

DISMANTLE PATRIARCHY

ONE VIDEO, ONE CONVERSATION AT A TIME



A GUIDE TO CONDUCTING
DISCUSSION CLUBS

Now that you have started producing videos on gender, it is time put your videos to use. Our campaign to Dismantle Patriarchy has three broad steps: Detect, Decode and Dismantle.

DETECT

The various trainings you have attended and videos you have made must have helped you in identifying how patriarchy works. This skill of detecting is key to understanding how patriarchy has empowered some and disempowered others. The more you make these videos the more you will be able to easily detect patriarchy in its various manifestations.

DECODE

The questions you raise through your videos, the analysis you provide in your Voice Overs are all part of decoding or critically understanding patriarchy and the various institutions it has afflicted. Further decoding will happen when you are watching these videos in your Discussion Clubs where you and your friends/community talk about issues.

DISMANTLE

To challenge a deep rooted system like patriarchy is not easy but that does not mean we don't attempt it. We are optimistic that each one of us are capable of bringing about small yet significant changes within ourselves and within our communities and make our families and society more equal and fair. We believe that acknowledging an issue, understanding it and talking about it are crucial to finding solutions and alternates. A Discussion Club will be a space for strategizing the change we want in our lives.

Why Discussion Clubs

As said earlier, no change is possible unless we recognize the problem and talk about our idea of change. Discussion Clubs will be our space to screen our videos on gender and start conversations around the problem and possible solutions or actions.

Who Will Run & Manage a Discussion Club

All CCs who are selected and trained for VV's Gender Campaign will each run a Discussion Club. A total of about 70 CCs across 16 states will each manage their own Discussion Club. This Guide will help you in every step of this.

How to Form a Discussion Club

Follow the three simple steps below to form and plan your Club

- **Select Your Group:** Each one of you are free to choose your own group.

For example, you may choose

- Only SHG women in your village
- Only married men
- Mixed group of men and women
- Only adolescent girls
- Only adolescent boys
- A mix of adolescent boys and girls
- Only college going students
- Or any other kind of group

Please choose a group that you are most comfortable to hold a discussion with. The size of the group can be between 10 and 15. If you are comfortable in handling a bigger group you can increase the size of your group. However, we don't recommend it be more than 18 or so. If the your group is very big then everyone will not get a chance to talk and share.

The group you choose should be ready to meet once in 2 or 3 months for about two hours. The group you work with will need to be the same for all Discussion Club meetings. This is important because only that way can we build critical understanding on the various aspects of patriarchy. **So, you CAN NOT have different group for each meeting.**

- **Select a Space:** It is important to choose the right kind of space to conduct the screening and discussions. All you need is a room or space big enough

to accommodate your group. You may choose to do this in your own house or office, or an NGO's office or a community hall. You must make sure that

- The space is comfortable and safe for women to talk and discuss without being bothered by anyone
 - The space is not too far for your group members
 - The space has electric plug point to charge your camera and tablet
 - It will be great if the space has a blackboard or whiteboard that will be needed for some of the exercises
 - The space is available free at or very minimal cost
 - The space for each meeting can be different as far as it is convenient to everyone in your group. So, your group members can even think of taking turns to host a Discussion Club in their houses.
- **Frequency of Meeting:** Your group will have to meet once in two or three months. Each one of you will be given a calendar for conducting the Discussion Club so that you know in which months your meetings are planned. Each meeting will be for about two hours.

Once you have chosen your group and selected a space you should communicate this plan to your State Coordinator or directly to Goa office. Your plan should have the list of names, age and address of your Club members.

What is the Budget

Each of you will be given **Rs.3000 for conducting each meeting**. Each one of you are expected to conduct 3 to 4 Discussion Club meetings in the next 17 months (upto November 2017).

We recommend that you avoid travel cost of group members by selecting people within your communities.

It is upto you how you spend this money and we have no strict rules.

If you choose to arrange for tea and refreshments for your group or buy some stationeries (like chart paper, sketch pens, white board markers etc), you will need to manage all that within this budget.

We are sure that you will not need to spend more than Rs.700 to Rs.1000 per meeting and you should be able to save about Rs.2000 which will be towards your time.

