

Bravegirl Diary



This totally
wonderful book
is all about
me & my BRAVERY



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wonderful book
is all about
ME & my BRAVERY

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**BRAVE
MEN
CAMPAIGN**

Bravegirl Diary

(A Book about My Bravery)



Organized By



National Human Rights Commission, Bangladesh

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SWEDEN

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Who Am I?

My Full Name :

My Nick Name:

My Address :

My Birth Day:

The Place where I was Born:

My Hobbies :

My Favorite things :

What I want to be:

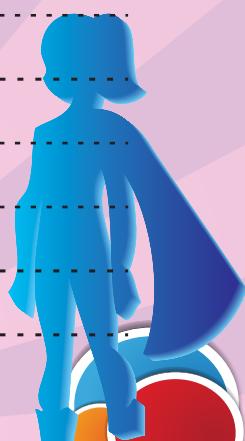
Something that makes me happy:

Staffs that I don't Like:

What I love best about myself:

My secret talent:

My achievements:



The best thing about my family :

.....

.....

.....

My favorite family memory :

.....

.....

.....

What are the most important works in your family?

.....

.....

.....

Who does what?

.....

.....

.....

Who is the most important person in your family? Why do you think so?

.....

.....

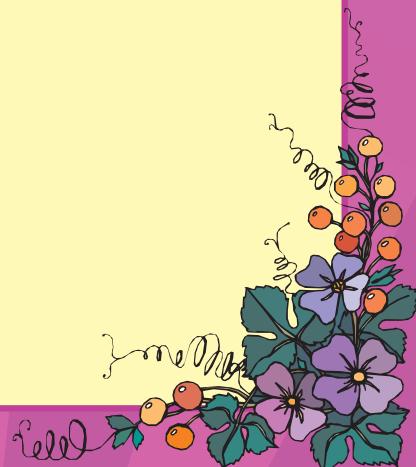
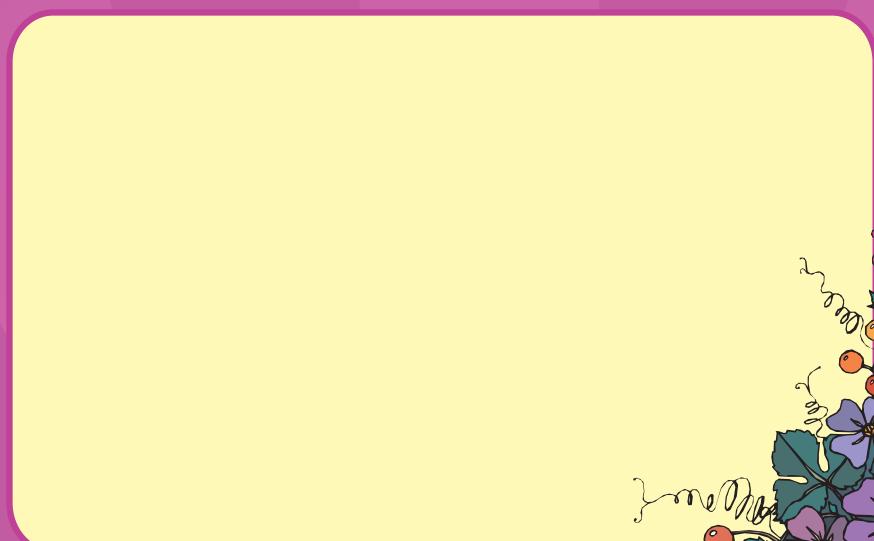
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Me and My Family

Have fun writing about your family in this section.

Stick a Picture of you and your family
in the frame below



Draw a picture of the
favorite person of your
family on the right





Part One

Gaining Confidence

Journal 1

Date:

Day:



According to you, a confident person does what?

1

Faces any kind of situation with bravery

3

5

Helps the family in times of need

7

2

6

Has complete faith in their work

8

Becomes established in society after achieving educational goals



What kind of self-confident qualities do you have?

1)

2)

3)

4)

5)





Who do you think is the most confident person in your family? Why?



Which qualities do you think really helps people become self-confident? (put tick marks)

1 Education

3 Good looks

5 Work and/or economic independence

7 Providing opinions on important decisions or family matters

2 Family support

4 The freedom to move around

6 Receiving support from friends

8 others



Journal 2

Date:

Day:



Do you think that one must be confident to be successful?



In general, who do you think has more self-confidence, a boy or a girl?



Who do you think is more self-confident, your dad or your mom?



