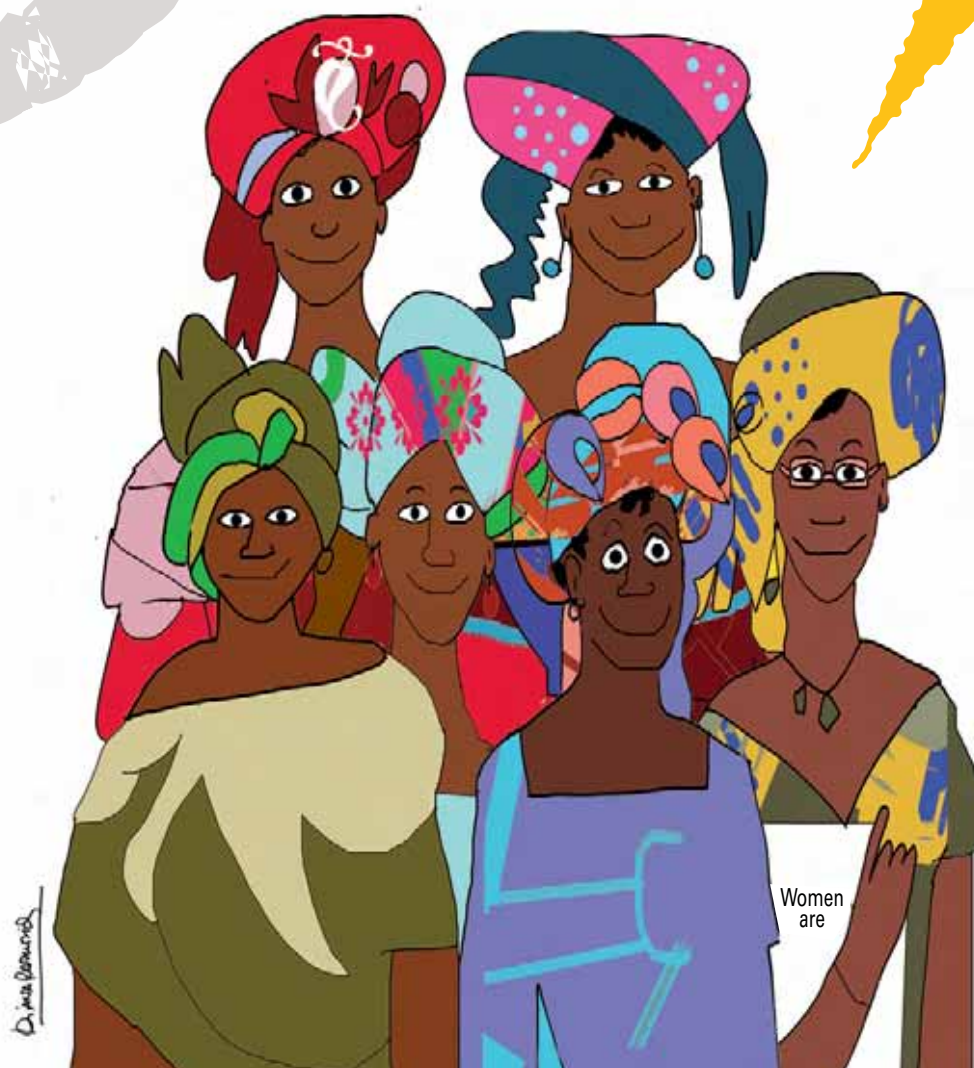


«Women are,
women are in,
and women can,
in Africa»



Resources for empowering women



«Women are,
women are in,
and women can,
in Africa»

*Resources for empowering
women*



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Content

Introduction

3

Module 1

Women's rights

5

Module 2

The education of women

23

Module 3

Women's participation in economy

39

Module 4

Women's participation in politics

59

Module 5

Sexual and reproductive rights

77

Module 6

Preventing violence against women

93

Glossary

109

INTRODUCTION



Introduction

“Women are, women are in, and women can in Africa” is a material for reflection and work aimed at women of Sub-Saharan Africa resource seeking to promote the role of women in the development of their communities, with the aim of learning about our rights, and reflecting upon what the exercise of such rights represents in our lives, and give value to the role we, as women, play in the development of our communities.

This is a support material which is intended to help us recognize our leading role as agents of progress and promote our active leadership in the dissemination and defense of human rights, through our commitment and daily activities in the Community.

This material consists of six modules which describe women’s rights and facilitate discussion on how to use them.

Module 1. Women’s rights: It provides an overview of internationally recognised women’s rights with the purpose of raising awareness on their existence and discussing the positive gains that women can achieve from exercising them.

INTRODUCTION

Module 2. The education of women: It highlights the importance of attending school for girls and women and the positive impact of education on improving their lives through greater personal autonomy in decision-making and development of community leadership skills.

Module 3. Women’s participation in economy: It addresses the importance of women’s work, acknowledging their role as agents for development, and encourages their participation in decision-making spaces.

Module 4. Political participation of women: It addresses women’s contribution to the community, acknowledging their role as agents of change, and encourages their participation and leadership in decision-making.

Module 5. Sexual and reproductive rights: It provides information on these rights and reflects on how they can improve women’s health and life, preventing sexual diseases, harassment and violence, and enabling women to make decisions regarding lifestyle choices.

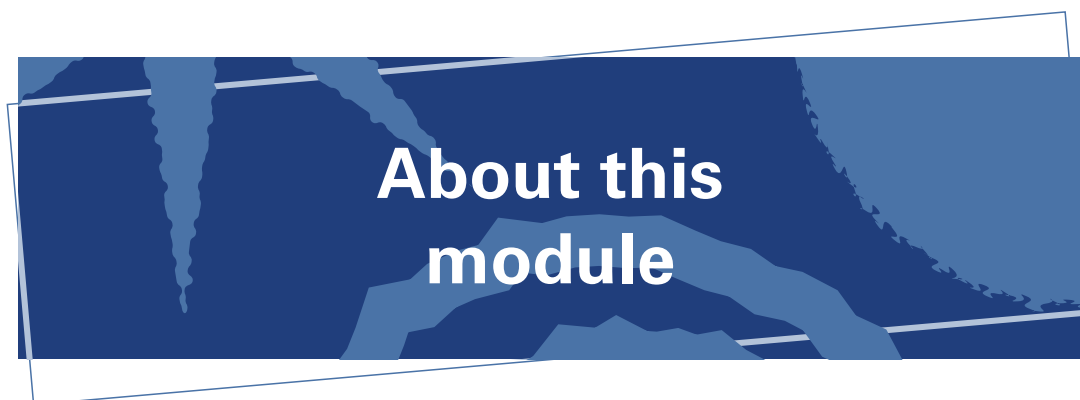
Module 6. Preventing violence against women: It examines violence against girls, young women and women and reflects on how every kind of violence is a violation of human rights. It seeks to identify different types of violence against women and facilitate its eradication through the use and protection of women’s rights, reporting of rapes and support for victims.



Module 1

WOMEN'S RIGHTS

MODULE 1
Women’s rights



Do you know your rights?

This workbook examines internationally recognised women’s rights.

Are you familiar with the *Convention on the Elimination of All Forms of Discrimination against Women?*

This international treaty on women’s rights, which entered into force on 3 September 1981, includes a programme of action for the ratifying countries that ensures the exercise of these rights.

MODULE 1

Women’s rights

Do you know which African countries have ratified this Convention?

Countries	Date of ratification	Countries	Date of ratification
Benin	1992	Madagascar	1989
Burundi	1992	Mali	1985
Cameroon	1994	Nigeria	1985
Congo	1982	Democratic	1986
Ivory Coast	1995	Republic of Congo	
Egypt	1981	Rwanda	1981
Ethiopia	1981	Senegal	1985
Gabon	1983	Sierra Leone	1988
Gambia	1993	South Africa	1995
Ghana	1986	Tanzania	1985
Guinea	1982	Tunisia	1985
Guinea-Bissau	1985	Uganda	1985
Lesotho	1995	Zambia	1985

Why this Convention?

Because «...the full and complete development of a country, the welfare of the world and the cause of peace require the maximum participation of women on equal terms with men in all fields».¹

What will you find in this module?

You will learn which are the main women’s rights recognised in the *Convention on the Elimination of All Forms of Discrimination against Women* and discuss initial thoughts on how the exercise of these rights improves women’s life.

1. Convention on the Elimination of All Forms of Discrimination against Women.

MODULE 1
Women's rights



Our rights affect all aspects of our lives. The exercise of these rights makes life easier by facilitating personal decision-making and protecting our interests.

The first step to exercising your rights is to be mindful of them. Knowing the rights we have as women will redefine the way we perceive and live our lives, and protect our own and other's interests.

The exercise of our rights makes us equal because it promotes respect for human dignity and precludes discriminations, in particular, between men and women.

One must not only know the rights, but also exercise them. The respect for rights pushes us to protect them, to change customs that constrain our development and to work for a fairer and more egalitarian society.

MODULE 1
Women's rights



If we are entitled to education,
why do we drop out of school?

If we are entitled to a job,
why can we not choose our profession?