How to Conduct a Discussion

- **Selecting a Theme for Discussion:** All the gender videos are organized under various Themes and Sub-Themes. You will see that in your Gender Project Field Guide video story ideas are also organized by Themes and Sub-Themes.
 - Every two months you will receive a set of videos from Goa office on a pen drive and these videos will be organized in folders bearing names of these themes and sub-themes.
 - The folder you receive will have videos made by many CCs. These are not just your videos. This will allow you to hold a Discussion Club on a theme even if you have not made any videos on it.
 - In each Discussion Club meeting you can pick two or three sub-themes to talk about.
 - Choosing the right sub-themes for your discussion is important. You may choose according to the need and profile of your group.
- **Preparing for a Discussion:** Please do NOT conduct any meetings without preparation. You will need to carry out the following simple things to prepare
 - Watch all the videos you want to show. Each video is about 2 to 4 minutes. So, watch each one two or three times so that you know all important points to discuss
 - Read the first few pages of your Field Guide, particularly the chapter on What is Gender, What is Patriarchy etc.
 - Read the story idea section of the Theme you have chosen for Discussion
 - Read the Discussion Note for each video you plan to show. This is the most important part of preparation.
 - Transfer the videos on your tablet and make sure that they are playing fine.
 - If the space you have is too noisy you may need external speakers to amplify the sound. Cheap speakers are available for Rs.500.
 - Make sure that your camera and tablet are charged and ready for use
 - Keep chart paper, pens etc ready for the meeting
- **Discussion Notes:** These are notes that will help you conduct a discussion based on the video you show.
 - For every video made under this Gender Project, we have a Discussion Note.

- This guide has about 12 such Discussion Notes. More will be sent to you along with new videos. So, every time you receive a new video you will also get a Discussion Note along with it.
 - Discussion Note will have Theme and Sub-Theme clearly written right on top. As you receive more Notes, you can print and arrange them by Themes.
 - Each Discussion Note has description of the video, exercises you can conduct during discussion, questions you can ask your group
 - We are sure that after reading the Discussion Note you will have more or different questions to raise in your group. You are all encouraged to do so and write them down.
 - You may also create your exercises to facilitate discussion.
- **Reporting:** You are all required to send a short report on each Discussion Club meeting you conduct. You will need to include the following things in the report:
 - Your name, state, district and Date of report
 - Date of Discussion Club and venue
 - List of participants with names, address, age and signature
 - **Photos:** You camera and take photos too.
 - One photo of each participant. Please click a Close Up (Chehara Shot). However, it does not need to be formal like a 'passport photo'. Rename file with name of participant.
 - 4 or 5 photos of the Discussion Club meeting. We want to see the space and get a feeling of your Club. So, a few Long Shots and some Mid Shots and Close Ups of the group
 - **Video:** You don't have to shoot the whole meeting. We just need
 - A 20 second shot of group watching video
 - A 20 second shot of group discussing the issue
 - Some Close Ups of participants discussing/talking

Make photocopies of the reporting format given at the end of this guide, fill it up and send it along with photos and videos to your State Coordinator or to the Goa Office. It will be easiest if you write the report and organize the photos and videos on the same day and send it.

- **Payment:** Your payment will be done as soon as your report is received in the VV office. Money will be transferred to your bank account.

DISCUSSION NOTES

RESPONSE VIDEOS

About 16 CCs are selected from amongst you to film responses and feedback of participant during a Discussion Clubs. If you are not in this list of 16, please do NOT send us the Response Videos. This project is taking place in 16 states across India and we have selected one CC from each of these 16 states.

Response Video is basically short interviews of selected participants before and after the Discussion Club.

Why Response Videos: In a regular IndiaUnheard video we show the video to government officials and mobilize communities to take action so that the problem is solved. However, in the case of gender and patriarchy it will not be easy to “solve” the issue. But we can definitely capture the change in the thinking of our Discussion Club participants.

How Many Responses: Each one of the 16 CCs will video interview 3 to 4 participants before and after a Discussion Club meeting. The same 3 or 4 participants will be interviewed before and after each meeting.

