

SEVENTH
EDITION

WHY NOT *YOU*? WHY NOT *NOW*?

SPARK

CHANGEMAKER MAGAZINE

08 What is
GBV?

15 How we can
Prevent GBV

masifundes
**CHANGE
MAKER**
NETWORK



Masifunde's Changemaker Network

With the Changemaker Network, Masifunde aims to capacitate learners with knowledge on relevant social topics such as leadership, prevention of gender-based violence, community safety, bullying or holistic health. Through the network, the participating learners are empowered to spark change in their schools and communities.

Firstly, Masifunde runs activation workshops in all Grade 9 classes. In these workshops, the learners nominate and select suitable changemakers within their class. The selected learners then join a one-week training. In this training they learn tools and methods on how to run campaigns and share knowledge with their peers.

Afterwards, on a quarterly basis, the now trained changemakers share the knowledge they have learnt through advocacy school campaigns.

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More on Masifunde
www.masifunde.org
 More on the Changemaker Network
www.Changemaker-Network.org



www.changemaker-network.org



FOREWORD

Why are voices and leadership of young people important in ending gender-based violence?



Preventing violence is key, since violence represents a threat to development and well-being of children and young people into adulthood.

Empowering children on child rights, participation and gender equality is at the core of prevention of GBV and that is why MCN Changemaker are so important. Children and young people can contribute innovative ideas and have made calls to prioritize re-evaluating of schools' safeguarding guidelines, strengthening protection and prevention mechanisms, and ensuring learners and adolescents have the agency to speak up for themselves. Ending GBV requires a "whole school" approach that is inclusive and mindful of every learner's thoughts, ideas and actions in designing solutions and actions.

Schools can play an important role in prevention of GBV including approaches that prevent violence and promote gender equality in the curriculum, as well as training education staff to give them the tools to prevent and respond to GBV. Importantly there needs to be safe spaces for learners and activities as entry points for addressing GBV-MCN can lead on these and the SPARK magazine can support those activities. This all needs to be supported by school leadership and community engagement to create safe, gender-sensitive learning environments to ensure that no one is left behind. Children and young people that are part of the MCN Changemakers network are at the forefront of leadership and activism for preventing GBV. This means transforming gender and intersecting power, breaking down harmful gender stereotypes, understanding the key roles not only ours as youth, but also the roles of teachers, school administrators, stakeholders, and governments to be able to achieve a safe and equitable learning environment that each learner and young person deserves.

Dr Tanya Jacobs
Gender and Intersectionality Consultant to the VCP Programme

www.changemaker-network.org

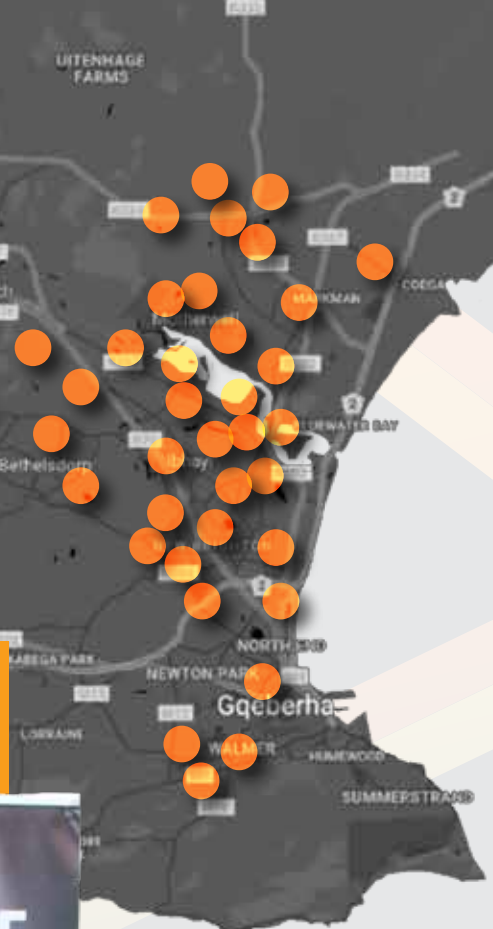
Participating Schools

& progress made

Status:
2024

47 participating schools in Nelson Mandela Bay

203 learners trained Changemakers



MCN NATIONAL REPLICATION

In 2023, The Masifunde Changemaker Network has been replicated in 4 provinces in South Africa namely: Eastern Cape, Gauteng, Limpopo and the North West.