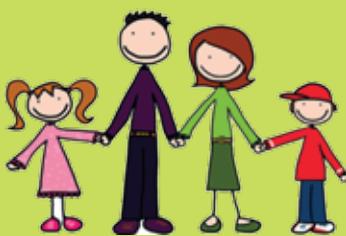
What qualities do you think makes him or her more self-confident?



Do you have any of those qualities?



What are some of the times when you have shown self-confidence?



Date:
Day:

Journal 3



Believing in yourself and having self-confidence can change the life story of any human being, especially a girl. Let's read a story of a self-confident woman:

Begum Rokeya Sakhawat Hossain was a profound author and social reformer in the 19th century. She is also seen as a pioneer of the women's movement in Bangladesh. She was born in 1880 into an elite Muslim family in the Payraband village of Rangpur. At that time, society was so conservative that girls had no chance to get a formal education; Muslim girls could only be educated in religion. Women were also socially imprisoned by practices like child marriage, religious superstitions and strict veiling norms. But Rokeya was an exception: she was highly confident and brave and had an undying thirst for knowledge. She was eager to learn. She was not at all satisfied by only learning religious texts so she started practicing English and Bengali by listening to her brothers while they read and studied. Her elder brother Ibrahim Saber started educating her in English and Bengali after seeing her eagerness to learn.

In the year of 1896, Begum Rokeya got married to the Magistrate Syed Sakhawat Hossain at Vagolpur. In these days, after marriage, women had to end their education. But Begum Rokeya did not let that happen. Rather, she started reading and writing literature with more interest than before. By this time, Begum Rokeya's eagerness to read, write and learn inspired her husband to support her in achieving her dreams of becoming a writer. Through her stories, Begum Rokeya shows the importance of educating girls as well as the importance of equality between men and women.

Rokeya's husband Sakhawat Hossain died in 1909. There were a lot of social barriers and obstacles for a widowed and lone woman at that time, but they could not stop her from chasing her goals. Begum Rokeya strongly believed that education would set women free. With that belief, in 1909 she established "Sakhawat Memorial Girls School", which was reestablished in Kolkata at 1911. Establishing this school was a tremendous and revolutionary step for the education of Muslim Girls. However she later faced a lot of obstacles in Indian sub-continent by the school management: girls were not allowed to come to school because of strict veiling norms. So, to overcome this obstacle she arranged for a vehicle to take the girls to and from school that was draped with a black veil. There were also a lot of financial problems and other types of social barriers getting in the way of her goals, but still, Begum Rokeya successfully managed to overcome these obstacles because she had courage, patience and confidence in herself. The brave steps of this great woman actually created the foundation for women in Bangladesh today where the rate of girl's education is accelerating. Begum Rokeya died in 9th December of 1932.





After reading this story, do you think Begum Rokeya was a self-confident woman? What are the characteristics that show her self-confidence? Do any of them match with your own characteristics?



Journal 4

Date:

Day:



Talk to friends and neighbours about the concept of confidence. Please write down their work or qualities that you think best reflect self-confidence.

Name	Activities representing self-confidence



Tell us a story from the table above where you think you have found the best representation of self-confidence.

.....
.....
.....

Group Activity 1

Date:

Day:



Talk to your friends about your understanding of self-confidence. Write down their comments in the following table:

Name of Friend	Comment of Friend



Social Activity 1

Date:

Day:



Arrange a social awareness activity with the help of your friends about a self-confident woman familiar or known to you (for example: you may have read about her in a book or she may be a woman who lives in your area). If it is possible, paste a picture of the activity in the box given below.



