caused them so much pain. Arjun tells Padam that he can still show Tara that he is a good husband and father, but to do this he must stop drinking, start to take care of himself and the business again, and also apologize to Tara. He reminds Padam that Tara is only staying at her natal home while she heals after birth and this is his chance to get sober and prove to her that he can change.

In the next scene Shiva and Surya have met in a local tea shop. They are discussing how happy they are in their relationships and how their wives encourage and support them. Shiva shares how Sarita and him talked about how to improve their economic situation and, together, they decided to start a chicken farming business and it is going well. Surya explains, through his work at the hotel, he gets to meet a lot of couples and those who are been able to maintain a good understanding, positivity, supportive, and respect for each other.

**Vox Pop:** How do you and your spouse 'bring out the best' in each other?

**Interview:** Couples from the listener group discuss how applying some of the skills they have learned so far in the program have helped them to improve their relationship as well as the impact this has had on their lives more broadly.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 24 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *We heard that Padam is regretting his actions and feeling bad about how he hurt his wife. Do you think he truly feels that way or is it just because he has drunk too much?* (Suggested response: Alcohol can often increase the negative feelings we are already experiencing. It is likely that Padam is feeling guilty and, by drinking, he feels more depressed. This, in turn, could lead to him drinking more to try and forget how bad he feels, but instead he is likely to increase his feelings of regret, sadness, and depression.)
  - *What should be his next course of action? What advice would you give a friend in a similar situation?* (Suggested responses: go and apologize to Tara, try to address his alcohol addiction as Arjun suggested)
  - *Arjun tells Padam that he should apologize to Tara. What would be the most difficult part for Padam to go and apologize?* (Suggested responses: his ego, fear of how others might view him if he apologizes to his wife)
  - *How should he overcome that?*
  - *Shiva and Sarita seem to be doing really well and it has also encouraged them to start their business together. What do you think triggered it?* (Suggested responses: the understanding and trust that they have for each other now due to open communication)
  - *Do you agree with what you heard in the program, that a good relationship between husband and wife helps to bring out the best in each other?*
  - *Do you think it applies to us as well? How does your spouse bring out the best in you, and how do you bring out the best in your spouse?*



### **Task Time! (40 minutes)**

1. Explain to the group that today everyone is going to team up with their spouse to play 3 different games. The purpose of the games is to have some fun and also see how well they work together with their spouse.
2. Explain the first game (described in the Facilitator's Notes) and allow 5-10 minutes for each game (or until everyone completes that game) before moving on to the next. If you do not have time for all 3 games, pick 2 to play with the couples in your group. The purpose of the games is for the couples to have fun and work together, while also realizing each other's strengths. You can also make it more fun by making it competitive between the different couples.
3. Once you have completed the games you had time for, wrap up the activity.
4. Summarize by emphasizing that married couples should always take time out for fun activities and interactions, as it helps to strengthen their relationship and bring them closer. Even though life can be hectic, making time for intimate conversations and activities as a couple (other than their regular household tasks, such as participating in weekly discussions like these) can improve your relationship and bolster your family. Many times, through these activities, we get to know new things about our partner and recognize the qualities that we had never noticed before.

### **Wrap Up**



### **Wrap Up (10 minutes)**

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - We all think that we know our spouse, but we will be surprised about how much we do not know about our partner. Some of

these things can be brought up through participating in fun games and activities together.

Spending quality time with your spouse and doing things together, outside of your daily routine, helps to strengthen your marital relationship. It should not be something we avoid or feel embarrassed about doing.

- Communicating openly is one of the best ways to send a message that you care. Do not assume your spouse knows how much you love her/him or care for her/him. Use every chance you find to communicate it – through words and behavior, such as making eye contact, smiling frequently, laughing at your spouse's jokes, listening intently when your spouse speaks, and expressing love through positive body language and touch.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask the participants to take some time when they go home and do an activity as a couple (not involving children or other family members) during that week. Encourage them to think of something that is not part of their regular routine.
2. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind participants to encourage their friends and family to listen to the radio program as well as share what they have learned.