20 Civil Society Organisations have been capacitated and trained to replicate MCN in their communities. Reaching 100 schools in 20 Districts.

In October and November 2023, MCN conducted GBV Trainings in *Democratic Republic of Congo, Kinshasa, Lubumbashi* and *Mozambique*. The objective of the trainings was to increase awareness on GBV and explore ways to prevent GBV and to share best practices.



MCN IN ACTION



Masibambane and Mzonstundu High School Changemakers campaigning at the Parent-Child Wellness Day at Mosaic.



Indwe High School Changemakers, Eastern Cape



Tyhilulwazi High School, Anti-Bullying Campaign



FAMSA Vhembe - Thase Secondary School, Limpopo



FutureLift Foundation - Emadwaleni Secondary School, Gauteng



Waterberg Welfare Society - Meetsetshehla, Limpopo

Intro

A key part of moving towards gender equality and a safe and inclusive South Africa is preventing gender-based violence (GBV), as it makes our homes, communities and schools unsafe. It is a pervasive global issue; we know that around one in three students report experiencing physical violence at or around school when asked about the previous month. There are similar prevalence rates for bullying, on one hand, and psychological violence, on the other hand, with each affecting around one in three students (UNESCO, 2019), however it is difficult to measure because of different definitions and the normalisation of GBV. In South Africa, Intimate partner violence is reported by 32% of women in population-base studies and rates of femicide are six times the global average. Violence against children and adolescents is equally rife with national estimates of sexual abuse against girls at 15% and boys at 10%.

Schools are meant to be safe havens, where children meet friends, socialize and learn how to shape their futures. If GBV is normalized in the home or within a society, it can likely be normalised in schools too. Schools reflect the gender dynamics in society. Behavioural expectations for boys and girls in all their diversity often reflect gender roles, and deviations from those expectations – for example, boys with perceived submissive or feminine traits – may be met with bullying, abuse or punishment. Inequitable gender norms and expectations, and their interactions with other factors like race, class, ability etc normalize violence against the less powerful.

WHAT IS

Gender based Violence?

Definition


Gender Based Violence (GBV) is violence directed at a person because of their gender or sex and can be emotional, physical, mental or sexual harm or threats thereof.


GBV is used by the perpetrator as a tool of power and control over someone else.


GBV is then violence perpetrated on a person on the basis that they are a woman/girl or Man/Boy or non-binary person or person from other marginalised group such as the LGBTIQA community.


DIFFERENCE BETWEEN: **Sex** ▶ **Gender** ▶ **Sexual Orientation** **Gender Identity and Expression**

Gender, sex, and sexual orientation are terms that are often used interchangeably but have different meanings

 **SEX** refers to the biological and physical characteristics that distinguish males, females, and intersex typically defined by reproductive organs. It is usually assigned to individuals at birth based on their anatomy, chromosomal makeup, and hormonal levels.

 **GENDER**, on the other hand, is a social and cultural construct that encompasses the identities, roles, expectations, activities, behaviours, and what society considers appropriate for men/ boys and women/ girls. Unlike sex, gender is not solely determined by biological factors but by personal identifications and expressions and socialisation.

 **SEXUAL ORIENTATION** refers to an individual's emotional, romantic, or sexual attraction to others. It is a personal and internal experience that can be described along a spectrum, including heterosexual (attraction to people of the opposite gender), homosexual (attraction to people of the same gender), bisexual (attraction to both same and opposite genders), and even asexual (lack of sexual attraction to others).

 **GENDER IDENTITY AND EXPRESSION** refers to how you see, identify, and express yourself as a person. Importantly, gender identity and sexual orientation are independent of one another. Gender identity relates to an individual's sense of their own gender, which may or may not align with the sex assigned at birth.

ACTIVITY

[Check your understanding]



Fill in the words in the in the correct categories:

Boy	Gay	Female	Woman	Bisexual
Non-binary	Girl	Male	Asexual	Heterosexual
Homosexual	Lesbian	Men	Intersex	

SEX	GENDER IDENTITY	SEXUAL ORIENTATION	SEXUALITY

While these concepts are often interrelated, it is important to recognize and understand the differences to foster inclusion, respect, and appreciation for the diversity of human experiences.