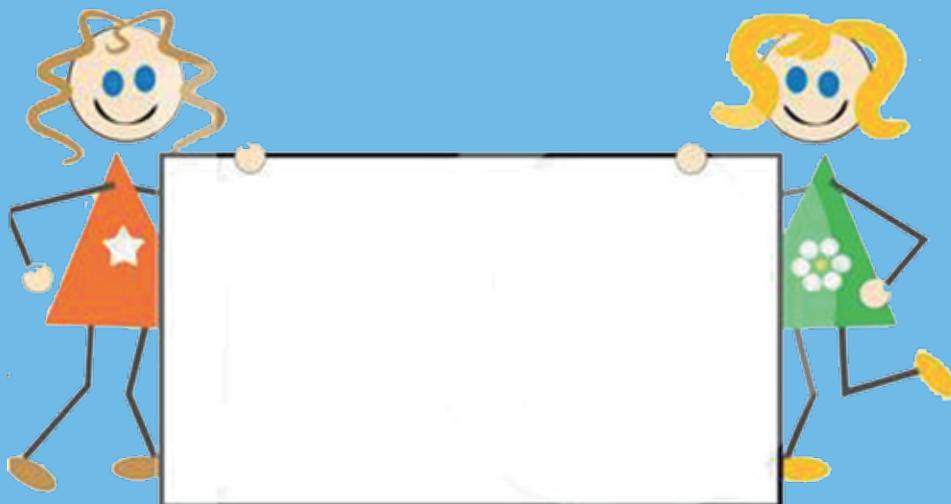
Special Activity 1



A session of the BraveMen campaign will take place in your school depending on the activities that took place up until now. You might win a special prize!



Please put the sticker here which you have got as a prize for your activities in BraveMen campaign



Best of luck!!!!





Part Two

Our Rights

Journal 1

Date:

Day:



What do you understand by “rights”?



Which rights are necessary to live a happy and healthy life?

- 1)
- 2)
- 3)
- 4)



Do you think that boys and girls enjoy the same rights in our society?

- 1)
- 2)



Can you locate some differences in the rights enjoyed by boys and girls?

.....
.....



What might be the reasons behind the differences in rights enjoyed by boys and girls?

.....
.....



Journal 2

Date:

Day:



Write down your views regarding rights that exist in these relationships:

Relationship	Equal	Could be equal sometimes	Could never be equal
Mother/Father			
Brother/Sister			
Husband/wife			
Boyfriend/Girlfriend			
Male Teacher/Female Teacher			
Male Worker/Female Worker			



Do you think boys and girls should have and enjoy the same rights?

.....

.....





What do you think about the practices or acts shown in the pictures below?

Activity	Will you accept it?	Will you protest against it?	Will you encourage it?
Treating class-mates equally regardless of their gender			
Not allowing women to work outside the home			
Not giving equal treatment or recognition to girl children			
Making everyone aware about gender based violence against women and girls			
Disturbing girls through phones or making/ watching indecent videos about them			
Physically assaulting domestic workers			
The male members of your family helping in household chores			



Journal 3

Date:

Day:



In which areas do you think women get equal treatment?

Area	Always	Sometimes	Never
Education			
Personal decision making			
Family decision making			
Making and spending money			
Marriage			



Which is the best medium for ensuring women's rights?

- a. Awareness raising campaigns
- b. Social activities
- c. Television and print media
- d. Formulation of laws
- e. Other



What will you do if someone around you abuses or tries to violate women's rights?

- a. Interfere to try to stop it
- b. Do nothing
- c. Ignore it
- d. Try to get help from others
- e. Other

Journal 4

Date:

Day:



The birth of a girl is many times still identified as a curse in our society. Girls are discriminated against from the beginning of their lives. Let's read a story about this:

Rahim Mia is a poor farmer of Gurudashpur, Shirajgonj District and he has four daughters. Due to money problems, he said he is not able to provide his daughters with an education. Instead he will send them to different houses to work as maids. The name of his oldest daughter is Renu. He wants to send Renu to a house in Dhaka to serve as a maid there. But Renu has an extreme urge to read and learn. She is not at all ready to accept that she will not get an education.. Renu asked her mother and other neighbours, to help convince her father to let her go to school. But they were not convinced by her words. They told her that her father would not listen; that he will send her to work as a maid in order to benefit the family. When nothing else seemed to work, Renu decided that she herself would try to convince her father about the importance and necessity of her education. She said: "father, please trust me and I will return this trust with benefits". After that, Rahim Mia allowed Renu to continue her education rather than sending her to work as a maid. Renu is now serving as a teacher in a primary school while continuing her education. She had very good results in the SSC and HSC examinations. Renu has inspired her other sisters to continue their studies as well, and is able to bear some of the cost.



What should girls do to claim their rights in the face of difficult situations like Renu's?



Group Activity 2

Date:

Day:



What are the main reasons behind the deprivation of women's rights that almost every woman faces throughout her lifetime? What roles do you think different people can play, regardless of their gender, to ensure a positive change?

For example, parents can ensure equal opportunities for their children in the home and community.

a.

b.

c.



Talk to your friends about these issues and write down their comments in the following table.

Name of Friend	Comment of Friend



Social Activity 2

Date:

Day:



Arrange a social awareness activity on how girls can play individual or collective roles to get and protect their rights within the family and in society. If it's possible, paste a photo of that activity in the box given below.