## **FACILITATOR'S NOTES: Task Time! Games**

### **Game 1 – Tied-up Challenge**

Before starting, show the group how to make a paper boat following the instructions provided on the next page. When everyone understands how to make a paper boat (and have tried it themselves), you can start the game. To begin the game, everyone should put one of their hands behind their back. This hand is not to be used at any point during the game. Explain that each couple must work together, using their one free hand each, to make the paper boat. (If making a paper boat is too difficult, you can give the couples another task, like tying their shoe laces).

### **Game 2 – Name Game**

Each couple must work together to think of a positive word to describe each other, starting with the same sound as each letter of their name. For example, if the husband's name is Bishnu then the words will need to start with B, I, S, H, N, U (for example: B = Best friend, I = Intelligent, S = Smart, H = Happy, N = Never angry, U = Understanding". Once they have completed it for one person, they will need to do the same for the other. For example, if the wife's name is Sunita the words could be S = Smiley, U = Understanding, N = Nice, I = Intelligent, T = Talks nicely, A = Adorable.

### **Game 3 – Guess What**

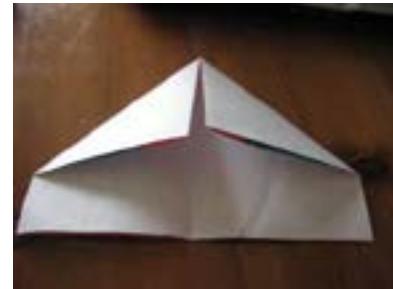
Both the husband and wife will think of something that they enjoy doing together. They must think of this on their own and not tell their spouse what they thought of. If they can write, they should write this down, otherwise they can just remember it (or draw a picture). Again, if they write or draw anything they must not show it to their spouse. Once they have thought of something they enjoy doing together, the other spouse must try to guess what it is. They can ask as many questions as they want to guess what it is, but their spouse can only answer 'Yes' or 'No' to each question. The purpose of the game is to guess what your spouse has thought of.

## How to make a paper boat: Step-by-step instructions

1. Take a paper in a rectangular shape and fold it in half.



2. With the 'open' edge at the bottom, fold the corners down to meet in the middle. 'Quarter' the sheet lightly first, so it has a crease down the middle and you will know where to fold to.



3. Fold one bottom 'lip' upwards.



4. Fold the little corners that overhang the triangles over the back.



5. Turn it over and fold the other lip upward too.



6. Open the shape up into a 'hat' and fold it down in the other direction so that the corners which were at each end are now together.



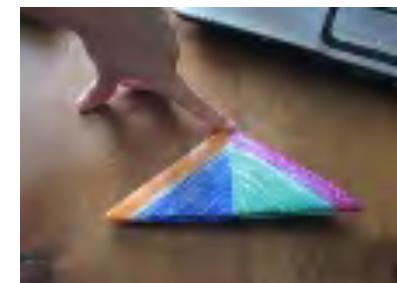
7. It will look like this.



8. Fold the corner at the bottom of the new diamond up to lie flat. Effectively, you open up the shape into a square.



9. Turn it over and do the same.



10. As before, open it up from the bottom and flatten it in the opposite direction. The two upper corners will be loose. Grasp them and pull gently apart. The boat will open up in front of you.



## Week 25: Let's Reflect

**Total Time:** 2 hours

**Materials Needed:** Radio, episode recording, flipchart paper, and thick pens.

**Aim:** This week will focus on critical reflection – why it is important and how to practice it in our own lives. To do this, the curriculum and radio program will highlight the importance of analyzing our own behaviors in a more critical way, including asking ourselves probing questions about our past and current behaviors. By learning to use critical reflection, participants will be encouraged to not only analyze the past and look at the present, but importantly to apply that learning to their future actions.



