Together we are stronger!

Being Kind

Reaching Out

Protecting Each Other

How can you use your power positively?
Discussion Questions

What kind of community would you like to live in?

A community...

• where we can rely on, trust and help each other.
• where we speak out when we see something harmful or someone in need of support rather than staying quiet or keeping to ourselves.
• where the safety of women at home and in the community is prioritized.
• where we hold each other accountable and find safe ways of holding men using violence accountable.
• where we value everyone (women, girls, men, boys) equally.
• where public health guidelines are followed – we can keep each other safer.

How would it feel to live in such a community?

• Safe, protected, cared for, valued, happy, healthy.
• Proud of one’s own contribution and grateful to others for their efforts.
• Everyone feels power with others and together we can create a caring and loving community.
• A place where we can devote more time and energy to developing ourselves, our family and our community.

Take home idea

A strong community grows when we all use our power positively – in small and big ways to be kind and help each other.