Special Activity 2

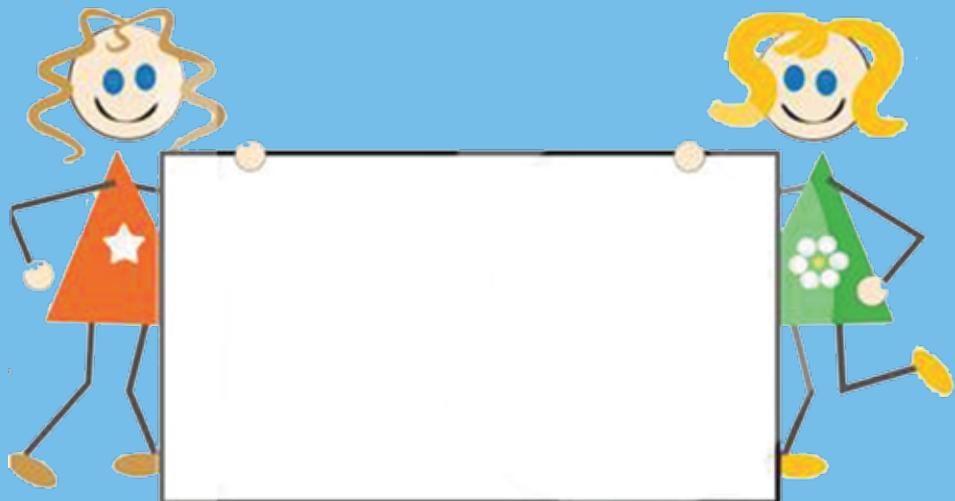
Date:

Day:

 A session on BraveMen campaign will take place in your school about the activities that have taken place until now. You can win a special prize!

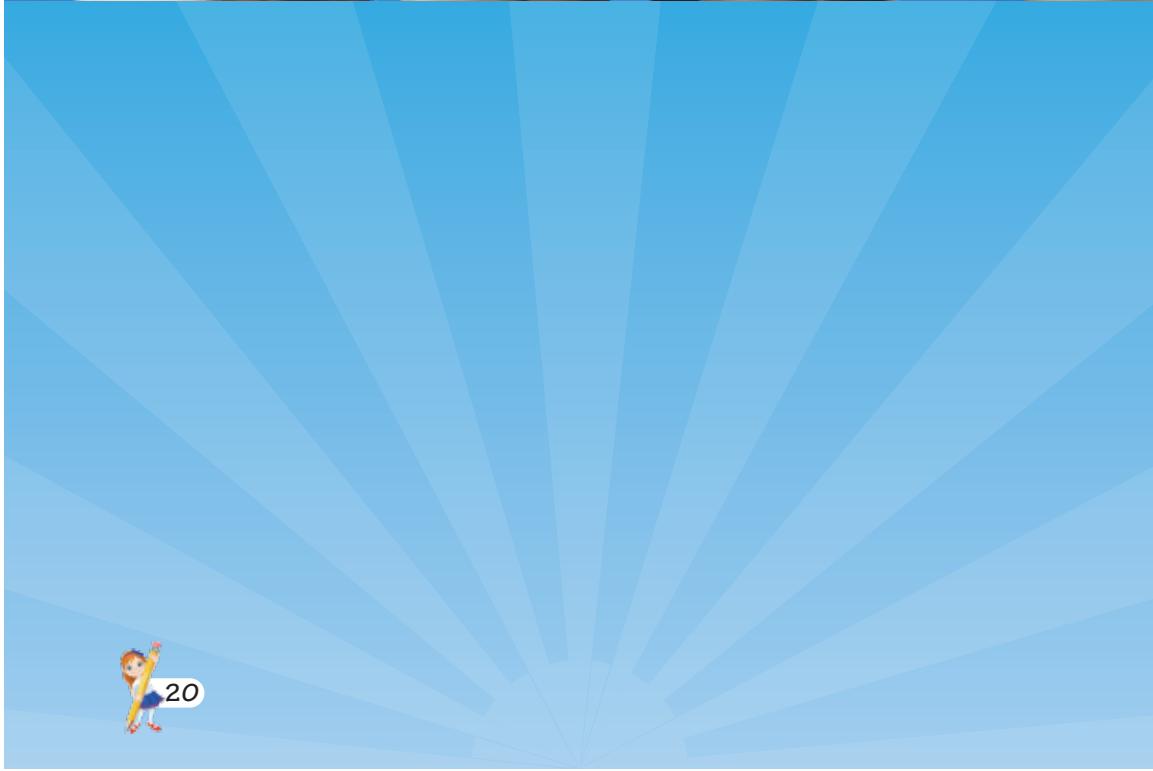


Please put the sticker here which you have got as a prize from BraveMen campaign.