If we have civil and economic rights,
why don't exercise them?

If we have sexual and reproductive rights,
why can we not decide about our bodies?

If we are entitled to political participation,
why do we not represent our community?

i have the right to
know my rights



if i know
my rights,
i can
demand
they be
respected



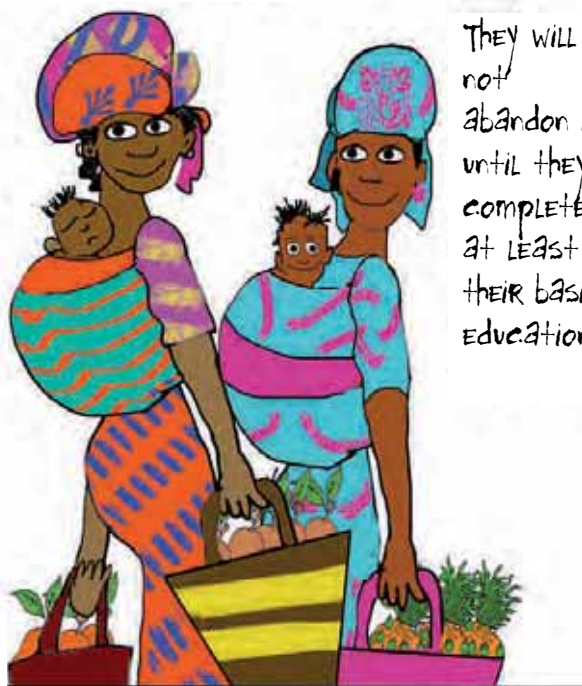
WE ARE ALL EQUAL, WE HAVE THE SAME
rights and obligations



Right to Education



OUR daughters will soon go to school



They will not abandon it until they complete at least their basic education

RIGHT TO EDUCATION AND THE COMPLETION OF BASIC EDUCATION

WE ARE UNIVERSITY students. Both of us want to be physicians



RIGHT TO UNIVERSITY EDUCATION AND PROFESSIONAL TRAINING

i completed my university studies because i wanted to be a lawyer



i, by contrast, did not complete my education, MARIE, but i would have liked to have been a teacher

RIGHT TO EDUCATIONAL CHOICE

Right to a job



GUESS what, Agnes? i
have been offered a job
in a bank



i am happy for
you. i started
a textile
co-operative
one year ago
with other
women from my
hometown

RIGHT TO A JOB

i work at a co-operative.
i am the production quality
control manager



i chose this
career because
i like it, and
i found the job
i wanted



RIGHT TO CHOOSE A CAREER AND A JOB

WE ARE VERY happy. WE WERE
successful in being hired
to work at the hospital



THERE WERE
many
candidates
for the
position, but
WE WERE the
best qualified

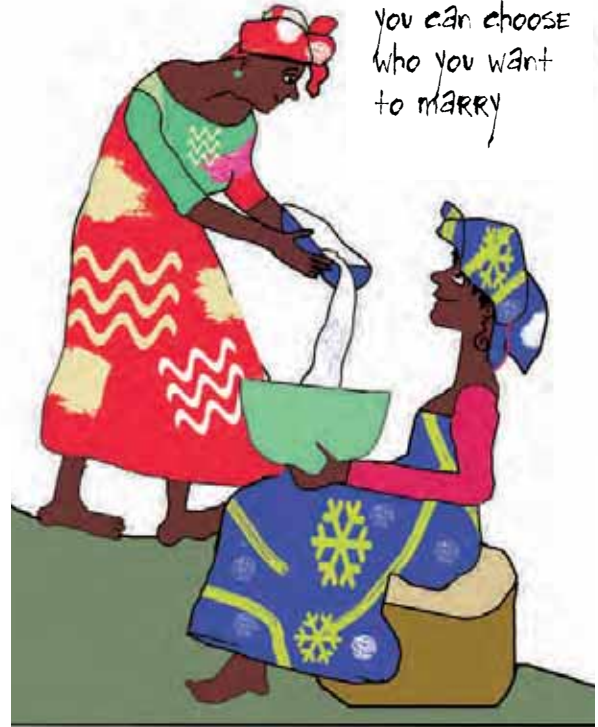
RIGHT TO EQUAL EMPLOYMENT OPPORTUNITIES

WE WORK at a company and
WE RECEIVE the same wages as
OUR male co-workers



RIGHT TO EQUAL PAY

Other civil and economic rights



Theresa Marie,
you can choose
who you want
to marry

RIGHT TO DECIDE FREELY WHOM TO MARRY



i have sold my grandmother's house
He has no say in it.
i owned the
property

What did you
husband say?



RIGHT TO DISPOSE OF ONE'S OWN ASSETS

My husband is making lunch
for our children
Mine is taking care of
the girl



RIGHTS AND RESPONSIBILITIES IN THE MARRIAGE

Since we bought the land, our co-operative is performing better



RIGHT TO LAND OWNERSHIP

I am very happy.
I have just been granted a bank loan

WE WILL NOW BE ABLE TO BUY MORE chickens and INCREASE SALES



RIGHT TO BANK LOANS

WE WILL BE signing tomorrow the LEASE on our father's guesthouse

Glad to hear it will be open again



RIGHT TO ENTER INTO CONTRACTS AND MANAGE ASSETS

WE must start our own oyster marketing company

Let us go to the Ministry-department for information on how to do it



RIGHT TO INFORMATION AND SERVICES

SEXUAL and REPRODUCTIVE rights



ARE you EXPECTING yet another
child, faith?
i have decided to wait until
i complete my education



RIGHT TO DECIDE FREELY AND RESPONSIBLY
ON MOTHERHOOD



i am pregnant
again
i have
decided to
wait until my
daughter is
older
i have
decided not
to have any
more
children



RIGHT TO DECIDE ON THE NUMBER AND SPACING OF ONE'S
CHILDREN

Doctor David, i would like to ask
your advice about how to prevent
another pregnancy



COME on in and
i will inform
on family
planning

RIGHT TO INFORMATION AND ACCESS TO FAMILY
PLANNING SERVICES

This time my
child will be
born in a
hospital

i have just been to the hospital
and my pregnancy is going very
well



The hospital
staff took
very good
care of me
after i
gave birth

RIGHT TO HEALTH CARE DURING PREGNANCY, CHILDBIRTH
AND POSTPARTUM

Right to participation



i am Sarah
Cassandra, a
candidate for my
community in the next
elections.

i am committed to
fight for equal
rights between men
and women. Vote for
me, it is in your
own interest



RIGHT TO BE ELIGIBLE

Elections will be held tomorrow and
we must all vote



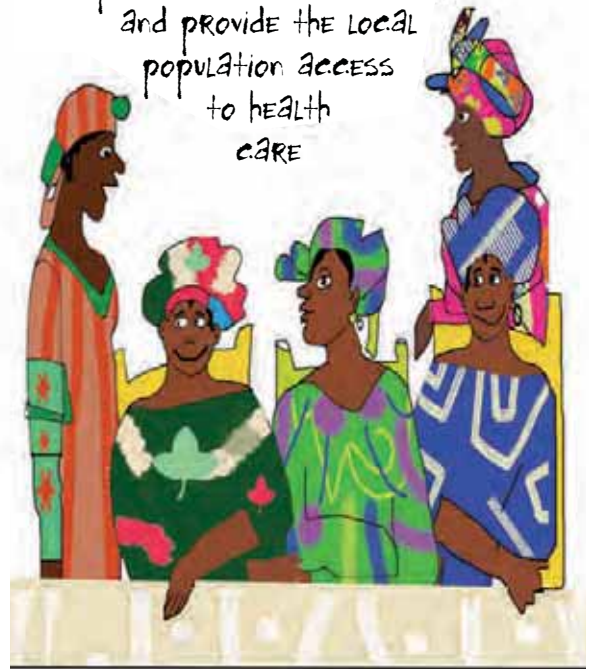
RIGHT TO VOTE

As the political representative of this community, I am working to provide more day-care centres, schools, hospitals, etc.



RIGHT TO HOLD A PUBLIC OFFICE

WE ARE MEMBERS OF A WOMEN'S NETWORK THAT WORKS TO IMPROVE SEXUAL AND REPRODUCTIVE HEALTH SERVICES, AND PROVIDE THE LOCAL POPULATION ACCESS TO HEALTH CARE



RIGHT TO PARTICIPATE IN ASSOCIATIONS WHICH ENGAGE IN POLITICAL LOBBYING

WE ARE MEMBERS OF A CHILD VACCINATION SUPPORT NETWORK. WOULD YOU LIKE TO COLLABORATE?

it sounds VERY interesting



RIGHT TO PARTICIPATE IN COMMUNITY ACTIVITIES

My paintings have been selected for the annual young painter's exhibition. I am delighted



RIGHT TO PARTICIPATE IN CULTURAL ACTIVITIES

You know Julianne
i decided to give
athletics a go.
i want to train to
compete

That's wonderful
Alice, i decided to
learn about the
countries natural
parks



RIGHT TO PARTICIPATE IN LEISURE AND SPORTS
ACTIVITIES



"Women are, women are in and women can in Africa"

MODULE 1
Women's rights

Notes

What did consider to be most important?

