



# SUCCESS STORIES AGAINST PATRIARCHY

○ *By Jouir (Constan, Aphelandra)*



This workshop offers participants the opportunity to share the obstacles they have overcome in dealing with patriarchy. In this way, people learn from each other's experiences and have more resources to respond to the challenges they face in their intimate lives. It is an opportunity for them to bring success stories to the microphone. Even if a story has not found a solution, telling it is already a victory.



**Duration** 1h to 1h30

**Participants** 6 to 15 participants. We recommend 2 to 3 facilitators for a group of 15.

**Objectives**

- Encourage discussions on patriarchy and its impact on daily life;
- Open up the discussion on sexuality and intimacy;
- Raising awareness of gender stereotypes;
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- To develop people's ability to act and their sense of empowerment in dealing with the obstacles they encounter in their daily lives

**Materials**

- Studio Radio<sup>20</sup>.
- Feuilles et stylos.

**Preparation** Préparez le studio radio et faites un enregistrement test.

**Instructions**

- ① Ask people to reflect individually on an obstacle they have overcome against patriarchy. The story should be a success story. You can set the tone by telling a personal story. Invite participants to choose a story that is not too upsetting for them. The story can even be light and funny!
- ② Divide the group into pairs or triples. Invite participants to choose a person with whom they feel particularly at ease if they feel like it. Randomly put together those who have not chosen a partner.
- ③ Each person is invited to tell their story to their partner. The person hearing the story listens carefully and takes some notes. They may also note the inner resources (such as skills) and outer resources (family, friends, etc.) that the person has used to overcome their challenge. After sharing, they can have a discussion. The listener can name the resources they have identified and check with their partner if they agree with their observations. Allow 5 minutes for sharing the story and 5 minutes for discussion.
- ④ Once the discussions are over, explain to people that the stories will be told over the

microphone and should last 2-3 minutes. They can choose to tell their own story or their partner's story.

⑤ Come back together and sit in a circle around the radio studio.

⑥ Prepare a short script by writing the names of the participants for each job.

⑦ → Welcome and introduction to the programme (say where we are, what day it is, who the people around the table are, why we are gathered today)

⑧ [2 to 3 minutes]

⑨ → Introduction to the programme [ 1 minute]

⑩ → Round of stories [ 20 to 30 minutes]

⑪ → Acknowledgements and conclusion of the programme [2 minutes]

⑫ The programme begins and the participants take turns telling their stories on the microphone.

⑬ During the session, one of the facilitators notes the key words on a flip chart. At the end of the sharing, read the words from this list. Ask if others come to mind and add them. This list can then be used if you have several sessions, to find a topic for further discussion.



## Variants

① When sharing, invite people to decide whether they want to tell their own story or that of their partner. All stories should then be told in the first person and in the present tense, as if they had been told by the narrator him/herself. People do not share their choice with the rest of the group. This workshop can be adapted as a cross interview:

② Distribute recorders to participants (1 per pair/three). The activity can be done with a mobile phone if you do not have enough equipment.

③ Ask them to take turns interviewing their pair for 2-3 minutes about the obstacle they overcame.

④ Come back together in a circle and listen to the different obstacles. If the listening takes place after a break or the next day, you can collect all the sounds and arrange them in an editing program to make the listening more fluid.

⑤ This activity can also be done as a written exercise. Before sharing, the two pairs write the story. Suggest that they add fictional elements, change the story, exaggerate the success, to make it a Hollywood success story.

⑥ If you want to work on positive sexuality, you can change the instructions to "Tell a positive



memory of love/sexual/erotic intimacy”. Each person should think of a very specific memory, by recalling their feelings related to the 5 senses (smell, sight, hearing, touch, taste). Then, their partner, or themselves, must retell the story over the microphone. First person and present tense (as if he or she were living the story) should be used. Remember them to name their emotions and feelings.

## Advice for facilitators

- Cis men sometimes find it hard to find a challenge concerning those topics. Encourage them to reflect on the injunction to masculinity or to share a story from someone else about toxic masculinity.
- As the pairs share, a facilitator can drop in on each group and advise them. If there are two of you, the other can participate in the activities to make the sharing space more horizontal.

## Debriefing

You can ask the following questions:

How did you feel during this activity?

How did it feel to tell the story to your partner? Then at the microphone in front of the group?

How did it feel to listen to the other stories?

How did your body feel?