### Let's Start! (15 minutes)

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group particularly about the importance of spending quality time with our spouses and working together to bring out the best in each other.
2. Ask 2-3 couples to share if they were able to find time to do something together with their spouse through the week. Use the questions below to guide you:
  - *What did you and your spouse do together?*
  - *How easy was it to make time to spend with your spouse?*
  - *Were your family or friends surprised that you were making time to do something just you and your spouse? How did you react to that?*
  - *Do you think you can make time to do something together on a regular basis?*



## Let's Listen! (30 minutes)

### Radio Program Highlights

The episode begins with Surya's mother and father discussing finding a wife for their youngest son. Surya's mother mentions she would like her next daughter-in-law to have some of the characteristics of Manarupa. Surya's father is surprised and teases her about how much her opinion of Manarupa has changed since they have lived with her.

In the next scene, Padam is talking to Arjun. He says that he has been doing a lot of thinking about why he drinks and how his drinking has affected others in his life. Thinking this way has made him understand that he needs to start spending more time with his family and not listen to his friends who encourage him to gamble and drink. Arjun encourages him and says it is important to understand why we do something before we can change it.

In the last scene, Surya and Manarupa have taken a break from their hotel, and are going to the local town to watch a movie and spend the day together. They talk about how they have noticed changes in each other and in their family members. They reflect on the importance of always acting in a way that is best for our family and our relationships, not because of external pressures.

**Vox Pop:** Have you ever looked back at your past behaviors and tried to learn from them to change how you behave in the future? What is the benefit of realizing and learning from our mistakes?

**Interview:** Highlights the experience of a couple reflecting on past behaviors and how they recognizing those behaviors has helped them change.

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 25 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:

- *As we heard, Manarupa's mother-in-law now wants her youngest daughter-in-law to be like Manarupa. What are your thoughts regarding this? Why do you think it happened?*
- *Manarupa's mother-in-law explains that she has been thinking about how she thought and behaved in the past. Why do you think it is important to look back and question how we have done things in the past? How can this help us change how we behave in the future?* (Suggested response: By looking back and thinking about how and why we behave a certain way, we open ourselves up to change and avoid always acting the same way without knowing why).
- *Padam is also thinking about why he drinks and how his drinking affects those around him. How will understanding his drinking habit in this way help him stop?* (Suggested response: when we truly understand our behavior, why we do it, what affect it has and what might happen if we stop or carry on, it helps us understand ourselves and our actions better. Then we can make a decision to change based on facts and reason rather than emotion. When we are driven just by emotion, or we change without really knowing why, it is harder to maintain that change – as Padam found out last time).
- *Manarupa and Surya talked about not spending much time together as a couple in the past because of external pressures, customs, and out of fear of 'what others might say?'. After analyzing the situation, they decided to do more things, like spending time together, that are truly beneficial for their relationship and for their family. Do you think it is possible to do it in your context as well? How? What are the things that we can start with?*



## Task Time! (40 minutes)

1. Building on the last question in the 'Let's Talk' section, ask the group to share examples of behaviors that negatively affect either husbands, wives, or the relationships between them (this could be from personal experience or more generally).
2. As people come up with suggestions, write these down on a piece of flipchart paper so everyone can see them.
3. After a few minutes, decide as a group on 3 behaviors from your list that are the most important to focus on, either because they affect most people or they have the biggest effect on people. Explain that you are going to divide them into smaller groups and their task is to think about why people behave this way and what we can do to change it.
4. Provide them with the following questions to help them to critically reflect on these behaviors:
  - *Who usually does this behavior? What do they do? Why do they do it? When do they do it? Where do they do it?*
  - *Who does it affect? How?*
  - *Who else influences or supports / encourages this behavior? Why do others follow even if it has a negative impact on their relationship? What do they think would happen if they did not follow it? Would this happen?*
  - *What options are there for ways to encourage people not to behave in that way?*
  - *What would be the benefits of not behaving in that way? Would there be any negative impacts?*
5. Divide the group into 3 smaller groups and give each group one of the behaviors to work through.
6. Give people 10-15 minutes to discuss the questions as a group and critically reflect on their chosen behavior.
7. Bring the group back together and have each of the smaller groups share about their discussion.
8. End by asking the group: *Was useful to reflect on different behaviors in this way? Could you use this same approach to reflect on your own behaviors and attitudes?*