Waht do I intend to do?

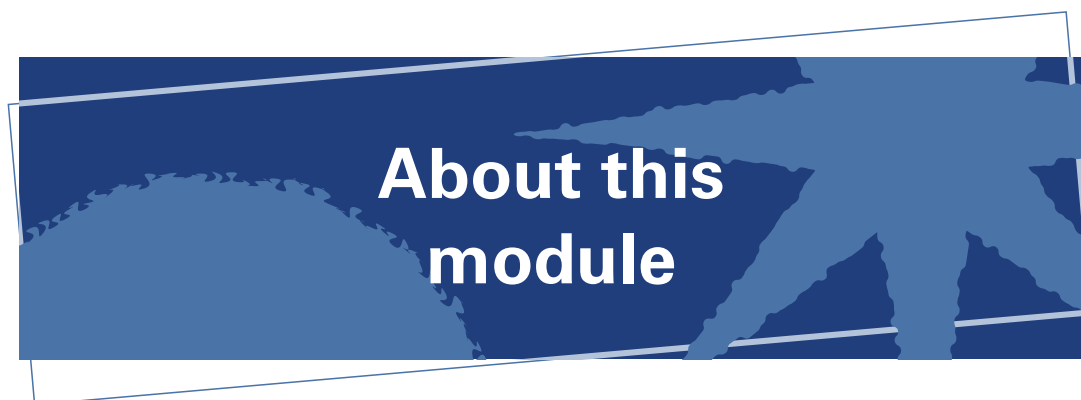
The background is a solid blue color with a complex, abstract pattern of concentric circles and organic, flowing shapes in various shades of blue, creating a textured, almost topographical effect.

Module 2

THE EDUCATION OF WOMEN

MODULE 2

The education of women



Are you acquainted with women's right to education?

This workbook examines the importance of women's education as a right recognised in the *Convention on the Elimination of All Forms of Discrimination against Women*.

Education is not only a human right, but also a vital element in the economic and social advancement of a country.

Do you know why women's education is so important?

Education does not only empower you personally, but also provides you with resources and knowledge to overcome poverty and discrimination against women.

Education provides knowledge which makes us freer, more independent and more confident women.

MODULE 2

The education of women

What will you find in this module?

You will learn about the main education rights of women.

It also reflects on the importance and benefits that proper education and increased knowledge can afford women of any age.

Furthermore, it reflects on how education contributes to greater participation of women in economic and political activities within the community.

MODULE 2

The education of women



The education of women has been recognised as essential for enhancing and promoting the role of women in the world.

It is through education that women become aware of their rights and gain the self-esteem and self-confidence needed to exercise these rights and take better control of our lives.

Moreover, education is the first step on the path to equality and freedom for women in overcoming poverty and marginalisation, and achieving independence and greater participation.

The personal development of women through education also contributes to the economic and social development of our community and country.

Education offers women greater opportunities. It is therefore important for women of all ages to learn and study. Women must also work within the community to fight women's illiteracy and prevent young women from dropping out of school, while increasing the number of women pursuing careers in higher education.

MODULE 2

The education of women



If we are entitled to education,
why prevent girls from attending school?

If we are entitled to equality in education,
why not educate girls and boys exactly the same,
both at home and at school?

If we are entitled to free choice of educational career,
why not choose the career of our choice?

If we are aware of the importance of our education,
why do we drop out of school?

If we are aware of the importance of education at any age,
why do we not return to learning?

If we are aware that education provides greater job opportunities,
why do we not pursue further specialised training?

If we contribute to the economic development of our community,
why do we not study to improve our productive activity?

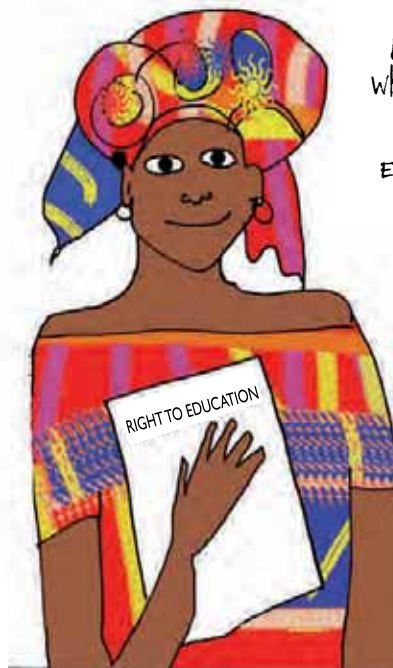
If we want to take active part in our community,
why do we not get training in decision-making skills?

US GIRLS, AS WOMEN, HAVE THE RIGHT
TO EDUCATION AND EQUALITY IN
EDUCATION



WOMEN'S PARTICIPATION IN EDUCATION

THE EDUCATION OF WOMEN IS
A RIGHT



RIGHT TO EDUCATION

LET US SEE
WHAT RIGHTS
WE HAVE IN
EDUCATION...

I WAS NOT ABLE TO STUDY, BUT I HAVE NO
DOUBT THAT MY DAUGHTER WILL ATTEND
SCHOOL.
SHE HAS
THE RIGHT
TO!



RIGHT TO ACCESS TO EDUCATION FOR GIRLS

AS A FATHER, I BELIEVE THAT MY
DAUGHTERS, THEY ALSO MUST ATTEND
SCHOOL



RIGHT TO ACCESS TO EDUCATION FOR GIRLS

Girls and boys must receive the same education in school



RIGHT TO EQUALITY IN EDUCATION

in our family, we educate boys and girls in the same way



RIGHT TO EQUALITY IN EDUCATION



Did you know that my daughter is going to drop out of school?

Don't allow it! Education is very important for her future!



RIGHT TO COMPLETE EDUCATION

Agnes and I postponed our marriage to continue our education

WE find it unfair that women have to abandon their studies!



RIGHT TO COMPLETE EDUCATION

i had to drop out of school when i was a girl. Now that i'm raising my family i've decided to go back...

WELL DONE
ESTHER, IT'S
NEVER TOO
LATE!



RIGHT TO ACCESS EDUCATION AT ANY AGE

FOR ME, LEARNING TO WRITE IS SO important that i go to school AFTER WORK



RIGHT TO ACCESS EDUCATION AT ANY AGE

You know Michael,
i have decided to
finish the studies
i had abandoned

You absolutely
have the right
to faith

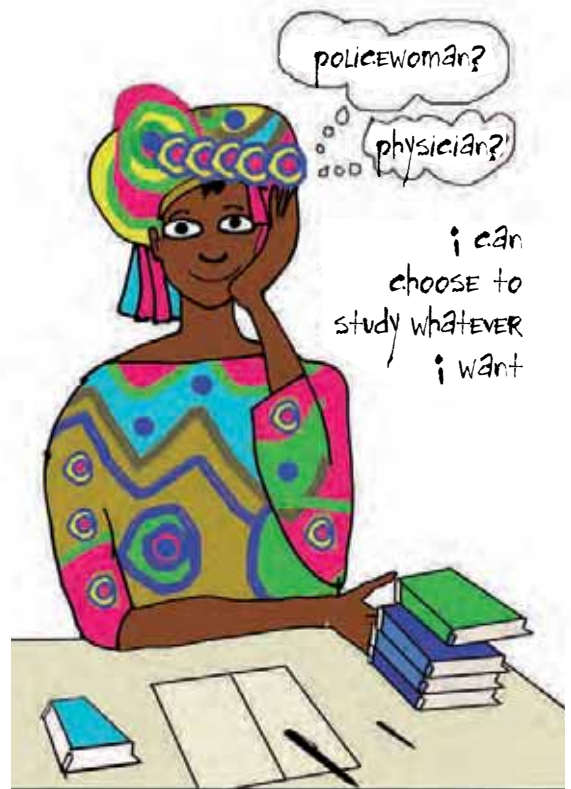


RIGHT TO ACCESS EDUCATION AT ANY AGE

police woman?

physician?

i can
choose to
study whatever
i want



RIGHT TO FREE CHOICE OF STUDIES

i was told i could choose any
career i wanted.
now i make woodcrafts



RIGHT TO FREE CHOICE OF CAREER

THE EDUCATION OF WOMEN... IS IMPORTANT

Let us explore
what benefits
we can expect...



Education has given us more
opportunities to choose in
life

i am
a lawyer

i am a
craftswoman!

And me,
i started my
own textile
co-operative!



MORE OPPORTUNITIES

You know, Ana? i feel more
confident since i learned to
read and do math, especially
at the market

i still
don't
know how
to read,
but i am
planning
to learn



MORE SELF-CONFIDENCE

Thanks to my education, i feel more confident when defending my point of view with my family and friends



MORE PERSONAL AUTONOMY

Did you know ALICE that i am getting my DRIVER'S permit?