TYPES of GBV

Some people experience violence because of their gender identity, sexual orientation and expression. Gender Based Violence can manifest in many forms such as physical, sexual, psychological, social, and even economic violence. Abuse can advance if intervention does not occur and the cycles of violence may repeat. Breaking the cycle of violence is important by reporting abuse and getting necessary help. These are some of the acts and tactics (in no particular order) of GBV that abusers use to gain and maintain power over victims.



PHYSICAL

- ▶ Slap ▶ push ▶ scratch ▶ kick
- ▶ choke ▶ beat ▶ weapon use
- ▶ poison ▶ throw objects ▶ burn
- ▶ sleep deprivation ▶ punch
- ▶ rape ▶ force drug use
- ▶ deny physical needs ▶ murder



PSYCHOLOGICAL

- ▶ Manipulation ▶ control
- ▶ defamation ▶ isolation ▶ insults
- ▶ threats ▶ accusation
- ▶ blaming activities ▶ humiliation
- ▶ degradation ▶ monitoring
- ▶ bullying etc



SEXUAL

- ▶ Sexual and sexist jokes
- ▶ embarrassing comments
- ▶ unwanted touching
- ▶ forced to look at pornography
- ▶ forced marriage
- ▶ sexual exploitation ▶ incest
- ▶ rape ▶ sexual grooming
- ▶ stealthing ▶ sexual assault

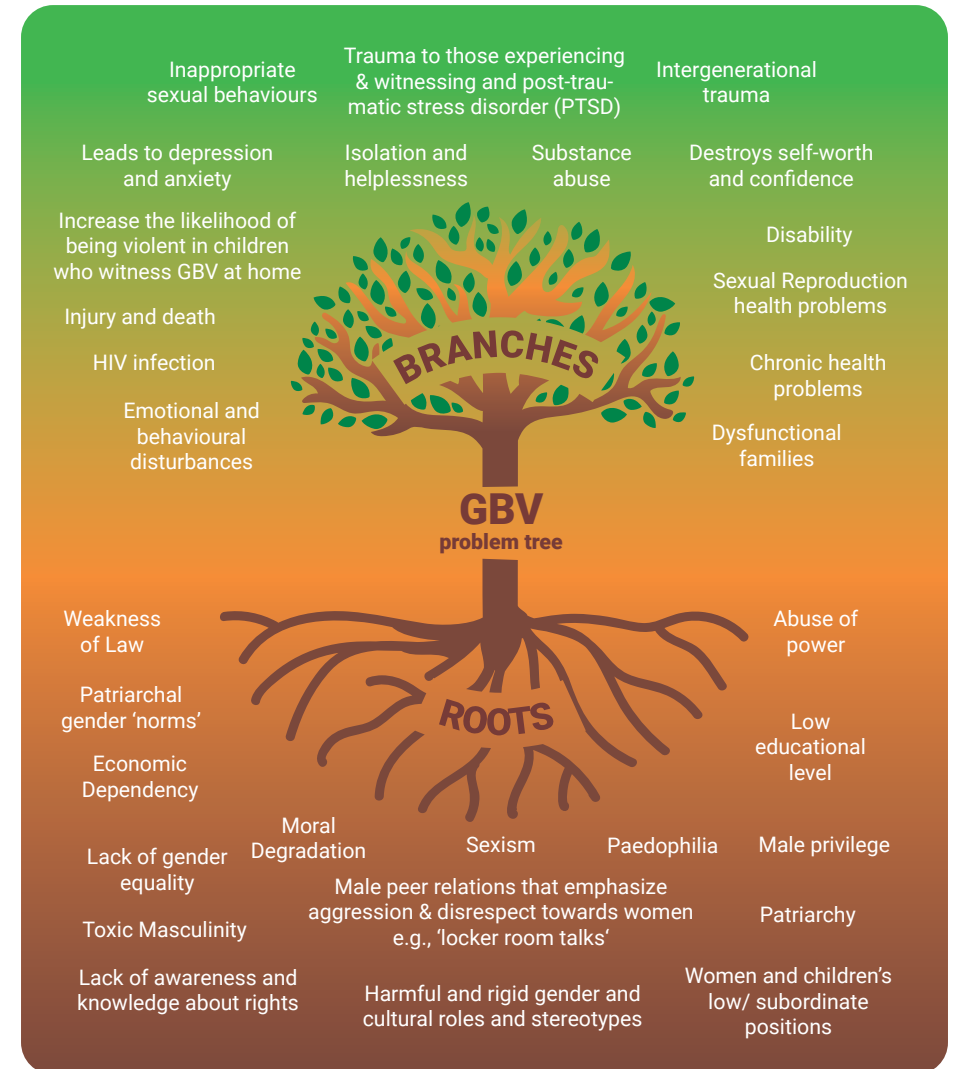


ECONOMIC

- ▶ Denial of education and opportunities based on gender
- ▶ control finances ▶ unpaid labour
- ▶ deny access to work
- ▶ property damage