Selecting Participants for Response Videos: Since you are selecting only 3 or 4 people from your group of 12 to 18, it is important that you select carefully. Keep the following things in mind while selecting:

- **Diversity of age:** If your group has all age groups you may want to select the 3 or 4 who are of different age groups.
- **Diversity of experience:** It is likely that some of the women and men in your group are exposed to the outside world and have some idea of human rights or women’s issues. While some people may have no exposure at all. Choose 3 or 4 individuals who share both such experiences.
- **Diversity of opinion:** Some people in your group may have strong opinions about patriarchy, culture and religion while others may not. Choose your 3 or 4 participants to represent all opinions
- **Diversity of voice:** Some participants may be very vocal and while some may be quiet and unsure. It is important to have responses of the quiet ones also.

- **Commitment:** Since you are required to video record responses of the same 3 or 4 people after every discussion, it is important that you choose the most committed ones.

Questions for Response Videos: Ask the following questions to all 3 or 4 people you have selected **BEFORE** beginning the first Discussion Club meeting:

- What is your name, age and what do you do?
- Why did you decide to join this group and what do you expect?
- What is the meaning of the word Patriarchy?
- How is patriarchy benefiting you?
- How is patriarchy harming you?

Ask the following questions to all 3 or 4 people you have selected **AFTER** the first Discussion Club meeting:

- What do you think of today's meeting and discussion?
- Can you tell something that you came to know of today that you had not thought of before?
- What is the meaning of the word Patriarchy?
- How is patriarchy benefiting you?
- How is patriarchy harming you?
- Do you think it is possible to dismantle patriarchy?

Besides the above questions there may be a few more questions which we need you to ask. These questions will be specific to the videos you screen in the Discussion Club.

Check the Discussion Notes to know what these questions are.

How to Shoot a Response Video: Film this is a simple sit down interview. The quality of conversation is the most important here. And to achieve that you will need to ensure that the person is very comfortable. Follow these steps:

- Mount your camera on a tripod.
- Follow the Rule of Third and compose a Close Up shot or a Mid Shot. The shot should not be wider than MS because we need a clear audio.
- Composition can be simple and make sure there are no jarring objects behind the person in the frame [like, a calendar or a slogan on a wall, or a notice board]. The background should be as 'clear' and 'plain' as possible. Even posters and charts from the Discussion Clubs should not be in the background.
- Do NOT shoot indoor unless you are sure that the light is good and there is no echo in the room.

- Once you have composed your frame, press record and then don't worry about changing the shot. You then focus on getting a good conversation going.
- Sit right behind the camera and ask your questions. Do this so that the person will seem to be talking to the camera. Do NOT sit to one side of the camera.

BRolls for Response Videos: In the earlier section on Reporting of Discussion Club, we have asked you to send us a few video clips of the meeting. And these are:

- A 20 second Long Shot of group watching video
- A 20 second Long Shot of group discussing the issue
- A close up of a participant discussing/talking

All you have to do is to make sure that the 3 or 4 people you have chosen for the Response Video are clearly seen in the above mentioned Long Shots and Close Ups.

EXERCISE #1

Theme: GENDER & WORK

Divide the group into smaller groups and ask them to imagine a day in the lives of a man and woman/wife and husband in a particular season of the year, to be decided by the group. Using the 24-hour day chart as a model, ask the group to list the tasks performed by women and men in a household over 24 hours on flipchart paper. Encourage the groups to include all activities, even those which might not be thought of as real work eg breast-feeding, sewing, community meetings, cooking, cleaning, looking after children etc.

Some points that may emerge from the exercise are:

- Women and men do very different things during the day.
- Women usually work longer hours.
- Women have more varied tasks, sometimes doing more than one thing at once.
- Work for the family is done by women.
- Men's work is usually outside the home.
- Men have more leisure time.
- Women have less sleep.
- Men are more involved in decision-making.
- In some societies, traditional roles of men and women were more balanced in terms of workload, but changes have decreased men's traditional activities and increased women's.

EXERCISE #2

Theme : PATRIARCHY AT HOME

MAN IN THE HOUSE, MALE OUTSIDE | *G HAR ME INSAN, BAHAR MARD*

Make two (or more) groups with men in one group and women in the other. Make sure that each group has a few married people and people who have kids. Each group should work in different spaces so that they don't hear each other. Group sits in a circle and person A asks question #1 to person B and films the response. Person B responds and asks person C question #2 and films and passes on the camera to person C who then asks question #3 to person D and so on and so forth.