That's GREAT, PATIENCE!
You won't have to depend on your husband to go to town with your daughter



MORE INDEPENDENCE

Thanks to my university studies i have more job opportunities



MORE JOB OPPORTUNITIES

i am LEARNING how to use the internet so i can speak with my son who LIVES in EUROPE



MORE OPPORTUNITIES TO STAY IN CONTACT AND COMMUNICATE

I LEARNED COMPUTER SKILLS
AND CAN NOW KEEP THE
CO-OPERATIVE'S
ACCOUNTING RECORDS ON
THE COMPUTER

ME TOO,
I CREATED A
DATABASE WITH
MY STORE'S
CUSTOMERS



BETTER ORGANISED

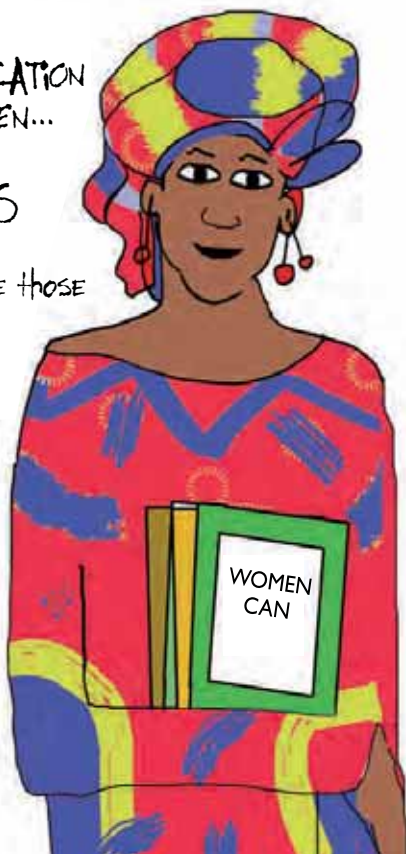
GRACE, YOU SHOULD TAKE AN ACCOUNTING
COURSE. MY FRUIT STORE IS DOING BETTER
SINCE I TOOK THE COURSE



BETTER MANAGEMENT

THE EDUCATION
OF WOMEN...
YIELDS
RESULTS

LET US SEE THOSE
RESULTS...



AFTER COMPLETING MY EDUCATION,
I STARTED MY OWN TEXTILE COMPANY



WE PARTICIPATE IN ECONOMIC ACTIVITIES

Did you know that i am
the only female physician
in the area?

i am SURE that
there will be
more and
more as
time
goes by



WE PARTICIPATE IN THE WORLD OF WORK

i have LEARNED many things
that i now teach
to other women



WE PARTICIPATE IN OUR COMMUNITY

Thanks to our education, we women
participate in making the decisions
in our community



WE PARTICIPATE IN OUR COMMUNITY

Now that i have
completed my
education, i'm
committed to
defending women's
rights in my country

And,
we want you
to show us
how to go
about it



WE PARTICIPATE IN POLITICS

My education has ALLOWED ME
to become a community
LEADER



WE HOLD POSITIONS OF RESPONSIBILITY

Education makes us FREER and MORE
SELF-CONFIDENT!



"Women are, women are in and women can in Africa"

MODULE 2

The education of women

Notes

What did consider to be most important?

Waht do I intend to do?

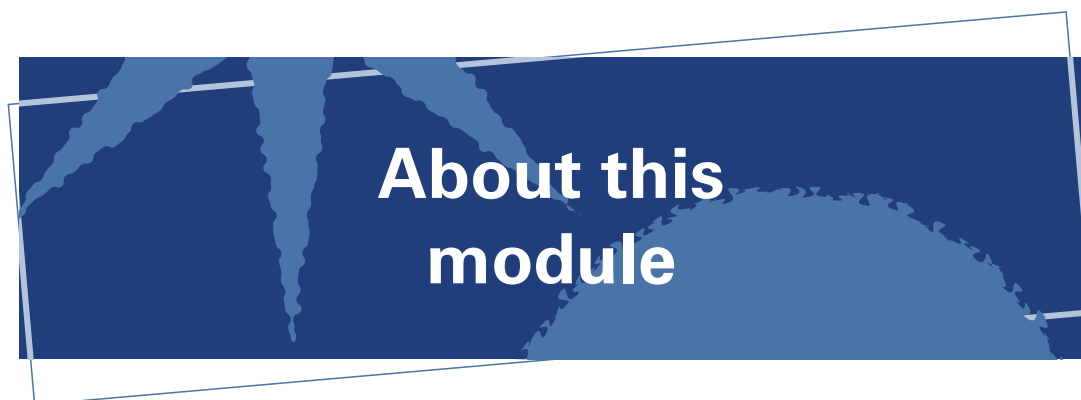


Module 3

WOMEN'S PARTICIPATION IN ECONOMY

MODULE 3

Women’s participation in economy



Did you know that women play a very important role in their community?

This workbook examines the different ways in which women contribute to their community through their work.

Did you know that African women are the driving force of change and development in their countries?

The work carried out by women to secure the livelihood of their families contributes to the national economy. We become key players in the development of our country when the productive activity, such as fish processing, is carried out by formally organised companies with the intent of earning more income than necessary for mere subsistence.

MODULE 3

Women’s participation in economy

Did you know that there are increasingly more women in Africa who run their own company and participate in decision-making?

This leadership contributes to making more visible the prominent role played by women in economic development, because we create our own companies, make our own management decisions and work hard to make it happen.

Our commitment to making the company succeed drives us to protect our interests in public spaces, partnering and maintaining good relations with other companies, the community, authorities and/or other women entrepreneurs.

What will you find in this module?

You will learn how the activities undertaken by women contribute to improving the quality of life of our families and communities, and how we are an active factor of economic development.

You will also discuss the importance of ensuring equal contribution from both men and women in the community, so that women can have more opportunities in life, and learn how we can become leaders of development in our community through our companies.

MODULE 3

Women’s participation in economy



We women work to ensure a better quality of life for our families and our community.

We tend to domestic work and contribute to the wellbeing of our families, we work as community volunteers to improve the quality of life of its members, and we engage in economic activities that not only provide for our family, but also benefit the community.

The economic activities in which women engage tend to be productive activities based on the processing of local resources, including fruits, vegetables, fish and oysters, and harvesting and packaging honey. These activities generate wealth and promote economic growth.

Women take active part in economic activities through the processing of these resources. We become key agents for economic development by creating companies and partnering with others.

MODULE 3

Women’s participation in economy

As key agents, we must participate in spaces where we can publicise our companies, capture market share and, ultimately, ensure that the company is doing well. This means that we must be more visible and present in those spaces where our interests can be protected and decisions affecting our industry are made.

In order to maximise our contribution to community development, we must embrace the opportunity to learn, work and decide what we want to be and do in life. To do this, both men and women must equally share responsibilities and commitments within family and community.

MODULE 3

Women’s participation in economy



If we engage in productive activities,

why do we not establish a company?

If several women are engaged in the same productive activities,

why not establish a joint venture?

If we have a company,

why do we not run it ourselves?

why do we not make our own decisions on how it is run and managed?

why do we not work to develop a strong and sustainable company?

why do we not work together with other women entrepreneurs to protect our interests?

why do we not participate in decision-making processes within our community?

If we do not have enough time for our company,

why do we not share household responsibilities?

WE THE
WOMEN,
ARE THE
ECONOMIC
AND EMOTIONAL
SUPPORT OF
OUR SOCIETY



WE CARE FOR OUR CHILDREN, COOK FOR
THE FAMILY, PARTICIPATE IN OUR
COMMUNITY, WORK IN THE MARKET, FIELD...



OUR WORK IS VERY
IMPORTANT FOR
THE COMMUNITY



LET US
SEE WHY...

MOTHERHOOD BENEFITS THE
COMMUNITY



WE SERVE A SOCIAL FUNCTION

WE RAISE OUR CHILDREN, KEEP THE HOUSE
CLEAN AND IN ADDITION, WORK ALL DAY
IN THE FIELDS



WE SUPPORT OUR FAMILIES

Through OUR WORK, WE GUARANTEE
THE EDUCATION, HEALTH AND LIVELIHOOD
OF OUR FAMILIES



WE PROVIDE CARE FOR OUR FAMILIES



DOMESTIC WORK SUSTAINS
THE FAMILY



I HAVE TO GO TO THE
CITY TOMORROW TO
SETTLE SOME
MATTERS

DON'T WORRY,
I'LL CARE FOR THE
GIRLS



WE WOMEN, SUPPORT EACH OTHER

WE ARE MEMBERS OF THE community
festivities committee.
WE WILL ORGANISE THE
cultural
activities
of the
upcoming
festival



WE PROMOTE RELATIONS

WE ARE MEMBERS OF THE REGIONAL
health SERVICE NETWORK. Each YEAR,
WE participate in vaccination of
girls and boys



WE REINFORCE HEALTH CARE

EVERYONE benefits FROM OUR VOLUNTARY
community WORK



i RUN my business and provide FOR
my six children thanks to my WORK



WE WORK TO SUPPORT OUR FAMILIES

WE RUN OUR OWN TEXTILE COMPANY
and provide jobs to
many people



WE GENERATE EMPLOYMENT

OUR COMMUNITY BENEFITS FROM OUR ECONOMIC
ACTIVITIES



WE ARE THE ECONOMIC PILLARS OF
OUR COMMUNITY



BOTH MEN AND WOMEN
SHOULD CONTRIBUTE
EQUALLY TO THE
DEVELOPMENT
OF OUR
COMMUNITY

LET US
SEE HOW...



i WORK HARD in the fields, CARE for my
four children, COOK for
the whole family...
Men and women should share family
responsibilities EQUALLY



SHARING RESPONSIBILITIES

from a young age, WE
have been taught our
domestic and family
responsibilities

That's true
Gladys and
they should
not be
different
from those
of men



ASSUMING THE SAME RESPONSIBILITIES

Working at
home and in the
field does not
leave me much
time

WE must find a way for
men to bear domestic
responsibilities and care
for the children



GETTING MEN INVOLVED

Women, just like men, can do all types
of jobs



ACCESSING WORK

Both men and women can work in any productive activity



PARTICIPATING IN AN ECONOMIC ACTIVITY

Both men and women are able to run a business, and, to start one



DEVELOPING OUR CAPACITIES

Women should have the same job opportunities as men



GETTING THE SAME OPPORTUNITIES

faith, if men and women shared equally our family, domestic and productive responsibilities, women would have more opportunities to study, work, etc. and to contribute meaningfully to the development of our community



Women play an active part in the economic development of our community



Let us see why...

