

My Body Rights

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INTRODUCTION

The 'My Body My Rights' workshop in collaboration with Shumpun Foundation was conducted with **24 Parents** from Kolkata, West Bengal over 4 days during the months of October and November, 2021. The training was conducted virtually on zoom and aimed to see a behavioural and attitudinal change in the participants at the end of the workshop. The structure and methodology of the virtual training was conceptualised to ensure efficient delivery of content and capacity building. Shumpun Foundation works with children and adolescents with autism, learning disabilities and other developmental delays and is dedicated to forging a strong partnership with families with children with special needs. Rangeen Khidki's My Body My Rights program engaged in Comprehensive Sexuality Education with the Parents of children and adolescents with autism with the help of Shumpun Foundation.

DAY

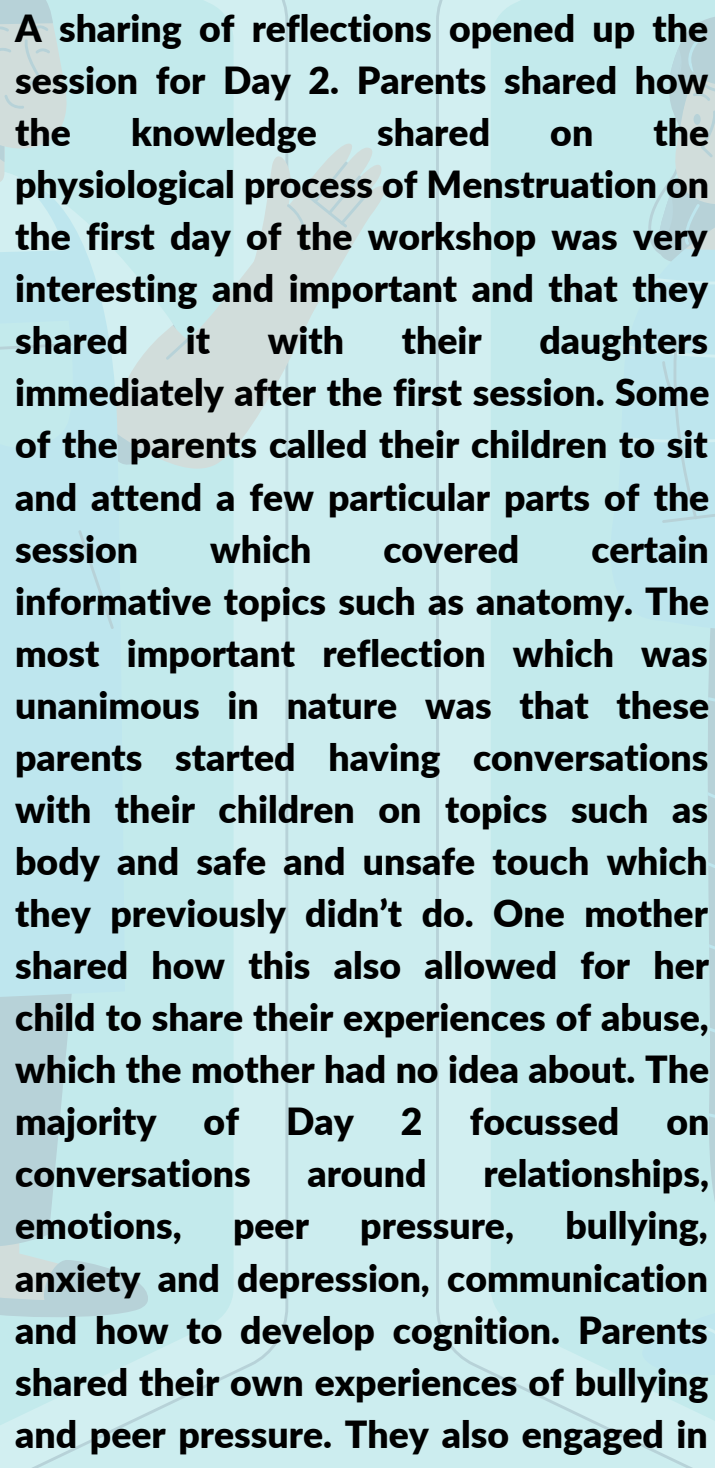
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03.10.2021

