

ZAZI

KNOW YOUR  
**STRENGTH**

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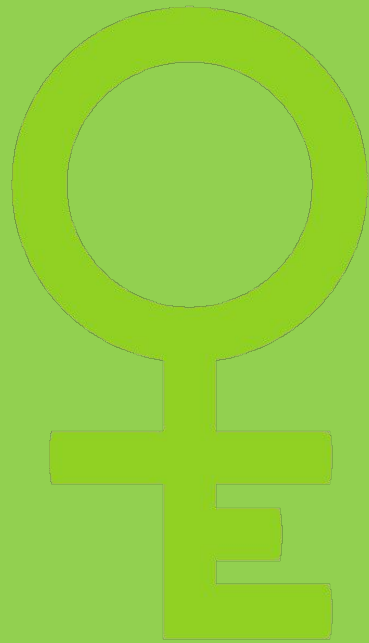
# STARTING OFF...

- Expectations for the workshop
- Ground-rules for the workshop

# WORKSHOP OBJECTIVES

1. To introduce the Zazi Woman and Girls toolkit;
2. To provide a framework for planning and facilitating sessions using the Zazi toolkit;
3. To provide an opportunity to practice facilitating the content of the Zazi toolkit;
4. To understand the principles behind effective behaviour change communication which are incorporated into the Zazi campaign.

*a campaign by women for women*



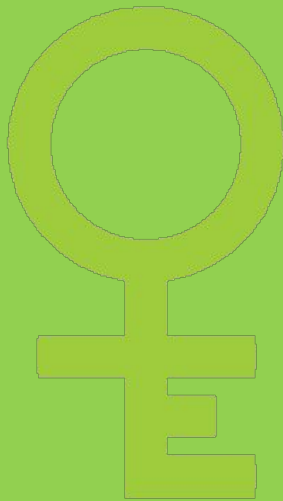
**ZAZI**

KNOW YOUR STRENGTH

**ZAZi** = Nguni word =

**“know yourself”**

Reminds women to use **inner strength**, to look inside themselves, know their strength, their value and what it means to be really true to themselves so that they can overcome adversity.



**The Key**

Is designed in the shape of a symbol for **women**. The key **encourages** women to unlock their **strength, power, self-confidence, knowledge**, to know themselves and what they stand for and to **support** each other.

# The colour green

Symbolises a **new** season, new beginnings, re-birth and regeneration. Green is the international colour for **protection** of **women** and **children**.

Giving young women a green bangle or a scarf reminds them to **use their inner strength** to guide their decisions.

# **INTRODUCING THE ZAZI TOOLKIT**



# **KNOW YOURSELF, KNOW YOUR STRENGTH**

**A PARTICIPATORY PROGRAMME  
ON SEXUAL AND REPRODUCTIVE HEALTH  
FOR WOMEN AND GIRLS**

**A TOOLKIT FOR FACILITATORS**



# CONTENTS OF THE TOOLKIT

- Section 1: Being a woman today
- Section 2: Women and relationships
- Section 3: Women and their bodies
- Section 4: Women's sexual health
- Section 5: Women planning or preventing pregnancy
- Section 6: Women and safe pregnancy
- Section 7: Women and the prevention of HIV
- Section 8: Women and gender-based violence
- Section 9: Women and healthy life-styles
- Section 10: Women getting involved

# EACH SECTION IS MADE UP OF:

- A **purpose statement**, which outlines the content of the section;
- A **background to the problem**, which outlines why women need to know this information;
- An **information section**, which provides essential information on the topic;
- An **activity section**, which suggests participatory activities for the facilitator to go through with groups of women, so they can understand how to apply this information in their own lives;
- A **reference section**, which suggests places to go for more information.

# FACILITATING WORKSHOPS

- The activities are designed to explore just one topic of each section, and can stand alone or be grouped together to explore the entire section.
- Each activity has a suggested time frame, so that you can plan how many activities you can fit into the sessions that you are facilitating with groups of women.
- If you are going to facilitate multiple activities, then we suggest that you do this in the same sequence that appears in the toolkit.