Questions for male group:

- When you first learnt that your wife was pregnant, what were your feelings and who all did you share that news with?
- What were you doing when your child was being born?
- Why are men generally not allowed to be with their wives while their child is being born?
- Have you felt jealous seeing your wife nurse your baby?
- Did or do you ever clean up your baby?
- What would your father say if he came to know that you clean up your baby?

Questions for female group:

- When you first learnt that you were pregnant, what were your feelings and who all did you share that news with?
- Who was with you when your child was being born?
- Why are men generally not allowed to be with their wives while their child is being born?
- Have you ever asked your husband to clean up the baby? And what was his response?
- Why are husbands so shy to talk about pregnancy or child care?

Bring the two groups back and play back the video to all. It will be interesting for each group to hear the other and discuss the different/variant responses.

EXERCISE #3

Theme: PATRIARCHY IN COMMUNITY

Samaaj/Society constructs gender roles and dictates how men and women are supposed to behave and respond to situations. A quick read through the following exercise will help you understand how gender stereotypes are propagated in society/*samaaj*

Draw two boxes on a white board: "Act Like a Man" box and "Act Like a Woman" box.

Divide participants into two groups. One group of women, and the other of men. You will need two facilitators. Ask the men: Has anyone has ever told you to “act like a man”? Think of the situations or reasons when this was told to you. Write down what it means to “act like a man”.

Ask the women: Has anyone has ever told you to “act like a woman”? Think of the situations or reasons when this was told to you. Write down it means to “act like a woman”.

Participants can be invited to come to the board and fill in the boxes or you can do it as a brainstorm. Remember that this exercise seeks to look at stereotypes, not at individual behavior.

EXERCISE #4

Theme: PATRIARCHY IN COMMUNITY

Divide your group into two: Men and Women. If your group is all women you can ask one group to roleplay as men and other groups to roleplay as women.

Ask each group the following questions and ask *them* to write answers on smalls chits of paper or post-its. Encourage single word answers (like “aggressive”, “submissive”, “stronger” etc)

Q1: How are men different from women?

Q2: What feelings are men NOT supposed to have?

Q3: How do men express their feelings or emotions?

Q4: How are women different from men?

Q5: What feelings are women NOT to have?

Q6: How do women express their feelings or emotions?

Collate the answers from both groups on all questions and compare what men have to say about women and what women have to say about men. Discuss the common and variants.

EXERCISE #5

Theme: PATRIARCHY IN CULTURE

SYMBOLS OF MARRIAGE

Ask the participants to list the culturally sanctioned practices that men and women have to follow day to day in their community? You could give them examples of ghunghat, moving homes after getting married, changing their surname etc. Based on their responses ask questions on:

- A. Are women bound by these practices mainly?
- B. Whether this makes their life difficult?
- C. Is this acceptable to them?
- D. Have they ever questioned not “Unfollowing” these practices?
- E. What role do men play in this thought process?

EXERCISE #6

Theme: PATRIARCHY IN CULTURE| SANSKRITI ME PITRUSATTA

CONSTRUCTION OF BEAUTY

Ask the group you are working with to imagine that they are making a film and need to pick a cast for it. Ask them:

- Who would be the female actor of your choice? Or, what would your ideal female actor look like?
- Who would be the female villain of your choice? Or, what would the female villain in your film look like?
- Who would be the hero of your choice? Or, what would the hero look like?

As a part of your exercise, you can also ask people what an ideal bride looks like.

ADDITIONAL EXERCISE : MATRIMONIAL ADS

Ask the group you are working with to write down a matrimonial ad for an ideal match for themselves. Ask them to read it out. Have a conversation about stereotypes of beauty – fair, slim, straight hair etc.

EXERCISE #7

Theme: GENDER BASED VIOLENCE | RAPE

CAN YOU IDENTIFY VIOLATIONS IN THIS STORY?