Before, I used to think it was impossible to run my own business. Now, I am very happy



WE START OUR OWN BUSINESSES

We used to work to sustain our subsistence. We now sell honey in many places



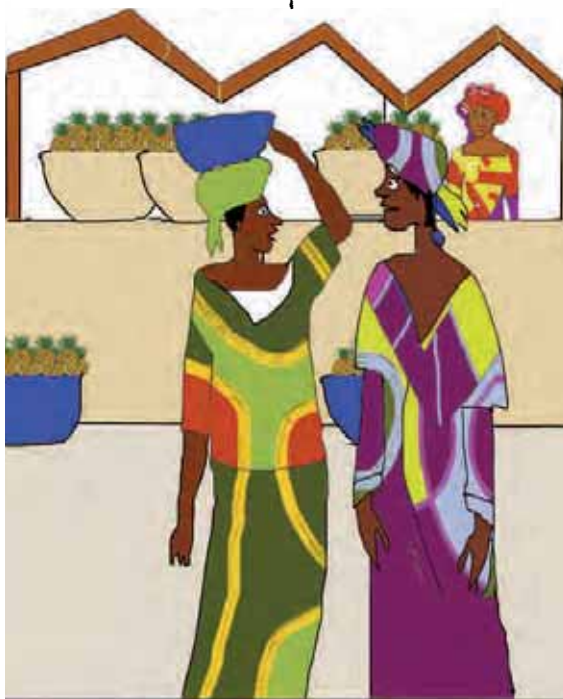
OUR BUSINESSES ARE BETTER

We will soon produce enough to sell to neighbouring villages



WE BUILD SUSTAINABLE BUSINESSES

WE offer good prices because we produce
our own products



WE DEVELOP PROFITABLE BUSINESSES

i am the new director of a
fruit marketing business



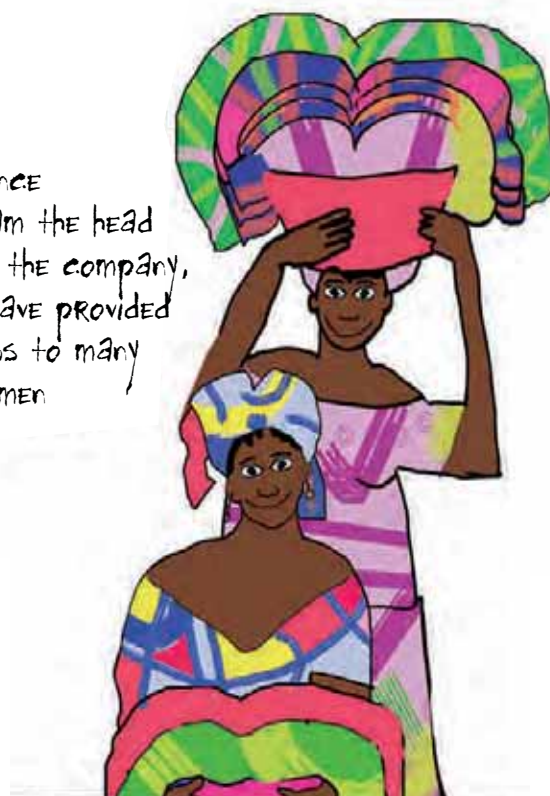
WE RUN OUR BUSINESSES

i am the new accountant at
our company



WE MANAGE OUR BUSINESSES

Since
i am the head
of the company,
i have provided
jobs to many
women



WE CREATE JOBS

i am RECEIVING counselling to improve and grow my business



WE BUILD STRONG BUSINESSES

i am studying business management so i may make the best decisions for my business



WE MAKE OUR OWN DECISIONS

WE WOMEN ARE LEADING change and economic development. WE MUST BE visible and participate in decision making spaces

LET US SEE how...



You know what, Ndiaye? The bank denied me the loan for renovation of my guesthouse

WE must stand together to be stronger



SHARING INTERESTS

WE ARE MEETING THE REGIONAL
WOMEN ENTREPRENEURS
ASSOCIATION TOMORROW
MORNING AT 10 AM

I WILL BE
THERE



PARTICIPATING IN ASSOCIATIONS

WE ARE GOING TO THE INTERNATIONAL FARMER'S
MARKET. WE WILL BE REPRESENTING THE ASSOCIATION
OF WOMEN HARVESTERS



PARTICIPATING IN NETWORKS AND PUBLIC SPACES

CAROLYN, DID YOU KNOW
THAT MARYBETH VICTORIA
HAS BEEN ELECTED VICE
PRESIDENT OF THE
REGIONAL CRAFTSPERSON
ASSOCIATION?

YES. I'M VERY
HAPPY THAT A
WOMAN HAS BEEN
ELECTED TO THE
BOARD OF
DIRECTORS



HOLDING POSITIONS OF RESPONSIBILITY

I AM EDUCATING MYSELF SO I CAN HELP
PROTECT OUR BUSINESS AND INDUSTRY
INTERESTS



IT IS VERY
IMPORTANT
THAT OUR
VOICES BE
HEARD AND
THAT OUR
INDUSTRY
ASSOCIATIONS
SUPPORT OUR
PROPOSALS

ACHIEVING POLITICAL IMPACT

"Women are, women are in and women can in Africa"

MODULE 3

Women's participation in economy

Notes

What did consider to be most important?

Waht do I intend to do?

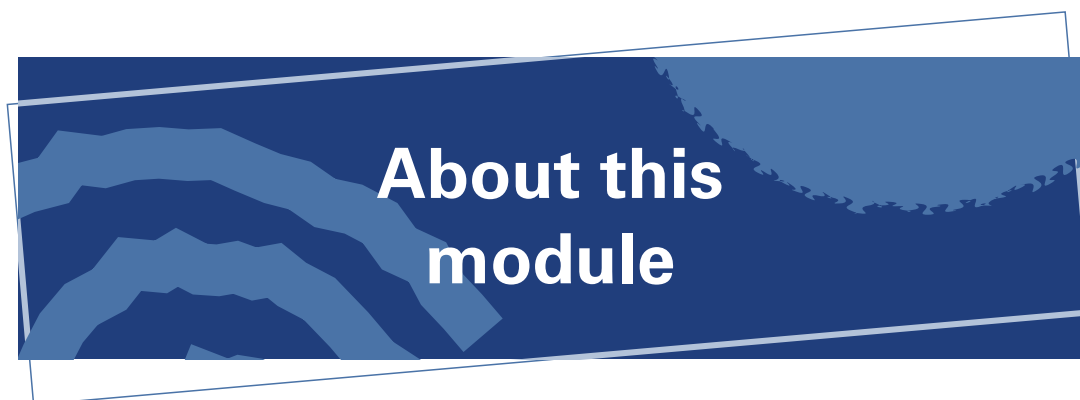


Module 4

WOMEN'S PARTICIPATION IN POLITICS

MODULE 4

Women’s participation in politics



Do you know your rights to political participation?

This workbook examines the right to participate in political decision-making recognised in the Convention on the Elimination of All Forms of Discrimination against Women, and the importance of exercising this right.

Did you know that the participation of men and women in political decisions is a sign of development in a country?

Both men and women play an important role in their communities, sharing a commitment to improve the well-being of their families and members of the community. For this reason, men and women must take part in political decisions affecting their community.

MODULE 4

Women’s participation in politics

Did you know that African women are key agents for change and development and, therefore, should participate in the political decisions of their communities?

Women are the agents of change and development because of their knowledge of their community’s needs and interests, and their efforts to improve the well-being of its members. We can further contribute to the community by leading change through our participation in political decision-making spaces.

What will you find in this module?

You will learn about the rights that allow participation in political activity in our community and discuss the importance of exercising these rights to further contribute to our community.