# FACILITATING SELF-REFLECTION

- Many of the activities conclude with an individual reflection exercise that asks the women to think about their own lives and applying the new knowledge or skills to their own circumstances.
- These exercises can be done on paper or in the Zazi diary or notebook, or where the women think about the questions posed.
- This is a private and personal exercise. The participants do not have to share their thoughts from this exercise unless they want to.

# Training versus facilitating

Training is centred around the need to pass on information

BUT

Facilitating is centred around the participants' Own needs

# You must prepare for this work!

- *1: Understand the group you are working with*
- *2: Prepare the environment*
- *3: Prepare the materials*
- *4: Prepare yourself*
- *5: Prepare the session*

BE FLEXIBLE AND ADAPT TO THE NEEDS OF THE  
GROUP

# SECTION 1

## BEING A WOMAN TODAY

- Activity 1: Group-discussion: What does it mean to be a woman?
- Activity 2: Small group-discussions: What does it mean to be a Zazi woman?



# DIVIDING WORKSHOP TASKS

Day 2 - 6 GROUPS NEEDED

Day 3 - 3 GROUPS NEEDED

# DIVIDING WORKSHOP TASKS

## **SECTION 2: Women and relationships**

Activity 1: Small group discussions: Women and relationships.

Activity 2: Frozen pictures: Facing problems in relationships.

## **SECTION 3: Women and their bodies**

Activity 1: Drawing exercise and discussion: Women's bodies and men's bodies.

Activity 2: Group discussion: Changing bodies.

# DIVIDING WORKSHOP TASKS

## **SECTION 4: Women's sexual health**

Activity 1: Brainstorm: Women and sex.

Activity 2: Discussion: Silence, sex and pleasure.

Activity 3: Investigative exercise: Decision-making about sex.

Activity 4: Giving advice: Dear Dolly ...

## **SECTION 5: Women and planning or preventing pregnancy**

Activity 1: Role-play: Pregnancy and prevention.

Activity 2: Condom demonstration: Male condoms and female condoms.

Activity 3: Small group discussions and role-plays: Talking to partners about contraceptives.

Activity 4: Finishing the story: Emergency contraception.

# DIVIDING WORKSHOP TASKS

## **SECTION 6: Women and safe pregnancy**

Activity 1: Small group discussions: Having a healthy pregnancy.

Activity 2: Making messages: Information about having a healthy pregnancy.

## **SECTION 7: Women and the prevention of HIV**

Activity 1: Small group discussions: Understanding HIV.

Activity 2: Picture discussion exercise: Understanding risks and relationships.

Activity 3: Opinions game: Negotiating safer sex in relationships.

# DIVIDING WORKSHOP TASKS

## **SECTION 8: Women and gender-based violence**

Activity 1: Small group discussions: Identifying sites of violence.

Activity 2: Agree and disagree game: Intimate partner violence.

Activity 3: Giving advice: Rape and help.

## **SECTION 9: Women and healthy life-styles**

Activity 1: Hot seating activity: A visit to the nurse.

Activity 2: Group discussions: Women and cancer.

Activity 3: Problem solving exercise: Identifying and beating stress.

# DIVIDING WORKSHOP TASKS

## **SECTION 10: Women getting involved**

Activity 1: Community mapping: Places to go for help.

Activity 2: Discussion: Women getting involved.

## **ADDITIONAL ACTIVITIES AND QUESTIONS**

A time to ask for help on the other activities.

PLANNING A WAY FORWARD FOR YOUR  
TRAINING AND SHARING THIS INFORMATION

# GOING FORWARD

- What is the name of your organisation?
- Names of trainers present
- Does your organisation have a programme training women and girls ?
- Are you able to be a Zazi master trainer?
- How will you use the Zazi toolkit?
- What are your expectations from us going forward?



