PART 1
Building Knowledge and Awareness
Self-Awareness Training
Welcome!

- Logistics
- Introductions
- Group norms
Content

Topic 1 Building self-awareness

Topic 2 Personal beliefs

Topic 3 Community norms and sexual violence
Learning objectives

1. Reflect on personal values and consider the factors that have shaped them.

2. Question personal beliefs about gender equality and gender roles and understand beliefs about gender equality that underlie the CC Programme.

3. Become familiar with community beliefs and norms about sexual violence and articulate how to demonstrate positive beliefs and behaviours in everyday life.
Self-awareness is a **JOURNEY**:

- Who am I?
- Do I consider myself a role model? For whom?
- What are my strengths? Weaknesses?
- What do I need from other people?
- What do I have to give other people?
- What do I believe is right for others?
Personal Reflection Activity

- What is important to me?
- What do I value in my life? In my relationships?
- Where do these values come from? Who or what has influenced them?
- How do my values influence the way I behave towards other people?
- How do I influence other people’s values?
Key points

• Self-awareness is a **lifelong journey**.

• It is important to have an **awareness of our values** as they inform beliefs, relationships with the community and attitudes to survivors.

• We need to understand that **values underpin beliefs and beliefs underpin behaviour**. How people behave is a reflection of their beliefs and values.
Large Group Activity

1. Listen to the statement.
2. Decide if you agree, disagree, or are not sure.
3. Move to the sign.
Key points

• Personal beliefs about gender equality and about how men and women should and shouldn’t behave are central to our role in the CC Programme.

• We need to believe in the changes we want to make happen.

• The CC Programme is based on principles of equality of rights for women and men.
1. What are some of your community’s beliefs about survivors of sexual violence? Is it different for each of these people?
   - a woman who has been raped by a group of soldiers
   - a girl who has been raped by a neighbour
   - a sex worker who has been raped by police
   - a man or a woman who has been raped in prison
   - a woman who has been raped by her husband

2. What are your community’s beliefs about men who commit sexual violence?

3. Do different groups have different beliefs?

4. Where do these beliefs come from?

5. Are your beliefs the same or different?
How do **SHARED BELIEFS** in our community influence:

- Perpetration of sexual violence in the community?
- The way we respond to sexual violence in the community?
- Help-seeking behaviours in the community?