The training was facilitated by conducting activities and facilitating conversations based on the content from the My Body My Rights module. An introductory activity made the parents more comfortable to openly interact in the sessions and discussions on the idea of growing up, puberty, consent, boundaries, sense of self and safe unsafe touches took place in the course of 6 hours. Most of the parents shared their own lived experiences and talked about the challenges they themselves faced while growing up. An important point that emerged through these conversations was that due to a lack of reliable information on topics such as boundaries and consent, a lot of them accepted certain violations while growing up which they otherwise would not have. The conversations on Day 1 concluded on a positive note as the parents shared how they would want to provide and apply the learnings from these sessions onto their children's lives in the hope that they would be able to provide to their children the information that they themselves lacked while growing up.

DAY 2

31.10.2021

A faint, light blue illustration of a man and a woman. The man on the left is wearing a white t-shirt and blue overalls, gesturing with his hands as if speaking. The woman on the right is wearing a blue long-sleeved top and a grey and white checkered skirt, holding a small white cat. The background is a light blue gradient with faint outlines of a room.

A sharing of reflections opened up the session for Day 2. Parents shared how the knowledge shared on the physiological process of Menstruation on the first day of the workshop was very interesting and important and that they shared it with their daughters immediately after the first session. Some of the parents called their children to sit and attend a few particular parts of the session which covered certain informative topics such as anatomy. The most important reflection which was unanimous in nature was that these parents started having conversations with their children on topics such as body and safe and unsafe touch which they previously didn't do. One mother shared how this also allowed for her child to share their experiences of abuse, which the mother had no idea about. The majority of Day 2 focussed on conversations around relationships, emotions, peer pressure, bullying, anxiety and depression, communication and how to develop cognition. Parents shared their own experiences of bullying and peer pressure. They also engaged in conversations around healthy and unhealthy relationships.

