

1

MANY SMALL ACTIONS CAN MAKE A BIG CHANGE.

Possible Opening Lines

- I've been thinking about the changes in our community lately, and I think more people are speaking out about balancing power in relationships. Do you?
- Some people say they can't really do anything about violence and HIV/AIDS, but I think everyone can do something. Don't you?

Ideas to Chat About

- If everyone simply talked about violence and HIV/AIDS with one other person that would be a lot of people talking and a lot of momentum for change!
- When each of us decides to be a role model in our families and communities—demonstrating how to live with fairness and non-violence—change will happen!
- Everyday we each have many opportunities in our relationships and families to do or say small things that demonstrate fairness and respect.
- The changes we make in our personal relationships and families will ultimately affect the larger community.

Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that many small actions can make a big change! Who else could we talk to?

www.raisingvoices.org/sasa/php

QuickCHAT

for the Adventurous Activist!

action

SASA!

Preventing Violence Against Women and HIV

2

PREVENTING VIOLENCE AGAINST WOMEN AND HIV INFECTION IS UP TO US.

Possible Opening Lines

- People keep saying that the government or NGOs should do something about violence against women and HIV/AIDS. I think it is in our hands. I think *we* have the power to create change. What do you think?
- I see many people doing things to prevent violence and HIV/AIDS—from neighbors to health care workers to religious leaders. What are you doing?

Ideas to Chat About...

- In our communities WE decide if violence is acceptable or not. If we think it isn't acceptable, then we have to speak out and take action when we see it. It's up to us!
- As men, there are so many things we can do to prevent violence and HIV, for example, starting a men's group that talks about non-violence.
- As women, there are so many things we can do to prevent violence and HIV, for example, going door-to-door to talk about how violence isn't acceptable in our community.
- As leaders, there are so many things we can do to prevent violence and HIV, for example, speaking out and creating policies that uphold the human right to live free of violence.

Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that the prevention of violence and HIV is up to us. Who else could we talk to?

www.raisingvoices.org/sasa/php

QuickCHAT

for the Adventurous Activist!

action

SASA!

Preventing Violence Against Women and HIV

3

CREATING COMMUNITIES SAFE FOR GIRLS AND YOUNG WOMEN— IT'S UP TO US!

Possible Opening Lines

- Many girls and young women are in difficult circumstances. How could we make our community safer for them?
- Girls and young women are at high risk for violence and HIV. How do you think we could change this?

Ideas to Chat About

- Treating our girls and boys with the same love, care and respect—right from birth—helps them know they are all worthwhile and valued.
- Orphan girls are especially at risk. We must use our power and take action to protect them.
- When we see men with girls and young women we must speak out. We must confront the men who are putting girls and young women at risk. It is our responsibility!
- Talk with girls and boys about sex, power and rights. Help them feel safe, supported and competent in exercising their right to make decisions about their sexuality.

Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that it is our responsibility to protect girls and young women from violence and HIV. Who else could we talk to?

www.raisingvoices.org/sasa/php

QuickCHAT

for the Adventurous Activist!

action

SASA!

Preventing Violence Against Women and HIV

4

WE ALL HAVE THE POWER TO CREATE HAPPIER FAMILIES AND COMMUNITIES.

Possible Opening Lines

- You know, people think changing is hard. It is hard. But I think continuing to live with violence and HIV/AIDS in our families is harder. Don't you?
- Everyone wants a happy and healthy family. Is yours happy and healthy?

Ideas to Chat About

- As a family, making a rule that violence is never allowed teaches children that violence is never an acceptable solution to a problem.
- Every day we make choices in our relationships and families that bring us closer together or farther apart. What choices are you making?
- Parents can explain to their children why they balance power and responsibilities, so that their children will learn to do the same in their relationships.
- Conflict and disagreement are inevitable in every relationship. Women and men can learn about non-violent ways of dealing with anger.

Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word that we all have the power to create happier and healthier communities. Who else could we talk to?

www.raisingvoices.org/sasa/php

QuickCHAT

for the Adventurous Activist!

action

SASA!

Preventing Violence Against Women and HIV

5

NON-VIOLENCE BENEFITS EVERYONE!

Possible Opening Lines

- If we remind each other of the benefits of non-violence, then it will be easier to change. Don't you think?
- I still meet people who do not know the benefits of non-violence. I think we need to take action to change that. What do you think?

Ideas to Chat About

Everyone benefits from balanced power. Can you imagine families and communities free of violence, HIV and AIDS?

- Women would be able to live without fear!
- Men would be closer to their wives and children—making families stronger.
- All the time and money spent on treating violence and HIV/AIDS could be used to develop our families and communities.
- Everyone would be happier and healthier!

Departing Words

Thanks for the chat! We really need to have this chat with others. We need to spread the word about the benefits of non-violence. Who else could we talk to?

www.raisingvoices.org/sasa/php

QuickCHAT

for the Adventurous Activist!

action

SASA!

Preventing Violence Against Women and HIV