Moreover, you will learn how to participate in the political decision-making processes in your community.

MODULE 4

Women’s participation in politics



We women continually make decisions. We do it at home, at work and in the activities we undertake within our communities.

Our contribution to the community makes us mindful of its needs and interests and, therefore, of how to meet them. For this reason, it is important to ensure that this knowledge is transmitted to policymakers.

Having our voices heard will contribute to sound political decisions because they will now have information on the needs of the local population.

In order to have our voices heard we must participate in political spaces, not only to transmit our knowledge, but also to make decisions that will most benefit our own and community interests.

MODULE 4

Women’s participation in politics

In keeping with our steadfast commitment to our community, active participation in politics would result in effective leadership in implementing the changes necessary for the development of our communities.

Both men and women can and should take joint decisions that will improve our community.

MODULE 4

Women’s participation in politics



If we are entitled to participate in politics,
why do we not exercise this right?

If we are entitled to participate in political decision-making,
why are we not present in political spaces?

If we know what is best for our community,
why do we not engage in political activities?

If we know that political participation necessarily leads to
greater influence in shaping changes,
why do we not do participate?

If women are concerned about their communities,
why do we not lead the changes?

i LIKE making decisions. i want to do it for the benefit of my community



Women, just LIKE men, ARE ENTITLED to participate in the political life of our community

Let us SEE why...



WE have the right to choose who REPRESENTS us



WE CAN CHOOSE WHOM TO VOTE

i have BEEN ELECTED to REPRESENT my community



WE HAVE THE RIGHT TO BE ELIGIBLE

WE ARE MEMBERS OF A WOMEN'S ASSOCIATION WITH LEGAL STATUS TO PROTECT WOMEN'S RIGHTS



WE CAN PARTICIPATE IN ASSOCIATIONS WITH POLITICAL INFLUENCE

I HAVE BEEN ELECTED AS THE COMMUNITY'S REPRESENTATIVE TO THE MINISTRY



Thanks to your position, you will be able to improve health services

WE CAN HOLD PUBLIC OFFICE

I AM A POLITICAL COMMUNITY LEADER



WE CAN REPRESENT OUR COMMUNITY

Women, just like men, should participate equally in politics



Let us see how...

OUR COMMUNITY REPRESENTATIVES ARE
MOSTLY MEN

THERE SHOULD BE
MORE WOMEN
REPRESENTATIVES



MORE WOMEN IN POLITICAL REPRESENTATION

WE WOMEN HAVE
ALWAYS WORKED FOR
THE BENEFIT OF THE
COMMUNITY

IT'S TRUE
MARYBETH, AND WE
KNOW VERY WELL ITS
NEED



WE SHOULD
ALSO BE
REPRESENT
ATIVES OF
OUR
COMMUNITY

ASSUMING POLITICAL RESPONSIBILITY

BOTH MEN AND WOMEN BENEFIT THE COMMUNITY,
THEREFORE, BOTH HAVE THE RIGHT TO BE
REPRESENTED



SHARING POLITICAL RESPONSIBILITY

I WOULD LIKE TO BE A COMMUNITY
REPRESENTATIVE



I WOULD
SUPPORT
YOU

DECIDING TO TAKE PART IN POLITICAL SPACES

if we want our interests and needs to be addressed, we must engage in politics



You are right, Julianne

ENGAGING IN POLITICAL ACTIVITY

Women should have the same opportunities as men to engage in political activity



Our community has made great progress since men and women have taken part in politics



We women worry about our community and take steps to improve it



Yes, and we can drive the changes

Let us see how...

WE WILL VISIT SEVERAL COMMUNITIES
to organise a women's
network



WORKING TOGETHER

Your group and mine
have reached a good
agreement

Together we gain
strength



JOINING FORCES

faith, would you like to come to the
women's network meeting on equal
rights?



YES,
i want
to know
what other
women
are doing

PARTICIPATING IN NETWORKS

WE NEED a maternity hospital in the
area. THERE ARE many cases of
obstetric fistula owing to lack of
proper medical care

i am going to take this
issue to the Regional
Council



COMMUNICATING OUR INTERESTS AND NEEDS

As a government representative,
i work towards equal rights for men
and women



PROTECTING OUR RIGHTS

WE ARE political LEADERS from
various communities and WE ARE
going to discuss issues that
concern all of us



LOBBYING

i am the community representative to
the Regional Council. i work to ERADICATE
POVERTY



HOLDING PUBLIC OFFICES

if WE HAVE GREATER political power,
WE WOULD HAVE MORE influence to
change society



YOU ARE
right,
GRACE

i LIKE making decisions. i do not want
anyone to decide for me



MODULE 4

Women's participation in politics



Notes

What did consider to be most important?

Waht do I intend to do?

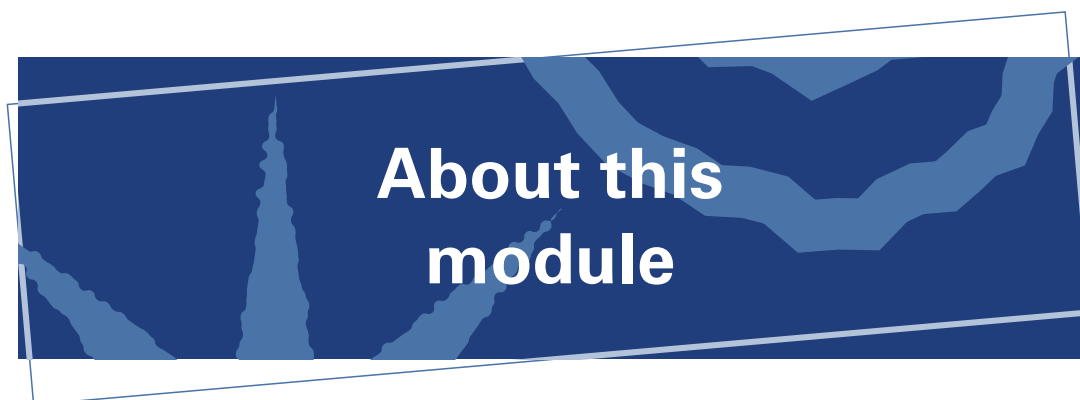


Module 5

SEXUAL AND REPRODUCTIVE RIGHTS

MODULE 5

Sexual and reproductive rights



Do you know your sexual and reproductive rights?

This module explores the sexual and reproductive rights recognised in the *Convention on the Elimination of All Forms of Discrimination against Women*.

Do you know what sexual and reproductive rights are?

These rights grant women the ability to control their bodies, in particular, in relation to sexual and reproductive activities.

MODULE 5

Sexual and reproductive rights

Why are sexual and reproductive rights important?

Because they enable women to care for their health and participate more actively in their community, affording us the opportunity to develop our skills in common social and economic spaces.

What will you find in this module?

You will learn about your sexual and reproductive rights and reflect on how they can improve women’s health and life.

MODULE 5

Sexual and reproductive rights



Sexual and reproductive rights afford us the option of making decisions regarding our bodies, i.e. decide about our sexuality and safe maternity.

We must be mindful of the consequences of these decisions on our health and life.

The proper exercise of sexual and reproductive rights can prevent early pregnancies which often lead to health problems such as fistula or other infections when giving birth in poor sanitary conditions.

They afford us the opportunity to speak out against sexual violence and harassment by men who think they own our bodies.

Furthermore, they increase our life expectancy, allowing us to continue our education or seek better job opportunities.

MODULE 5

Sexual and reproductive rights



If we have sexual and reproductive rights,
why do we not decide about our bodies?

If we are entitled to decide with whom to engage in
sexual activity,
why can we not decide whom we marry?

If we are entitled to decide when to become a mother,
why do we not control our maternity?

If we are entitled to medical care,
why can we not prevent pregnancy-related diseases?

If we have the right to refuse sex without protection,
why do we not prevent the spread of sexually
transmitted diseases?

If we are stewards of our body,
why can we not live a life without sexual violence?



