

# 1

## SILENCE DOESN'T KEEP WOMEN SAFE. SUPPORT WOMEN EXPERIENCING VIOLENCE.

### Possible Opening Lines

- I've been hearing people talk about how many women experience violence and how they need our support. Have you?
- More people are supporting the idea that violence against women is wrong. Do you?

### Ideas to Chat About

- Violence against women is common in most communities, but many women feel they have to hide it because they won't be supported.
- Different women experiencing violence need different kinds of support. But we can start by telling women: I am here. You are not alone. The violence is not your fault.
- When we ignore violence, we increase the pain and suffering for women. Instead we need to join together as friends and neighbors and support women and their right to live free of violence.
- If we don't talk with women experiencing violence, they will continue to feel shame. It isn't them who should be feeling the shame!

### Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that women who experience violence need our support. Who else could we talk to?

[www.raisingvoices.org/sasa/php](http://www.raisingvoices.org/sasa/php)

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## 2 ENGAGE MEN USING VIOLENCE. DON'T IGNORE THEM.

### Possible Opening Lines

- We know violence is happening in our homes. Although we encourage each other to talk with women about it, I think we also need to talk with men. What do you think?
- Sometimes it feels hard to talk with men about violence, especially those who we know are using violence. But if we don't talk to them, how will the violence stop?

### Ideas to Chat About...

- If we know that a certain man is using violence in his home and we don't say anything, doesn't that send him the message that it is okay?
- Many men who use violence believe there aren't any other options. It is our responsibility to help and support men who want to change.
- We need to talk with men about the benefits of non-violence, to show them how non-violence improves families and relationships.
- Men often take what other men say seriously. We can create change if men who believe in non-violence reach out to men using violence.

### Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that our efforts to prevent violence against women need to include support for men. Who else could we talk to?

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# 3

## TALK WITH WOMEN WHO ARE HIV POSITIVE ABOUT SAFETY FROM VIOLENCE.

### Possible Opening Lines

- If a friend told you she was HIV positive, would you ask her if she felt safe at home?
- Many women are testing positive these days, but after testing they often experience violence. Did you know that?

### Ideas to Chat About

- Women who are HIV positive are at risk for violence from their partners.
- We need to support women who are HIV positive in finding safe ways to disclose their status.
- When HIV positive women experience violence, it further damages their physical and emotional health and can lead to early onset of AIDS.
- Some women living with HIV/AIDS cannot access information, treatment or support because of the violence they are experiencing. This is not right.

### Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that HIV positive women are at risk for violence. They need our support. Who else could we talk to?

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# 4

## WE ALL CAN AND MUST SUPPORT ACTIVISTS AND PREVENTION EFFORTS.

### Possible Opening Lines

- I often want to talk with other people about violence and HIV/AIDS, but I feel uncertain. I really admire the courage of activists.
- Preventing violence against women and HIV/AIDS seems so big. How can just a few people make a difference?

### Ideas to Chat About

- We can join our power with other activists. Together we will be stronger in preventing violence and HIV/AIDS.
- We can support prevention efforts simply by reaching out to those around us living with violence and HIV/AIDS. Reaching out can be hard, but it will make a difference for those we are supporting.
- Those of us willing to reach out and speak out need support too. How can we find others to support us?
- Family and community are really important to me. When I see other people working to make our families stronger, I tell them how I feel and say, “thank you!”

### Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word about supporting the prevention of violence and HIV/AIDS, as well as those leading the way. Who else could we talk to?

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# 5

## JOIN POWER TO SUPPORT ONE ANOTHER IN COMMITTING TO NON-VIOLENCE.

### Possible Opening Lines

- I think that women and men in our community need to support one another in balancing power in their relationships. What do you think?
- More and more people are committing to non-violence at home and in the workplace. I want to as well, but I don't know where to begin. Do you have any ideas?

### Ideas to Chat About

- Partners, neighbors and friends can support each other's efforts to live without violence.
- Get together with friends and start talking about how to balance power in a relationship. The conversation will never be boring!
- Role model balanced power and respect in your own relationships—that's the best place to start.
- We all have different skills and talents that would be useful for supporting non-violence. Some of us are good communicators, others are good listeners, some of us have special training. What skills do you have that might be useful?

### Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that we can join our power to support one another in committing to non-violence. Who else could we talk to?

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