



Tools to Build African Australian & CaLD Men as Leaders in the Prevention of Domestic Violence Project

WORKSHOP: FROM DOMESTIC VIOLENCE TO RESPECT IN INTIMATE RELATIONSHIPS

Activity at a glance (for younger and/or older men):

This activity uses role-plays to present intimate couple-relationships showing violence and respect. The group should have received some input on the definition and nature of domestic violence before this activity. This activity seeks to encourage men to discuss the realities of domestic violence, using examples from their own setting

Purpose: To demonstrate and discuss how men use violence toward women in intimate relationships, and to envision and identify intimate couple-relationships based on respect.

Materials required: Flip-chart or white board, pens and tape. Print out copies of the two wheels in the Appendix for each participant.

Recommended time: 1.5 to 2 hours

Planning notes: This activity can use role-plays with men playing female characters. The facilitator can suggest some scenes to enhance the experience. If you are working with a male-only group, some may be reluctant to interpret a female character. Encourage the group to be flexible as they can learn more by standing in a female's shoes and imagining what the situation would feel like from her perspective.

Consider the impotence that young men may feel in responding to the violence that they see other men perpetrating. Some may be afraid to talk about domestic violence so discuss how they may feel when witnessing domestic violence. Some younger men may have had little contact or knowledge of intimate relationships which are based on mutual respect and dialogue — whether in courting/dating relationships or in adult coupled relationships.

1. Ask the participants to think about these two questions during the workshop:
 - **What is necessary to form relationships between men and women based on mutual respect?**
 - **What does a healthy, respectful intimate relationship look like from the perspective of a female?**
2. Divide the participants into smaller groups with 5 or 6 members in each group, Ask them to invent a short role-play. Allow each group 15 to 20 minutes to develop the story, roles and scenes and then ask them to present it to the group.
 - a. Ask half of the groups to present a scene depicting an intimate couple relationship—boyfriend/girlfriend, husband/wife—which shows scenes of male to female violence. Explain that the violence can be physical but remind them that there are many other forms of domestic violence. Make suggestions and ask them to try to be realistic, using examples of behaviours or incidents that they have witnessed or they have heard about in their communities.
 - b. Ask the other half of the groups to present a scene depicting an intimate couple relationship, based on mutual respect. There may be conflicts or differences of opinion, but the presentation should show respect in the relationship and should not include any form of violence.
3. Each group should have around 5 to 10 minutes to present their role-plays, with the other groups being encouraged to ask questions at the end.
4. When all the groups have had their turn, use the flip-chart or white board and make lists in response to the following questions asked of the large group:
 - What were the different forms of violence or respect demonstrated in the role-plays?
 - In the cases showing violence or abuse, what were the characteristics of the individuals (e.g. bullying, over-controlling, critical) or of the relationship itself (e.g. an imbalance of power, lack of respect)?
 - In the cases presented showing healthy relationships what were the characteristics of the individuals (e.g. polite, good listeners and problem-solvers) and the relationships (e.g. respectful, equal balance of power)?
5. Referring to the lists from the feedback, ask the large group these questions:
 - a. What characteristics make a couple relationship healthy?
 - b. What is necessary to achieve a relationship based on respect?

Facilitators' notes

Discuss the following questions:

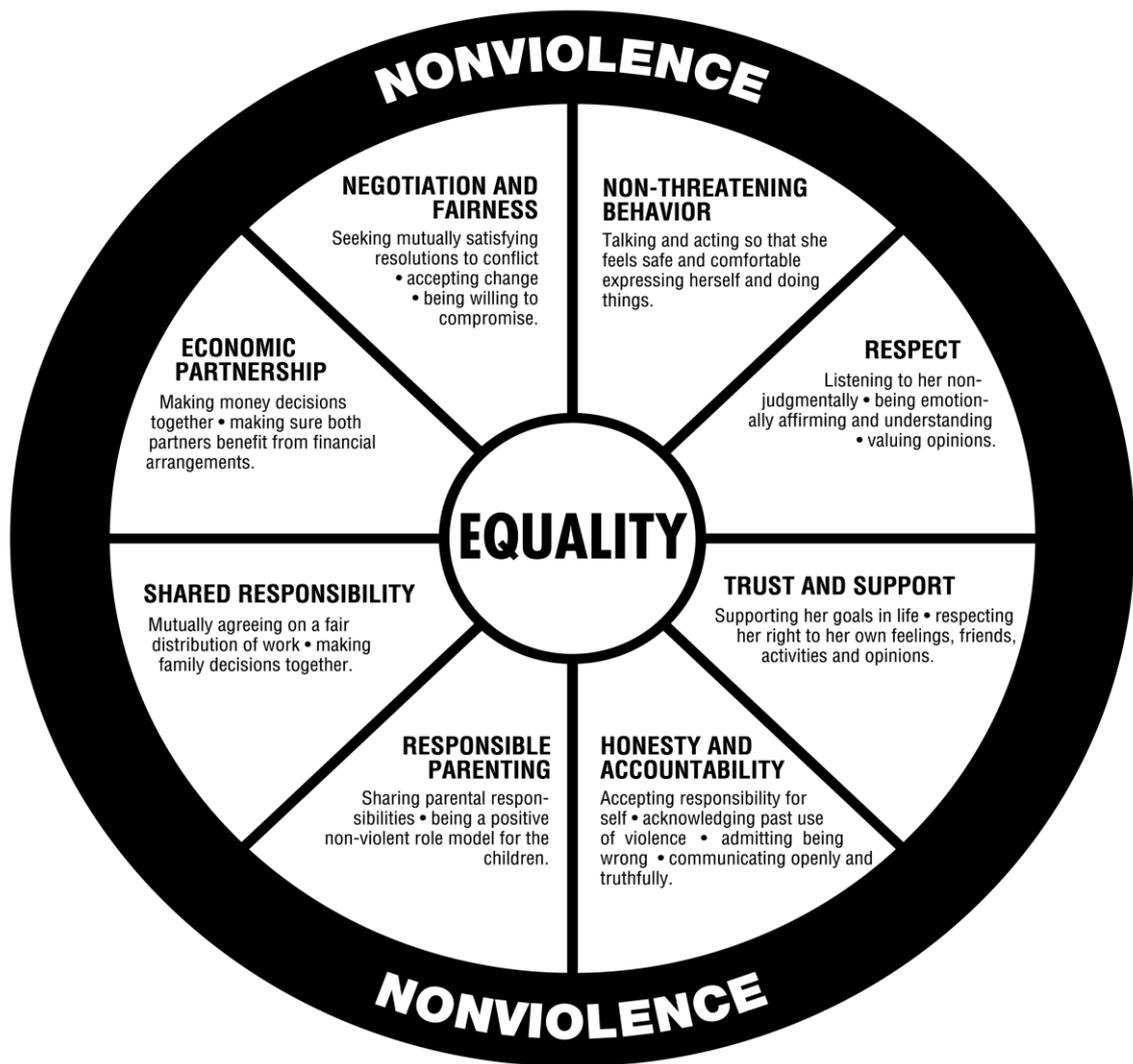
- How realistic were the examples of domestic violence used in role-plays? Do you see those attitudes and behaviours by men toward women in your daily life? What do you think are the causes of domestic violence?
- Do only men use violence against women, or are women also violent toward men? (Note the difference between oppressive and defensive behaviour).
- How realistic are the examples of healthy relationships demonstrated in the role-plays? Do you see respectful relationships like those in your daily life?
- When you see violent or abusive behaviour by males toward females, what do you normally do? What could you do that is different in the future?
- What can you do individually to construct healthy intimate partner relationships in your life, now and in the future?

APPENDIX:



DOMESTIC ABUSE INTERVENTION PROJECT

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