The different forms of GBV can have short- and long-term effects on a victim or survivor. Gender based violence is not exclusive to gender, biological sex, social or economic background, region, or nationality. Although, GBV can happen to anyone, a majority of victims and survivors are women and girls. According to many statistics, the perpetrator is often known to the victim or survivor, it could be an intimate partner, a family member, a teacher, a friend, or someone who holds a leadership position to the victim.

Let us look at this GBV Problem Tree analogy to help us better understand the causes and consequences of GBV. (With the causes being the roots and the branches being the consequences of GBV)



Can you think of any other causes and consequences of Gender-based violence that are not mentioned on the GBV tree?

The GBV Pyramid

The GBV pyramid explains how the lower end allows the tip and top of the pyramid to thrive. One may say "it was just a joke, why do you care?", it is the sexist jokes that contribute to a culture of violence against vulnerable groups.



The incidents on the pyramid are not isolated incidents. The attitudes and actions on the bottom reinforce those on the upper part.

South African Laws and human rights regarding GBV

In South Africa, several laws protect against gender-based violence. GBV is a criminal offence and a human rights violation.

There are laws aim to protect victims and ensure that perpetrators are held accountable for their actions. It's important to know that laws alone cannot solve the problem. Education, awareness, and cultural change are also necessary to address gender-based violence effectively.

Also, the South African Bill of Rights, which is enshrined in the Constitution, contains provisions that protect against gender-based violence. Human rights should provide a strong foundation for addressing and combating GBV in South Africa.



Ways to prevent GBV



GBV is not an individual issue. We all have a role in preventing it; therefore, it is important to be Changemakers and take responsibility to end the violence.

What we should do

Understanding Consent

Consent is permission through words and actions from both parties. Be respectful.

Challenge yourself

Reflect on actions. Be honest and commit to changing the way you think and act if it is unfair towards vulnerable people.

Bring an end to sexism

Sexism is discriminating, stereotyping, or being prejudiced against someone simply because of their sex.

Come up with an action plan

Sometimes it's easier to interrupt and stop the abuse when you know what you will say and how you will approach the situation beforehand.

Encourage empathy and respect for diversity.

Become practical about promoting gender equality.

Use social media

Use social platforms to spread the word and make a change by empowering others with educative content and reporting content that condones Gender-Based Violence.

Promote Healthy Relationships

Provide information on building healthy relationships based on mutual trust, respect, and open communication and practise it.

Report

Reaching out for help from friends and loved ones can be your first step for support but it should not be your last if there is no support or help, reach out to organisations and the police.

Educate yourself

Provide information on where victims and survivors can get further support and safety.



What we should stop

Stop street harassment

Don't look the other way either! Instead, interrupt and challenge such actions.

Stop rape culture

Stop normalising rape jokes, tell those who do them that it is not okay.

Stop victim blaming

Don't blame victims for how they choose to dress or judge their behaviour.

Stop using sexist/homophobic language

Changing the way you speak can change the way you think. Words are powerful.

Stop normalising and condoning violence

It is not a private matter; it is a human rights violation.

Stop stereotyping men's and women's roles

Examining your social role, learning ways to express feelings directly and non-violently, and managing conflict can help to create deeper and more meaningful relationships.

MY SAFETY PLAN

Remember asking for help is not a weakness, it is the right thing to do.

What are my warning signs?
(When do I feel unsafe and scared)

Coping skills I can use:
(What can I do to remove myself from danger) e.g., manage conflict positively, avoid drugs, reach out for help, etc

A list of people I trust that I reach out to for help or advice
Identify – a friend, teacher, neighbour, relative, social worker, or organisation. Write down their names and contact details

Ways I can keep myself safe
e.g., Be cyber safe, do not share personal information online, or meet up with strangers. Let someone know of my whereabouts

MY ACTION PLAN

Hi Changemaker, come up with an action plan to prevent GBV.