Best of luck!!!!







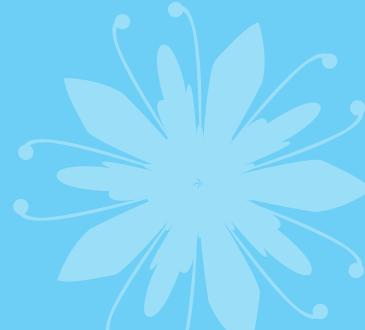
Part Three

Breaking the Silence and Moving Forward

Journal 1

Date:

Day:



 Do you think there are differences regarding the everyday life experiences of boys and girls? What are some of the differences you have noticed between a boy and yourself?

For example, unlike a boy, you may not be allowed to play in the field or go out when you want to.

1)

4)

2)

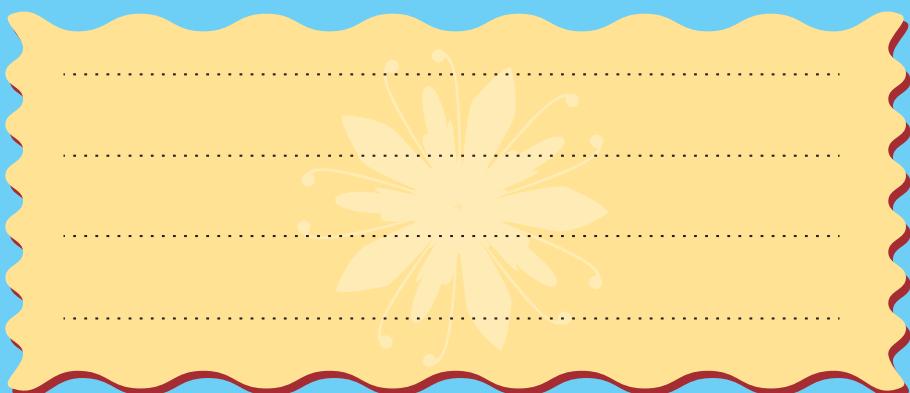
5)

3)

6)



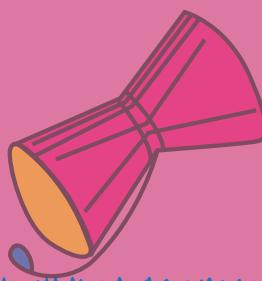
Do you think a boy your age gets the same opportunities that you do? How and why?



Journal 2

Date:

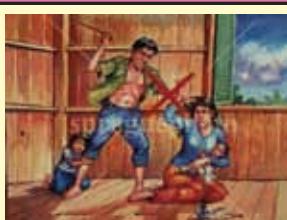
Day:



Have you ever faced any of the situations given below? If so, fill up the box.



Prohibited from playing in mixed groups



Indecent behavior from family members, family friends or neighbours



Indecent comments made about you on social media



Not getting proper opportunities to study



Eve teasing



Not being able to participate in extracurricular activities because you are a girl



Provided with less food than boys at meals



Your opinions ignored just because you are a girl



Prohibited from participating in different activities or cultural events



Has any girl you know ever faced any such situation?

(Large yellow wavy-lined box for writing)



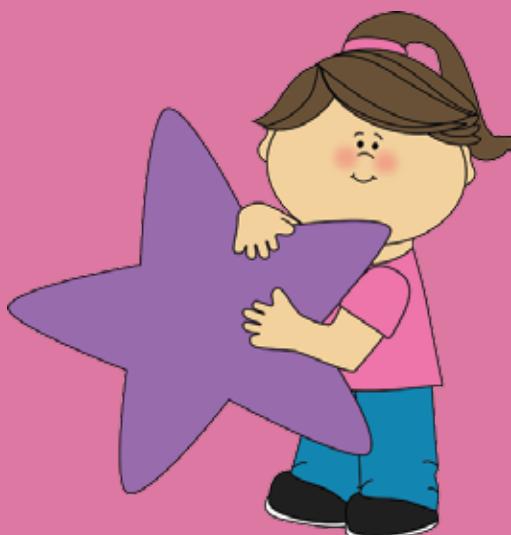
What do you think should be done in these types of situations?

(Large yellow wavy-lined box for writing)



Why?