WE HAVE THE
RIGHT TO DECIDE
OVER OUR BODIES

IN ORDER TO
DO SO, WE
MUST KNOW OUR
SEXUAL AND
REPRODUCTIVE
RIGHTS



LET US
SEE WHAT
THOSE
RIGHTS
ARE



I CHOSE WHOM
TO MARRY

WE HAVE THE RIGHT
TO CHOOSE WHOM
WE LOVE.
THEY CAN'T
FORCE US TO DO
SOMETHING WE DON'T
WANT TO



RIGHT TO CHOOSE ONE'S SEXUAL
PARTNERS

REMEMBER, NO ONE CAN FORCE
YOU TO HAVE SEXUAL RELATIONS



RIGHT TO DECIDE WHEN AND HOW TO HAVE SEXUAL
RELATIONS

i am too young to be a mother.
i am going to wait a few years
more before having children



RIGHT TO DECIDE WHEN TO BECOME A MOTHER

faith, how many
children to you
want have?

i have decided
to have one
child only



RIGHT TO CHOOSE THE NUMBER OF CHILDREN

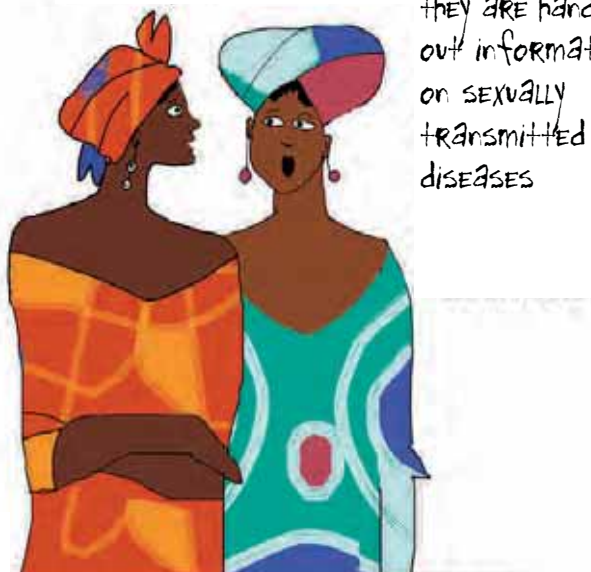
WE LOVE each other and
neither of us force the
other to do anything
he-she doesn't like



RIGHT TO HAVE SEXUAL RELATIONS IN A CONDITION
OF EQUALITY

Yesterday, a woman at the
medical centre explained to
us the importance of
contraceptives

Yes, and today
they are handing
out information
on sexually
transmitted
diseases



RIGHT TO SEXUAL INFORMATION AND EDUCATION

i PREVENTED possible infections
by giving birth at the hospital



RIGHT TO MEDICAL CARE

i don't want
to get
pregnant yet

Don't WORRY,
you can use
contraceptives



RIGHT TO OBTAIN CONTRACEPTIVES



This is it! i am not
going to allow my
daughter to undergo
genital mutilation

it isn't fair that men
can do whatever they
want with our bodies
just because they are
stronger



RIGHT NOT TO UNDERGO FEMALE GENITAL MUTILATION

You're right. it not only
endangers her life, but it also
mutilates her body



RIGHT NOT TO SUFFER SEXUAL VIOLENCE

NO ONE CAN FORCE US TO HAVE
SEXUAL RELATIONS WITH OTHER
PEOPLE



RIGHT NOT TO SUFFER SEXUAL EXPLOITATION

if women decide their own sexuality
and care for motherhood, our health
improves

Let us see
why...



WE MUST NOT ALLOW OUR DAUGHTERS
TO GET PREGNANT WHEN THEY ARE
STILL GIRLS

YES, it's best to wait
until their bodies are
developed



ALLOW OUR BODIES TO DEVELOP

My sister had her daughter when she was
too young. Now she has a fistula



PREVENT DISEASES ASSOCIATED WITH
EARLY MOTHERHOOD

I'VE BEEN TO THE MEDICAL CENTRE AND THEY SAID I CAN GIVE BIRTH AT THE HOSPITAL WITH APPROPRIATE HEALTH CARE



That way, you won't have any problems during childbirth

PREVENT PROBLEMS DURING PREGNANCY, CHILDBIRTH AND POSTPARTUM

REMEMBER, MY DEAR, THAT YOUR BODY IS YOURS. DON'T LET ANYONE DO ANYTHING THAT YOU'RE DON'T WANT



A LIFE FREE OF SEXUAL VIOLENCE

That man is stalking me and has a strange look on his face. I'm scared



You should file a complaint and report him

PREVENT HARASSMENT BY MEN

TAKE CARE OF YOUR BODY AND HEALTH

YOU'RE RIGHT. ALWAYS USE A PROPHYLACTIC METHOD WHEN HAVING SEXUAL RELATIONS



PREVENT HIV AND OTHER SEXUALLY TRANSMITTED DISEASES

i'd LIKE
to decide
when i become
a mother

i'd LIKE to decide
how many children
i have

if that's
the case,
you'll have
to use
contraceptives



CONTROL OVER OUR MOTHERHOOD

if WE decide on our body, WE decide
on our health



The decisions about
our body improve
our life



Let us
see how...

i delayed motherhood because
i wanted to continue my education.
i am now a mother of two girls
and a lawyer



WE CAN CONTINUE OUR EDUCATION

i decided to have
only two children
so i had enough
time to start
my own
business

i completed
my studies
and work now
in a bank



WE HAVE MORE JOB OPPORTUNITIES

Thanks to contraceptives,
i don't have to worry
about getting pregnant

YES, and
we don't
have to
worry
about
getting
HIV



WE HAVE A SAFE AND RESPONSIBLE SEXUAL LIFE



WE must not
allow men to use
and abuse our
bodies

You're right. WE must
make it clear to them that
we will not tolerate more
rapes



WE must
raise our
voice and
shout NO!
And,
report

WE FIGHT AGAINST SEXUAL VIOLENCE

You are young still. it is time for
you to think about who you are and
what you want in life

You'll have enough time
to get married and raise
a family. Now is the time
to decide
your future



WE DECIDE ABOUT OUR LIFE PROJECT

i have a body and i have a voice



MODULE 5

Sexual and reproductive rights



Notes

What did consider to be most important?

Waht do I intend to do?

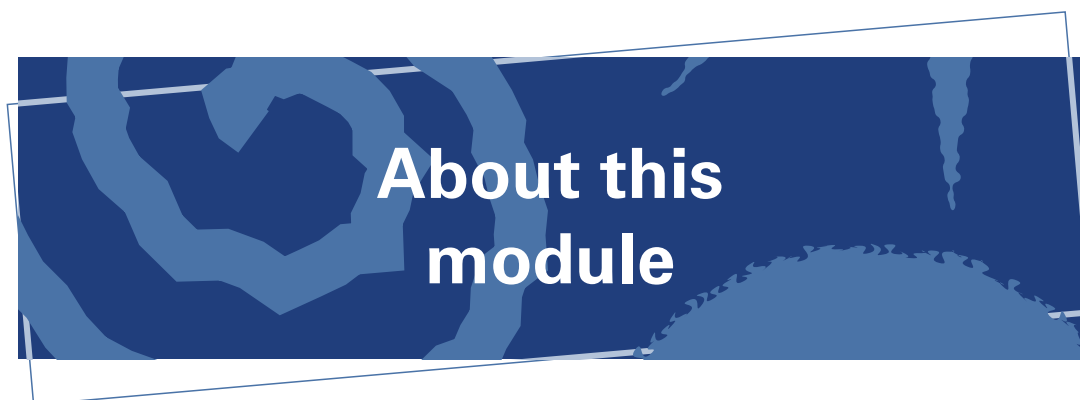


Module 6

PREVENTING VIOLENCE AGAINST WOMEN

MODULE 6

Preventing violence against women



Do you know what violence against women is?

It refers to violent acts committed against women by men who believe that women are less worthy than they are.

Did you know that violence against women is a violation of human rights?

Violence against women and girls is probably the most common violation of human rights around the world today. It violates fundamental rights such as the right to dignity, the right to integrity and the right to freedom.

Are you acquainted with the different forms of violence against women?

Violence against women takes many forms, including, physical, psychological, sexual, social and economic violence. It is important to be aware of them to prevent their occurrence.

MODULE 6

Preventing violence against women

What will you find in this module?

You will learn about different forms of violence against women, and also how to identify abuse and fight against it.

MODULE 6

Preventing violence against women



Violence against women, which is also referred to as gender-based violence, is a violation of women's rights which affects a large number of girls and women around the world.

We women are entitled to a life without violence and we have sufficient means to tackle these situations. We only have to be mindful of them.

Educating girls and boys exactly the same would significantly contribute to preventing violence against women. If we teach them that men and women are equals and have the same rights, they will learn to build relationships based upon mutual respect.

We will be better able to confront violence against women by identifying the different forms. We will know what to do when such situations are identified.

One of the first steps is to report abuses of men against women. We must not tolerate abuse by men.

Another way to eradicate this problem is to fight jointly against violence, and provide support and encouragement to each other.

MODULE 6

Preventing violence against women



If men commit acts of violence against women,
why allow it?

If we know how to identify situations of violence,
why not report it?

If do not want women to suffer violence,
why do we not prevent it?

If we know women who suffer violence,
why do we not support them?

If we want to eradicate violence against women,
why do we not tackle this problem?

Violence against women and girls is probably the most common violation of human rights



Women can suffer different types of violence

Let us see which...



Did your husband hit you again?

This is unacceptable. No man has any right to abuse us!



PREVENTION OF GENDER-BASED VIOLENCE

Chris was always telling me that I was worthless. I ended up believing it

Thank goodness it's all over. You could not allow it to continue



PHYSICAL VIOLENCE

Nobody can force you to have sexual relations if you don't want to, not even your husband!



SEXUAL VIOLENCE

It's been a long time since I've seen Doris, do you know if there is something wrong with her? She's at home. Her husband won't let her out of the house

She's losing contact with her family and friends

We must not allow her to become isolated. We must support her!



