

*Neighbors checking in on neighbors makes
our community stronger.*



How are you using your power positively?



Community Conversation

1

Discussion Questions

- ▶ *What do you see in this image?*
- ▶ *How can checking in on our neighbors help during this time?*
 - It is neighborly, it shows you care!
 - Some community members might feel isolated, especially women who might be in difficult relationships or experiencing violence.
 - Strengthens our community when we can watch out for, support and care about others' well-being.

Take home idea



Use your power positively, reach out to someone every day.

*The stress of COVID-19 is real but
it is no excuse for violence.*



How can you use your power positively?



Community Conversation

2

Discussion Questions

- ▶ *What do you see in this image?*
- ▶ *Why is violence never an acceptable response?*
 - Violence hurts women and everyone.
 - There are other ways to deal with stress and anxiety (talk, take a break, relax with music, sit quietly and take deep breaths, go for a walk, pray/meditate, seek support, etc)
 - Each one of us are responsible for our own behavior; no one can provoke someone to be violent.

Take home idea

Use your power positively, commit to never using violence. Reach out to others who need support.

This is a difficult time. We help each other by showing kindness and patience.



How are you using your power positively?



Community Conversation

3

Discussion Questions

- ▶ *What do you see in this image?*
- ▶ *How can you strengthen your relationship during this time?*
 - Commit to kindness; commit to never using violence.
 - Show your family you care – make time to talk, to play, to do chores together.
 - Remember that your positive, kind and patient behavior during this time will build trust and connection with your partner and/or family.

***Take home
idea***



Use your power positively, use this time to build trust and connection with your partner/family.

*It is a time for supporting each other.
Respecting, Listening, Caring.*



How are you using your power positively?



Community Conversation

4

Discussion Questions

- ▶ *What do you see in this image?*
- ▶ *What does supporting your partner during this time look like?*
 - Never using violence – physical, verbal or sexual.
 - Listening to how your partner feels, avoiding judgment or criticism.
 - Appreciating your partner at least once a day – say something nice about them, what they do for your family or who they are as a person.
 - Build trust and connection with your partner and/or family.

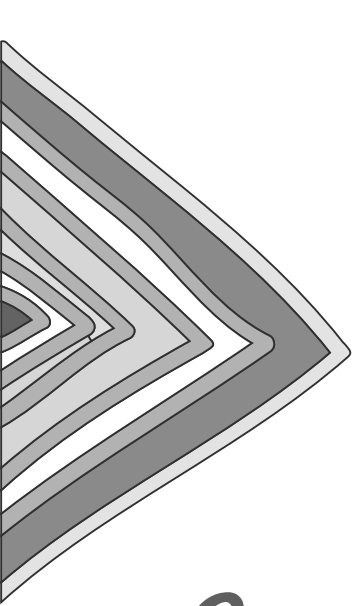
**Take home
idea**

▶ *Use your power positively, do at least one thing every day to show your partner you care.*

Physically distant, but in this together.



How are you using your power positively?



Community Conversation

5

Discussion Questions

- ▶ *What do you see in this image?*
- ▶ *How can you help strengthen our community during this time?*
 - Listen to and practice public health guidance.
 - We need each other now more than ever. Keep connecting and caring – ask neighbors how they are, reach out to women experiencing violence or men using violence.
 - Help a family nearby in any simple way (offer to watch their children, help with laundry one day, offer to collect water, lend your radio or phone for an afternoon, accompany them to the doctor or local leader.
 - Never accept or make excuses for violence.

**Take home
idea**



Use your power positively, do one thing today that helps strengthen connection in our community.