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - It is important to critically reflect on our own behavior and ways we can change.
  - It is also important to think critically about ways we are expected to behave, both as individuals and as a community.
  - Critical thinking and reflection allows us to look at an issue / our behavior from different perspectives and question whether we are doing something for the right reasons.
  - It is never too late to change our behaviors and if we start the change in ourselves, we can inspire change in others.



### Take-Home Activity and Closing (5 minutes)

1. Ask the participants to take some time this week to individually reflect on their own behavior towards their spouse over the last year. Using the same questions they discussed in Task Time, they should analyze their past behaviors, why they acted in a certain way, and who or what influenced them. Ask participants to try and think of situations that they would handle differently if they happened again.
2. Remind participants that this is an individual exercise and they do not have to share what they reflect on with their spouses or with the group next week. (Facilitators in the women's group: be careful to make sure that the women will not blame themselves for negative reactions of

their husbands. Often women in abusive relationships will blame themselves, when abuse is not the fault of the victim.)

3. They can, however, share with their spouses if they have decided to change a particular behavior.
4. Thank everyone for coming and participating in the meeting, remind them of the day and time of the next meeting, which is a family session, and ask them to bring one member of their family to the next meeting. Also remind the group that next week they will be provided with their community tool kits and will need to start planning their community activities.

## Week 26: Family Support

### FAMILY WEEK

**Total Time:** 2 hours

**Materials Needed:** Radio and episode recording.

**Aim:** This week will focus on building supportive family networks. Through discussion on why family support is important and how to open up about issues related to IPV with family members, the groups will begin to see and experience the connections between supportive families and healthy marital relationships. This week is also a chance for couples to show family members what they have been learning and for family members to share what they have noticed about any changes occurring within the couple and the wider family.



#### **Let's Start! (15 minutes)**

1. Welcome the group and ask if anyone wants to provide a brief reminder of what was discussed last week. If it is not covered, remind the group about the importance of reflecting back on past and current behaviors and asking ourselves critical questions about why we behave the way we do and how we might change our behavior for the better.
2. As this is a family week, instead of reflecting on last week's homework, use this time to encourage participants to share lessons learned and reflect on positive changes that everyone has noticed since the project started. Use the questions below to guide you:

Aimed at couples who are members of the group (ask 2-3 to people to share):

- *Can you share one thing you have learned from being involved in the Change project?*
- *Can you share how the Change project has affected or changed you or relationship with your spouse?*
- *Has it led to any changes with other family members in your household?*

Aimed at family members (ask 2-3 family members to share):

- *Can you share one thing that you have learned from listening to the Samajhdari radio program?*
- *Can you share any changes that you have noticed in the couples from your family who come to these meetings?*
- *Has this led to any change in your family / household as a whole?*



### **Let's Listen! (30 minutes)**

#### **Radio Program Highlights**

Padam's mother comes to the hotel to collect the milk money, as Padam is visiting Tara that day. Padam's mother and Manarupa discuss Padam and Tara, in particular how Padam behaves with Tara. Padam's mother says that she appreciates Manarupa supporting Tara when she was hurt and that she realizes she was wrong to ignore what was happening under her roof, thinking it was a private matter between husband and wife. Padam's mother also shares how Padam has asked for help to stop drinking and that she and her husband are trying to support him to do better and will support Tara when she returns to the house.

In the next scene, everyone is getting ready to go to the marriage of Manarupa's cousin. There is a lot of laughter and joking between everyone as they get ready to leave. Arjun arrives and is going to keep an eye on the hotel while they are gone. He comments on what a good mood everyone is in. Manarupa and Surya say that things have definitely improved between all the family members in the house and talk about the support they are now getting from Surya's parents. When Arjun asks what they think is behind this change, they say learning to communicate better, listening, and respecting each other's choices more, has really made a difference to maintain harmony within their family. They agree that if there is a good understanding between a couple and they are able to seek support from other family members, it is possible to overcome any issue/problem and everyone can be happy.