SOCIAL VIOLENCE

My husband takes the money I earn because he says he manages it better

He was spending it on alcohol. I couldn't allow that



ECONOMIC VIOLENCE

I don't want anyone to force my daughter into marriage with a much older man

You're right. Besides, she's only a girl



FORCED MARRIAGE

i saw on TV that a father killed his daughter

But, why?

He said she had brought dishonour upon the family

This kind of behaviour is intolerable



HONOUR KILLINGS

it constitutes a violation of human rights

Sandra, rape is a weapon of war



VIOLENCE AGAINST WOMEN IN ARMED CONFLICTS

A group of men came and took the youngest women away. They forced them to have sexual relations with other men

We cannot allow this to happen ever again!



SEXUAL EXPLOITATION AND TRAFFICKING IN WOMEN

We don't want the girls in our community to undergo genital mutilation

it is dangerous and a violation of their women's rights



FEMALE GENITAL MUTILATION

The violence against women by men seeks to control and subjugate us

Any type of violence against women is a violation of human rights



To prevent violence, we must identify it

We can recognise it by practicing the following steps



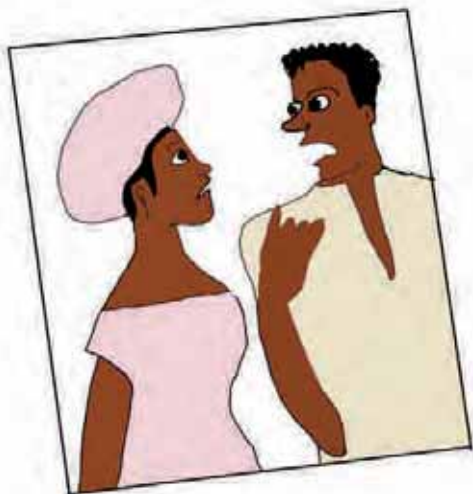
Michael and Sandra met, fell in love and married



Soon, she stopped socialising with her friends and left the house only when accompanied by him



IT STARTS WITH ISOLATION (SOCIAL VIOLENCE)



He would sometimes get mad and shout at her for the littlest of things. She would try to calm him down and blame herself for making him angry



CONTINUES WITH OCCASIONAL PSYCHOLOGICAL VIOLENCE



One day Mamadou shouts louder than usual and hits her. Diarra spent the whole day crying not understanding what she had done wrong



CONTINUES WITH PHYSICAL VIOLENCE



Michael apologises the next day, promises it will never happen again and buys her a gift. Sandra thought that he would change



AFTER COMES THE REMORSE AND EMOTIONAL BLACKMAILING STAGE



However, it happens again and more frequently. Sandra lived fearful of Michael getting mad and hitting her. He no longer apologises afterwards



THESE STEPS ARE REPEATED AGAIN AND AGAIN



Sandra lived in fear and was ashamed to tell anyone



THE WOMEN FEELS FEAR, GUILT AND SHAME

NEVERTHELESS, it is possible to overcome violence!



One day Sandra told her sister what was happening because she was afraid. Her sister forced her to leave the house and report Michael to the police

THE WOMAN ACCEPTS THE PROBLEM



Sandra went back to live with her family. Today, she has a job and a new smile



AND LITTLE BY LITTLE IS RECOVERING

WE must end violence against women



Let us see how...

WE must educate equally girl and boys

Yes, boys must be educated to realise that they are not superior to girls



PREVENTING VIOLENCE

WE must spread awareness about violence in order to recognise that we are living in that situation

it is not easy to know, because we think it is normal



IDENTIFYING VIOLENCE

Even though you may feel ashamed and think that nobody can help, you must file a report with the police

WE cannot allow men to do whatever with us. WE have our rights!



REPORTING VIOLENCE

MARYBETH DOES NOT WANT TO FILE
A REPORT WITH THE POLICE.
SHE DOESN'T WANT THE COMMUNITY
TO FIND OUT...

WE MUST
CONVINCE HER.
WE MUST
COME
TOGETHER IN
MUTUAL
SUPPORT



SUPPORTING OTHER WOMEN



THERE IS A
WOMEN'S
ASSOCIATION
THAT
PROVIDES
INFORMATION
ON WHAT IS
VIOLENCE
AGAINST
WOMEN

YES, THEY ALSO HAVE
FEMALE LAWYERS AND
PSYCHOLOGISTS
WHO CAN HELP US
FILE A REPORT
AND REBUILD
OUR LIVES



ENLIST THE HELP OF WOMEN'S ASSOCIATIONS

MODULE 6

Preventing violence against women



Notes

What did consider to be most important?

Waht do I intend to do?



Glossary

GLOSSARY

MODULE 1. Women's rights

Civil rights: Right or rights recognised by the laws of a country which protect the freedoms of its people.

Discrimination: Prejudicial treatment of an individual or group because of unfair reasons, including sex and sexual orientation

Equality: Equal treatment of individuals by the State, company, group or other individuals. Absence of discrimination between human beings with respect to their rights.

Family planning: The right to decide freely and responsibly the number and spacing of children.

Human dignity: The self-respect and self-worth a person deserves and others should respect.

Law: The body of laws and regulations which all people are bound to comply in order to ensure harmonious coexistence.

Political participation: Any wilful activity seeking to enable management, decision-making, conflict resolution, etc., with the purpose of developing and organising the community.

Ratification of a right: Making something valid by formally confirming or approving it.

Reproductive rights: Rights which allow women to decide freely the number, spacing and timing of their children and to have the information and means to do so.

Sexual rights: Rights which allow women to have adequate and risk-free control over their sexuality.

Wage: Total compensation given to individuals in return for the services provided by them.

GLOSSARY

MODULE 2. The education of women

Accounting: A system for recording the income and expenses of a company or an individual.

Equality in education: Home and school education in which both girls and boys are taught the same general knowledge and are equally treated.

Internet: A network of interconnected computers which allow users to search information or communicate with distant individuals

Personal autonomy: Ability to decide for oneself

Productive activity: Actions which deliver products, goods and services to meet the needs of the local population, companies, etc.

Political participation: Any wilful activity seeking to enable management, decision-making, conflict resolution, etc., with the purpose of developing and organising the community.

Self-confidence: A feeling of trust in one's abilities to overcome any unforeseen difficulties.

Self-esteem: Overall appraisal of one's own worth.

GLOSSARY

MODULE 3. Women’s participation in economy

Domestic work: Activities necessary for the livelihood of the family. It includes housekeeping, cooking, child and family care and children’s education.

Economic activity: A series of goods and activities that are a measure of the wealth of a community, country, etc.

Economic development: Gradual development of the economy towards a better quality of life.

Key agent: Any individual, male or female, who brings value to the community and has an influence on decisions, because of his/her knowledge, work, contacts or role in a community.

Productive activity: Actions which deliver products, goods and services to meet the needs of the local population, undertakings, etc.

Productive work: Paid work derived from an economic activity.

Voluntary work: Activity undertaken without pay to help other persons or benefit the community.

GLOSSARY

MODULE 4. Political participation of women

Leadership: Recognition by others of a person(s) skill(s) to lead, promote and provide the means to achieve a goal.

Lobbying: When an organised group of persons with particular influence apply pressure to ensure their special interests.

Political activity: The work done by individuals to manage public affairs. It also refers to the process by which individuals take part in public affairs through their opinion, vote or other means.

Political decisions: Decisions taken to ensure proper management of public affairs.

Political influence: Any individual with the power or authority to intervene in public affairs.

Political spaces: A place where political decisions are taken.

Rights: A body of principles and rules that govern human relations in all societies.

GLOSSARY

MODULE 5. Sexual and reproductive rights

Contraceptive methods: Methods of preventing or reducing the likelihood of pregnancy after sexual intercourse.

Female genital mutilation: Partial or total removal of the female genitalia for cultural or religious reasons.

Fistula: An abnormal opening between the vagina and the rectum, which may result in incontinence. It can be one of the causes of an early pregnancy.

Prophylactic methods: Methods for protecting against sexually transmitted diseases.

Reproductive rights: Rights which allow women to decide freely the number, spacing and timing of their children and to have the information and means to do so.

Sexual exploitation: When a woman’s body is used for sexual purposes and/or profiting monetarily.

Sexual rights: Rights which allow women to have adequate and risk-free control over her sexuality.

Sexually transmitted diseases: Diseases that are passed from person to person through unprotected sexual contact.

GLOSSARY

MODULE 6. Preventing violence against women

Economic violence: Control over the common assets and income by the male partner.

Female genital mutilation: Partial or total removal of the female genitalia for cultural or religious reasons

Honour killing: The murder of a woman by a fellow family member when he/she believes the victim has brought “dishonour upon the family”.

Psychological violence: Any action that involves humiliation, belittlement or emotional blackmail.

Physical violence: Any deliberate action that causes physical harm to women (blows, shoving, slaps, etc.)

Sexual exploitation: When a woman’s body is used for sexual purposes and/or profiting monetarily.

Sexual violence: Any action that forces a person to have sexual relations against his/her will.

Social violence: Any action intended to isolate a woman from her family and friends.

Violence against women in armed conflicts: Physical or sexual violence against women used as a weapon of war to dishearten all males in the opposing war faction.