(Large yellow wavy-lined box for writing)



Journal 3

Date:

Day:



Picture: a boy is protesting eve teasing



What kinds of things does a girl face when she is being eve teased?

.....



What should a girl do in this type of situation?

.....



In these types of situations, what can we do to inspire people (both boys and girls) to protest against eve teasing?

.....

.....

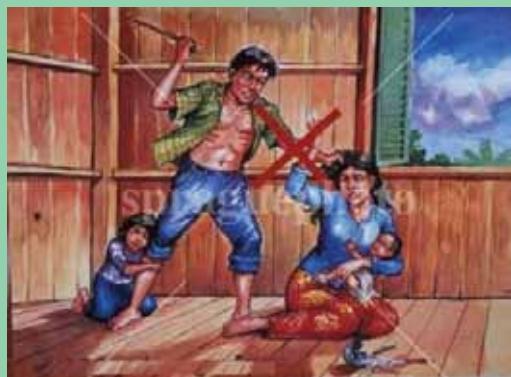
.....



Journal 4

Date:

Day:



Picture: a man is beating his wife



Do you think that what the man is doing in this picture is right?
How would you evaluate the work that the man is doing in the above picture?



What role should male family members play in this regard?



What role should female family members play in this regard?

Journal 5

Date:

Day:



**Courage and support can change the life of human beings.
Let's read a story of this happening:**

Shumi and Rina are best friends. They have been best friends for almost three years. Shumi's father is a high ranked government official. That is why they often move to various places. Still, Rina is Shumi's best friend. Rina is continuing her education despite the financial problems in her family. She dreams of becoming successful in her life. Both Rina and Shumi are working hard to fulfill their dreams. Both of them will take the SSC examination this year. They are going through a very busy time preparing for the examination. During this period, Shumi's relatives came to visit their house from America. She developed a very good relation with these relatives who stayed at Shumi's house. In fact, her relative made the proposal that Shumi marry his eldest son. At first, Shumi's parents rejected the proposal, but they later agreed since the boy was highly qualified. Shumi was so surprised with her parents since she knew that the minimum age for marriage for girls is 18 and she is only 16. She could not understand why her parents agreed to this proposal, especially since they are educated. Shumi was very upset. She was so upset that it really affected her studying. Shumi broke down mentally, but, she could not gather the courage to say anything against her parent's decision. In the meantime, Shumi's father stopped her tutoring lessons for the SSC. Her absence prompted Rina to come to her house to find out what is going on. Shumi described her situation to Rina. At first Rina tried to convince Shumi's parents to stop the marriage, but Shumi's parents were not convinced. Rather, they told Rina to convince Shumi to take this matter positively and agree to the proposal.



Rina wanted to help her friend so badly, but was at a loss for how to rescue Shumi from this situation. At last she thought to seek help from the headmaster of her school, Ashraf Ali. She approached and described the situation to the headmaster. Afterwards, Ashraf Ali discussed the situation with other teachers at the school and decided to go to Shumi's home. After talking with the parents, Ashraf Ali was able to convince Shumi's parents to stop the marriage. Now Shumi is studying in a government university. She is on the way to fulfilling her dream...



Please write down what do you think about the characters in the story

a. Rina

.....
.....
.....



b. Sumi

.....
.....
.....



c. Ashraf Ali

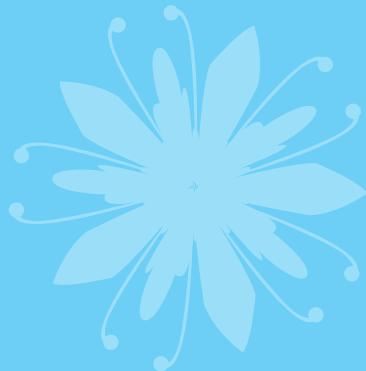
.....
.....
.....



Journal 6

Date:

Day:



What kind of negative experiences do you think girls face or can face within their family, community and society?

1)

2)

3)



What can a girl do to prevent or stop them from happening?



Group Activity 3

Date:

Day:



Discuss with your friends about how a girl can take action and/or protest these experiences so they don't happen again. Write their comments in the following table:

Name of Friend	Comment of Friend



Social Activity 3

Date:

Day:



Arrange a social awareness activity on how girls can play individual or collective roles to realize and/or protect their rights within the family and in society. If it possible, paste a photo of that activity in the box given below.



Special Activity 3

Date:

Day:

 A session of BraveMen campaign will take place in your school depending on the activities that have taken place up until now. You can win a special prize!