The last scene focuses on Sarita and Shiva. Sarita comes home with a big smile on her face as she has just come back from the doctors and found out

she is pregnant. Shiva is very happy at this news too. They reflect on how this would never have happened if they had kept their worries and concerns to themselves. Both of them talked to friends about their issues and got support and advice that helped them to come together and find a solution. They end by deciding to go and tell their family members the good news together.

Vox Pop: How do you make an effort to make your family happy?

Interview: A group conversation with an ideal family (mother and father-in-laws, son and daughter-in-law) focusing on their thoughts on what makes their family and happy/understanding family?

1. Before you play the program make sure everyone is sitting comfortably and remind them to listen quietly so that everyone can hear the program.
2. Play the radio program – Episode 26 – and listen together as a group.
3. When the program is finished, give people a 5-minute break or an energizer before starting the Let's Talk session.

-----BREAK-----



### **Let's Talk! (20 minutes)**

1. Bring everyone back to the main group. Once everyone is sitting down quietly, you can start the discussion, using the questions below to guide you:
  - *Padam's mother does not seem angry with Manarupa for getting involved in the situation between Padam and Tara. Does it surprise you that she welcomes Manarupa's support in a family issue such as this? Would you feel the same?*
  - *Sometimes in our communities, violence between a husband and wife is seen as a private matter and others do not intervene. What have you learned about this from the situation with Tara, Padam, and Manarupa? (Suggested response: violence is not just a family matter, it is the role of everyone in the community to support those we know who are experiencing violence, and to help them get to a safe place, if required).*

- *It seems that after discussing with Arjun, Padam also talked to his parents about needing to stop drinking. Do you think it was easy or difficult for Padam to ask for help? What do you think are the benefits of having these kinds of conversations with our family members? Do you think the support of his parents will help Padam to stop quit drinking and gambling?*
- *What would be the role of the family if someone comes asking for help as Padam did? (Suggested response: to listen without judgment, to let the person know that they are supported and cared for, to allow that person to talk without fear of being shamed or gossiped about).*
- *Manarupa and Surya mention to Arjun that they are grateful for the support they are now getting from Surya's parents. How do you think having supportive family members / in-laws can positively impact a relationship between a husband and wife? (Suggested response: having family members / in-laws who are supportive means less stress and external pressure on the couple, less arguments between the couple about the family, better environment in the household, less pressure / expectations on the daughter-in-law, more open and honest communications).*
- *Previously, Surya's mother has been very critical of Manarupa, what do you think helped Surya's mother to change her perspective and behavior towards her daughter-in-law? (Possible response: Manarupa and Surya's behavior and open/honest communication with their parents, not always saying 'Yes' just to please there parents for that moment, but openly sharing their own thoughts and feelings so the parents are able to understand their perspective).*
- *Have you ever thought what might encourage the parents (and other older members of the family) to listen, understand, and try to be more supportive of their children? (Suggested response: it is not all about pushing elder or more traditional relatives to change, but also accepting that change is difficult for them. The son and daughter-in-laws should appreciate the steps that their parents make to understand and support them as a couple, however small they may seem).*
- *Sartia and Shiva seemed very happy today. They are even having a child now. When we met them at first, did you ever think their relationship could progress in this (positive) manner? How do you think they were able to achieve this? (Suggested response: through opening up to friends and each other about the issues they were facing and their concerns. Their relationship is a reminder that if a couple have a problem and don't know how to handle it, they should not hesitate to turn to friends and family for help and support. Sometimes we need another outside perspective on a problem to help us see it from a new angle.)*



## **Task Time! (40 minutes)**

1. Explain that the purpose of this week's activity is for the group participants and family members to play games that help them work as a team, get to know each other in a different way, and have fun together.
2. Each 'team' should include 2 people: a group participant and their family member. They will compete against other 'teams' made up of the other group participants and their family member.