3 DAY

03.11.2021

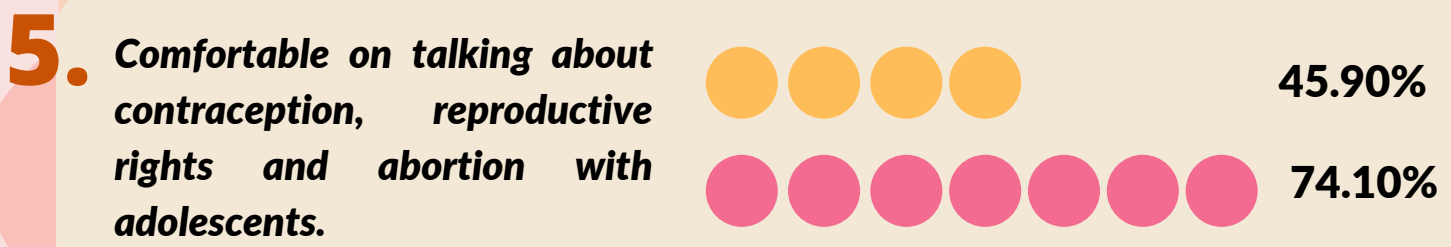
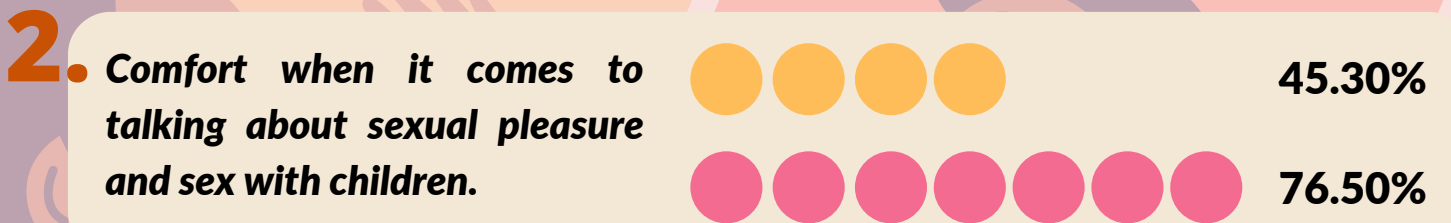
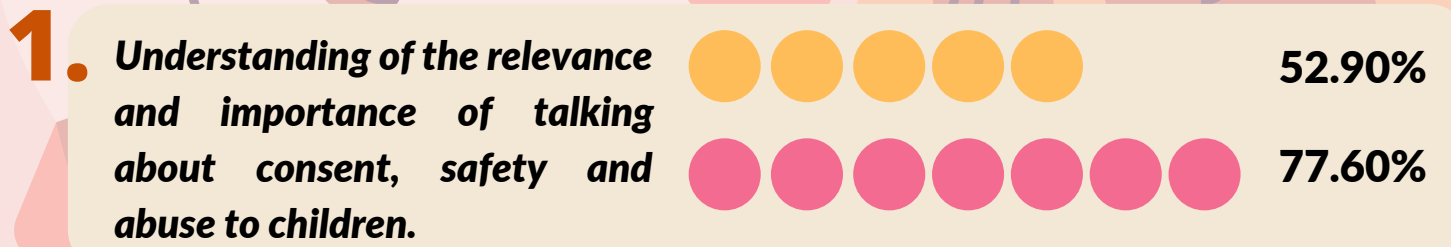
The third day of the workshop also started with a sharing of reflections and learnings from the previous two days. By this time, we were witnessing the effectiveness of the training in knowledge as well as the behaviours of the parents. The parents were enthusiastically participating in the discussion, asking very relevant questions, and sharing their own stories and experiences. Day 3 included discussion on the concepts of gender, identity, sexuality, power dynamics, heteropatriarchy and gender based violence. The first step was to distinguish between sex and gender and understand that even sex. The parents were introduced to the stages of the development of gender identity in children. The nuances of gender expression and how it is different from gender identity were highlighted in addition to gender norms and roles. The discussion became very personal as most of the parents opened up about how patriarchy has affected their entire lives and will continue to keep doing so.

DAY 4

14.11.2021

The last day of the workshop focussed on conversations around Reproductive Anatomy, Reproductive Health and Rights, Sexual and reproductive health care. Drawing on conversations from the last 3 days, parents were keen on learning about Abortion, Contraception and rights. The workshop concluded on a hopeful note and the parents were excited to start a new journey with their children by applying the learnings from the workshops in their daily lives.

OVERALL OUTCOME



Pre  Post 

REFLECTION

We are living in a modern age. But today we see that the mentality of our society has not totally changed. So these types of classes are necessary to teach our society. We give protection our children when we learn about sex education and also teach them about this

Sex and sexual pleasure is very basic right to every person. So as a mother I have a duty to explain these to my child. For these my concept must be clear that I have gathered now after this workshop. So I feel very confident.

After attending the workshop, I have discussed with my daughter about her feelings, knowledge ,experiences about sex and sexual abuse

During adolescence it is a totally personal decision to have in relationships with sexual pleasure. So both boy and girl child should aware about the contraception, reproductive rights and abortion procedure from their parents. So they will be properly guided.

First thing I liked about the session is how much concept is required for a relationship and second thing, I liked was I gained a lot of knowledge about periods and stopped believing in the superstitions regarding period.

In the first two sessions I have learned that it should be called safe and unsafe touch instead of bad touch and good touch. I also learned the misconception about period , and how to talk about it.