

## Session 10: Review of the First 9 (mixed sex) Sessions



### 10.0: Introduction

**Participants** | Women and Men together

**Objective** | 1. To reflect on all single sex sessions and plan for the mixed sex sessions

**Duration** | 2 hours

**Materials** | A ball made from flipchart paper

## Activity 10.1: The Ball of Change

**Time** | 40 minutes

**Objective** | To enable participants review sessions 1-9 and share lessons learnt.

**Materials** | Flipcharts, markers, masking tape and a ball made out of flipchart paper

### STEPS

- 1 | **Provide** an overview of the session objectives.
- 2 | **Thank** participants for their participation in the first nine sessions of the PfR programme.
- 3 | Remind participants that the objective of PfR is to support parents to raise well-behaved children and be respectful/ respected parents.
- 4 | Invite participants to form a circle and ask them to discuss the questions below **(the person with the ball mentions another person's name and throws the ball to him/her to answer both questions.)** Give participants enough time to share.

#### **Discussion questions**

- a) Which sessions/activities did you find most useful/interesting
- b) What sessions did you find unhelpful/least useful?

#### **Close the activity by:**

1. *Reminding the participants about the objectives of the Parenting for Respectability programme as below.*

**Activity 10.2: Rationale for mixed groups****Time** | 30 minutes**Objective** | To discuss the reasons for mixing men and women in one group for the next part of the programme.**Materials** | Flipchart ,markers, masking tape, and a doll**STEPS****1** | **Provide** an overview of the session objective.**2** | **Clarify the objective of the activity.**

**a) Explain to participants** that the next five sessions will enable mothers and fathers to discuss tasks that are shared and problems that may arise from differences of opinion.

**b) Explain to participants** that it would be very important to share their honest opinions on how best to run the next sessions in order to improve understanding about parenting.

**3** | Ask three people to volunteer to perform a role play (**explain the role play below to the volunteers**)**Role Play**

The mother/ wife is bathing a child. The father returns home and asks to be served tea. Positively, the mother explains that she is still busy bathing the child, and that the other children were waiting to be bathed, as well. She asks the husband to come and bathe the children as she goes to prepare tea for him. The father agrees and takes over this responsibility. A few minutes later, the tea is ready. A neighbour passes by and gets impressed that the father is bathing his child as the wife is serving tea. He wonders how they were able to share the roles easily. The couple tell him that this is what they had benefitted by attending together the parenting sessions in the Parenting for Respectability programme.

I) Ask participants to make 2 or 3 groups and discuss the questions below. (**Let each group write 3 to 5 important issues that they want to share with the rest**).

- a) Why is it important for men and women to come together to discuss parenting and spousal relationships?.
- b) How can both men and women be helped to participate in a parenting session alongside each other.

II) Let groups return to the plenary and share their views. Discuss main suggestions to help manage the challenging issues between the sexes.

**Close the activity by:**

1. *Highlighting the important points raised by the participants, encouraging them to make use of the mixed groups.*

### **Activity 10.3: Formation of members for mixed groups 'A' & 'B'**

**Time** | 30 Minutes

**Materials** | flipcharts/markers

#### **STEPS**

- 1** | **Provide** an overview of the session objective.
- 2** | Explain that we shall, start by allocating the existing couples between group 'A' and 'B'. Each couple is asked to pick at random a folded paper bearing the name of the group they will belong.
- 3** | Next are the in-laws who should go in different groups since, culturally, they cannot mix with their sons/daughters in-laws.
- 4** | This will now be followed by allocating the remaining women, one-by-one. Each woman will at random pick a folded paper bearing the name of the group they will belong to.
- 5** | The remaining men will also be allocated to the groups, one-by-one. Each man will pick at random, a folded paper bearing the name of the group they will belong.
- 6** | Thank the participants for forming new mixed groups.

## Activity 10.4: Our rules and roles

**Time** | 20 minutes

**Materials** | Flipchart and markers

**STEPS**

**1** | **Provide** an overview of the session objective.

**2** | Remind participants about the views they shared in Activity 10:2

**3** | Let participants discuss the following questions in plenary to enable them discuss what will make the learning experience enjoyable.

### Discussion questions

- a) What do you think the facilitator should do to enable you learn well?
- b) What can participants do to help the facilitator stick to her/his roles?  
The facilitator may add any of the following rules if they have been left out by the groups:
  - ⊙ Turning off cell phones
  - ⊙ Respecting time-start on time, end on time
  - ⊙ Being respectful of other participants and the facilitators
  - ⊙ Speaking loud enough for all to hear/ audability.
  - ⊙ Talking one at a time.
  - ⊙ Maintaining confidentiality.
  - ⊙ Active participation from everyone.

### Close the activity by highlighting the following:

1. *Tell the participants that for the programme to run smoothly they should fulfil the following roles/expectations:*
  - ⊙ *Attend all the sessions.*
  - ⊙ *Encourage others to attend regularly.*
  - ⊙ *Encourage their spouse to attend the programme.*
2. *The facilitator will continue to learn from the participants.*
3. *The facilitator will continue to guide the group process of learning. His/ her role is to stimulate the participants as they learn and re-learn new experiences regarding parenting.*
  - ⊙ *in their families*
  - ⊙ *Invite one volunteer to close the meeting*
4. *Thank participants for their dedication to the programme and to seeing that their relationships improve and violence is reduced.*