You can refer to the to page 9 and 10 for ideas.



GBV Q&A

Thembanani Gqiba
Executive Director - Doxa



Can you provide some background on your organization and its specific goals and initiatives?

Doxa Family Care was established in 2007 as Doxa Youth Programs by Thembanani Gqiba and associates. Doxa is an NGO that seeks to preserve the family as a focal point in our society. It is an intervention and family prevention program that is both culturally responsive and community-based. The program adopts multi-level equitable norms and a community advocacy approach to transform masculinities by changing attitudes and behaviors that perpetuate Gender-Based Violence.

What motivated you to become an activist in the field of gender-based violence?

Working with families made me realise that GBV is a cycle and a horror movie that refuses to die but keeps on growing. Families are broken and breed broken individuals who break others, who also repeat the same process over and over again.

What strategies or programs does your organisation execute to prevent gender-based violence?

- Parenting programs such as Sinovuyo Teen Parenting, Fatherhood programs such as Men Care50/50 and GBV Community Activation workshops.
- Group sessions such as Singamadoda Redefining Positive Masculinity.
- Doxa Football Academy with 40 boys, under 13 & 19; Masana Girl Empowerment for girls, and Human Rights Clubs at schools.

What challenges do you face in your work, and how do you overcome them?

Donors commit to short-term contracts and that poses challenges in keeping your well-trained staff. We try by all means to negotiate with staff to be patient.

Every healer needs a healer. There is a lack of support for programs that support Victim Empowerment workers, who also go through some of the challenges they tackle in the community. We have created a Heal the Healer program to support our staff, GBV Monitors, and volunteers. At the moment they have access to one session with a psychologist monthly.

Can you share some success stories or impact that your organization has made in the fight against gender-based violence?

Our Singamadoda Redefining Positive Masculinity program has been adopted and implemented by Nelson Mandela University. The program uses approaches that explore concepts of positive masculinity and healthy ways to be a man, challenges gender roles and stereotypes, etc. We have successfully enrolled 40 boys in our Doxa Football Academy and they are registered and compete under PEFA. All the boy's families have undergone parenting skills training and have access to psychosocial support that Doxa offers. We have established two community support groups for victims of GBV. We have employed 5 GBV monitors that record GBV incidents in KwaZakhele, Zwide, and Soweto on Sea, they also help victims report the cases and refer them to relevant stakeholders for support.

How do you raise awareness about gender-based violence in the community?

Hosting monthly educational programmes on GBV in schools, community halls, and clinics.

We have partnered with national organizations such as Foundation for Human Rights and CSVN – Centre for the Study of Violence and Reconciliation to do these campaigns, including the Department of Social Development.

How can individuals, especially young people or communities support and get involved in your organization's efforts?

Attend our training on GBV Community activations. Training will give them more understanding of GBV and interventions that are available around them. Like and share stories on our Facebook page.

What is your message to young people of South Africa.

Violence cannot be normalised on any level, it cannot be understood regardless of the circumstances. There are always alternatives to violence. Love should not hurt. Empathy and Critical thinking skills must be taught as early as primary school level to prevent GBV.

GBV is one of the biggest problems we are facing in South Africa and it is scary to witness the increase. We can prevent it is by working together as Changemakers and communities and not tolerate it by all means. Many people remain silent about GBV matters because they are afraid that nothing will change and they will just become part of the statics. We, as Changemakers, should empower people who are experiencing this abuse to speak out and learn to stand up for themselves and support them, so that we put a STOP to GBV in our communities and schools.

To address GBV, I believe it's crucial to raise awareness of the issue and the devastating effects it has on victims. We need to encourage men and boys to respect women and girls, vice versa. We all need to stand up against GBV even if it will make us look uncool at that moment, we should always aim to make a positive difference. I reaffirm my commitment to take part in the prevention of GBV.



Sinothando Cenganani

Molly Blackburn



Phiwe Sitonga

Tyhilulwazi



Capture your thoughts on GBV prevention

masifunde's

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Hi Changelogers :)

Please like our Facebook page and join our Facebook group. Ask your family and friends to do the same!

You can also find us on WhatsApp by following the Masifunde Changelogers Network channel!

Cover page artwork by Lwando Lunika, a young artist from Walmer in Gqeberha