Please put the sticker here which you have got as a prize from BraveMen campaign





Part Four

Positive Masculinities

Journal 1

Date:

Day:



Write down the names of the male members of your family.

1|
2|
3|
4|
5|



Among all of them, who do you like the most?

Ans.



Why do you like this person the most?

1|
2|
3|
4|
5|



Which qualities in him do you like most?

He is caring to everyone

He is really committed to his work

He always helps people in need

He is very intelligent

All of the above



Journal 2

Date:

Day:



Picture 1: The couple is cooking together



Picture 2: A woman is working hard cooking while the man is watching TV.

By looking at the pictures above, who do you think is the real man?

Ans.

Why?

Ans.

Journal 3

Date:

Day:



Picture 1: Protesting Eve teasing



Picture 2: Not protesting Eve teasing



By looking at the pictures above, who do you think is the real man?
The man protesting against eve-teasing or the man not protesting
against eve-teasing?

Why?

Ans.



Journal 4

Date:

Day:



Let's read two stories that reveal different types of attitudes of men in our society.

Story 1

Rahmat Miah lives in a village named Basail. Though he didn't mention anything about wanting a dowry before his marriage, he started to pressure his wife for it since their marriage. After his wife denied giving him any dowry, he started to insult her in front of others and as time went by, started physically abusing her as well. The degree of his abuse increased when his wife gave birth to their first child - a girl. His wife could not make him understand that there are no differences between a boy and a girl; he was very upset. Alternatively, his joy knew no bounds when his wife gave birth to their second child - a baby boy. Rahmat Miah clearly preferred his son over his daughter. He didn't want to spend a penny on his daughter's education since she will leave his house after her marriage. On the other hand he always fulfilled all of the demands his son made and didn't even punish or lecture him when he did something wrong since Rahmat Miah believed boys can push the boundaries sometimes. As a result of this tolerance and the abuse he saw his father commit against his mother, his son became reckless and started teasing girls in streets.



What do you think about Rahamat Mia from Basail after reading this story?

Ans.

.....
.....
.....



Story 2

Hasan Mia lives in the central area of Tangail. He is a businessman but he used to help his mother with household chores since his childhood. In fact, he also helps his wife with many household works- even cooking.. Unfortunately, he has to listen to a lot of taunts from friends and neighbours for helping his wife with household work. They tease and ridicule Hasan Mia by saying that he is henpecked and a "girly man".. Hasan Mia does not care about these words. Hasan Mia's wife, Khadija is a brilliant student. She is hard working and eager to study and at the same time, Hasan Mia's support and positive attitude has made it possible for her to achieve good results. Hasan Mia dreams about his wife completing her studies, getting a job and earning money like he does. According to him, the true benefit of studying comes when you can apply it in real life. Hasan Mia is the father of two children, a boy and a girl, but he never discriminates between them. In fact, he even got them admitted to the same school. According to him, discriminating between boys and girls is simply pointless. He dreams that one day his daughter will become an army officer. Hasan Mia has not only played a very influential role within the family, but he is also working to create awareness about equality and women's rights among other men in his area.



What do you think about Hasan Mia after reading this story?

Ans.



Journal 5

Date:

Day:



What can be the benefit of men coming forward to help women in their daily household work and to stop violence committed against them?

1)

2)

3)

4)

5)



Group Activity 4

Date:

Day:

 Discuss with your friends and your family about what you learned about men's role in supporting women and in protesting violence against them. Write down their comments:



Name of Friend	Comment of Friend

Social Activity 4

Date:

Day:



With the help of your friends, arrange a social activity to raise awareness on violence against women that can inspire men to take on more positive roles. Paste a photo of that event, in the box given below.



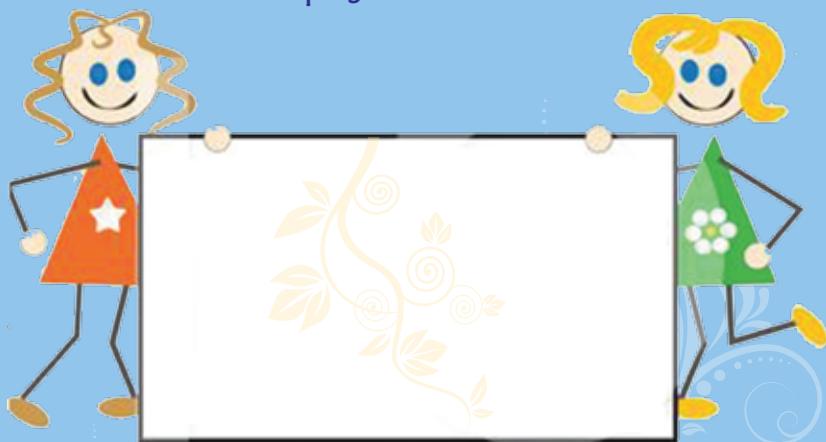
Special Activity 4

Date:

Day:

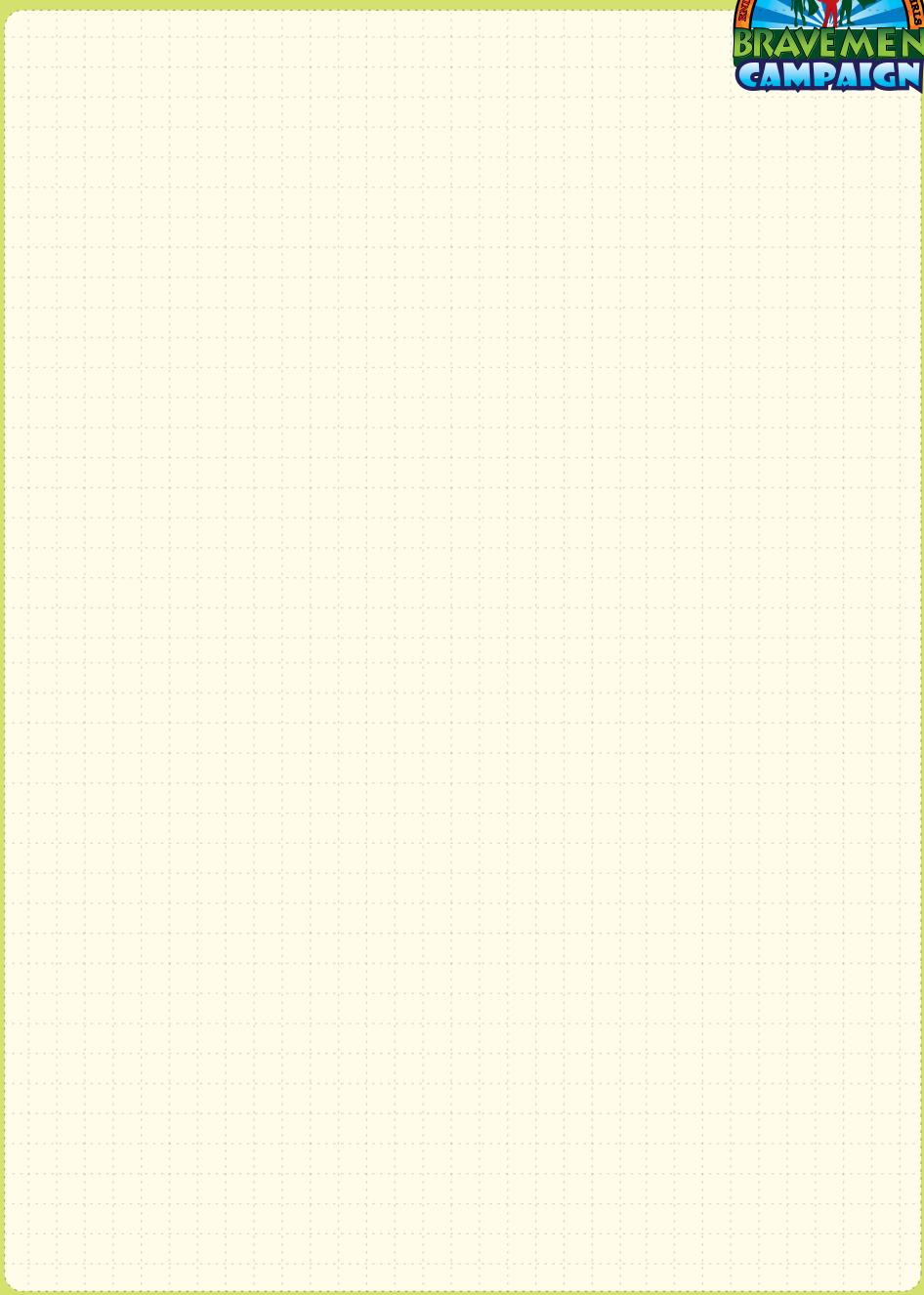
 A session of BraveMen campaign will take place in your school depending on the activities that have taken place till now. You can win a special prize!

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Best of luck!!!!





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