Read out the Case Study below to the group once. Then, tell the group that you will read it out once again and that they should clap whenever they hear a violation. If you hear a clap, stop the reading and why they clapped. Once they have explained the violation they heard, you can restart the reading of the Case Study. If they have trouble articulating the violation, you may help.

CASE STUDY: 20-year old Sheela was walking back from the field at around 6 pm. Raj, a boy from the neighboring village accosted her & dragged Sheela into his car. He stopped at a secluded spot and forced her to have sex. Sheela blacked out and Raj left her there. The next day, Sheela somehow made it back to her house and recounted the horror to her parents. Accompanied by her parents, she approached the nearest police station. The police did not file an FIR. They said that the location of the crime was not in their jurisdiction.

Finally due to pressure from the community an FIR was lodged. During the recording of her testimony, the police asked her: "What were you wearing that evening? Why were you out so late? Are you sure you were not in a relationship with the boy?"

When she went to the hospital for a medical check-up, the doctor asked her to take off her panties and lie down. She then performed the two finger test on her. **Spot the violations**

VIOLATIONS IN THE CASE STUDY

- Raj had sex with Sheela against her will
- The police cannot refuse to file an FIR
- The police asked her questions that pass a judgment on the way she dresses and her character. They were insensitive.
- The doctor did not take informed consent before medical examination. She performed the banned two finger test.

EXERCISE #8

Theme: GENDER BASED VIOLENCE | MARITAL RAPE

SPOT THE VIOLATION

You can conduct this exercise by reading out the following case. Read out to the group once. Then, tell the group that you will read it out once again & they should clap wherever there is a violation. You ask the group why they clapped and ask them to explain the violation. If they have trouble articulating the violation, you may help.

CASE STUDY: Kamla and her husband, Kamal have been married for two months now. Theirs was an arranged marriage. Kamla wishes that her husband spent more time with her. However, Kamal meets his friends for drinks every day after work. One day Kamal wanted to have sex with Kamla. However, because Kamal does not spend too much time with Kamla, she feels distant and uncomfortable about engaging in sexual activity with him. This makes Kamal angry and despite her protests he does to her body whatever he wants to do anyway,

Violation in the above case: Every individual whether a man or a woman has the right to make decisions about her body. So every individual does have the right to say no to sex.

EXERCISE #9

Theme: GENDER BASED VIOLENCE | DOMESTIC VIOLENCE

WHAT DOMESTIC VIOLENCE IS?

You can conduct this exercise by reading out the following case. Read out to the group once. Then, tell the group that you will read it out once again & they should clap wherever there is a violation. You ask the group why they clapped and ask them to explain the violation. If they have trouble articulating the violation, you may help.

CASE STUDY: Every night, for the last one year that she's been married, Neena gets a brutal beating from her husband-. Sometimes for refusing to give her daily wage to her husband, for standing up for herself when her in-laws call her names and at times, for things like putting less or more salt in the food. He even burnt her with a hot iron on days and whipped her with a belt. While she did return to her parents home a few times when she couldn't bear the violence, she returned each time – sometimes on her parents' insistence to go and sort the matter with her husband and sometimes on her husband's promise that things would change. However, the violence continued.

Exercise: Ask your group to spot the violence in a domestic setting

Answers

- If the partner hits, punches, slaps, chokes or shoves you
- If the partner destroys personal property
- If the partner prevents you from seeing friends and family
- If the partner insults you in public and/or in private
- If the partner controls your finances
- If the partner shows extreme jealousy or accuses you of infidelity
- If the partner forces you to have sex against your will
- If the partner harasses you for dowry

DISCUSSION CLUB REPORTING FORMAT

CC Name _____ State _____ District _____

Subject _____ UID _____

Date of Discussion Club Meeting _____ Venue _____

Sr. No.	Name of Participant	Gender of Participant	Age of Participant	Participant's Village Name	Signature of Participant	Photo of Participant Attached [Yes or No]
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

Number of photos of the Discussion Club meeting _____

Remember we need 4 to 5 photos of each meeting. We need a few Long Shots and some Mid Shots and Close Ups of the group

Number of Video Clips of the Discussion Club meeting _____

Remember we need 1) A 20 second shot of group watching video; 2) A 20 second shot of group discussing the issue and 3) Some Close Ups of participants discussing/talking