### **Game 1: Name That Tune**

For this game, one person in the team must hum a tune and the other person must guess what that tune is. They cannot sing the words of the song, but must simply hum the tune. Their partner will have to listen very carefully as all the other teams will be humming different tunes at the same time. The first team who guess each other's songs correctly wins.

1. Explain the basic idea of the game as above.
2. Ask the participants to stand/sit in their 'teams' next to their family member.
3. Decide who will hum first and who will guess.
4. Ask the person who is humming to think of a tune.
5. When everyone has thought of a tune, shout 'GO'!
6. All the 'hummers' must hum their tune and their partners must guess what the tune is.
7. When the partner has guessed the tune correctly, they will switch roles so that the guesser becomes the hummer and vice versa.
8. When both team members have guessed each other's tunes correctly, they must put their hand in the air to show the facilitator they have finished.
9. The first team to finish is the winner.

### **Game 2: Describe Your Family**

For this game, one person in the team must describe another family member without using any names or mentioning their relationship. The other person in the team has to try and guess who is being described. For example, you can say "he is tall and kind and likes to eat mango" but you cannot say "he is called Ram", "he is my/your brother", or "he is married to Kripa", etc. The team who guess each other's family member descriptions correctly wins.

1. Explain the basic idea of the game as above.
2. Ask the participants to stand in their 'teams' next to their family member.
3. Decide who will describe first and who will guess.
4. Ask the person who is describing to think of a family member.
5. When everyone has thought of a family member, shout 'GO'!
6. All the 'describers' must describe a family member and their partners must guess who they are describing.
7. When the partner has guessed correctly, they will switch roles so that the guesser becomes the describer and vice versa.
8. When both team members have guessed each other's family member descriptions correctly, they must put their hand in the air to show the facilitator they have finished.
9. The first team to finish is the winner.

### **Game 3: I am glad you are my family member because....**

This final game is a chance for participants to show appreciation for their family members.

1. Ask group participants to sit opposite their family members and look at each other.
2. When everyone is settled opposite each other, ask them to look at each other in the eyes quietly for 30 seconds.
3. When 30 seconds is up, explain to the group participants that they must keep looking into each other's eyes and take it in turn to tell each other why they are glad that they are family members. The sentence should start with "I am glad that you are my family member because...". For example: "I am glad that you are my family member because you always smile when you see me and that makes me feel happy" or "I am glad that you are my family member because you listen to me when I need someone to talk to".
4. To close, ask all participants to reflect on how it felt to tell each other how much they appreciate them and how it felt to hear that back.

## Wrap Up



### Wrap Up (10 minutes)

1. Drawing from the comments made throughout the session by the participants, summarize the key points of the day, including:
  - Family support is crucial to a couple's relationship. If both husbands and wives feel supported by their family members, they will be able to support each other better.
  - It is equally beneficial for the family members as well. If there is no conflict between the couples in the family and you are able to establish a close/supportive relationship with them, then it positively impacts on everyone else in the family, as in the case of Manarupa and Surya Singh.
  - Being a supportive family member means listening and offering support without judgment when it is asked for. It also means not taking sides and not interfering if the couple does not want to talk about their issues.
  - IPV is NOT a private matter. By treating it as something that is private between husband and wife, we are saying that we condone it and are allowing it to continue in our families.



### **Take-Home Activity and Closing (5 minutes)**

1. Ask the participants to take some time during the week to discuss with at least one neighbor or relative, who did not attend that weekly session, about the group meeting and what was discussed. Participants should try to talk especially about IPV/VAWG not being a private matter between couples and encourage others to support their daughters-in-law if they suspect they are being mistreated.
2. Thank everyone for coming and participating in the meetings and remind them of the day and time of the next meeting. Remind the family members the time of the radio program and request that they listen and call the IVR line too.

