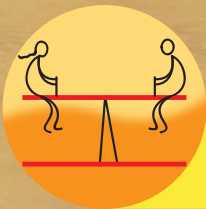


MY GEMS DIARY



Promoting gender equity
with the children, by the children

International Center for Research on Women (ICRW), founded in 1976, is a private, non-profit organization headquartered in Washington, DC, with Asia regional office in New Delhi, India, and field offices in Hyderabad and Mumbai in India and Kampala in Uganda. ICRW's mission is to empower women, advance gender equality and fight poverty in the developing world. To accomplish this, ICRW works with partners to conduct empirical research, build capacity and advocate for evidence-based, practical ways to improve policies and programs.

CORO (Committee of Resource Organizations) for Literacy is a non-profit organization registered in 1990 for the propagation of adult literacy in Mumbai slums. CORO is registered under the Societies' Registration Act (1860) and also under the Bombay Public Trust Act (1950). Transformation of CORO from an initiative in literacy learning to a grassroots youth and women's organization is an unfolding of empowering processes for community youth and women. Engaging grassroots women and men in combating gender based violence has been CORO's unique demonstrative proposition.

Tata Institute of Social Sciences (TISS) was established in 1936, as the Sir Dorabji Tata Graduate School of Social Work. In 1964, it was recognized as a deemed University by the Government of India. The institute has consistently worked for the promotion of sustainable, equitable and participatory development, social welfare and social justice through its various professional education programs, research, field action and dissemination.

For more details about My GEMS Diary please contact:

ICRW

C-139, Defence Colony

New Delhi – 110 024

Telephone: 91-11-46643333 24635141

Email: info@icrw.org

Website: www.icrw.org/asia

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We dedicate this GEMS Diary to the memory of Trisha Apte (ICRW Intern).

Dear Children

Girls and boys are not treated alike - whether it is at home, at school, or in society. Why are they treated differently? Are a girl's dreams and desires different from those of boys? Why are both boys and girls not given similar opportunities to live life the way they want? This discrimination is not right and needs to be removed. This is the reason we have begun discussions to promote equality with you in your schools. This diary that you hold in your hand has exercises and games on these. Through these we will understand the different ways discrimination raises its ugly head in your everyday lives - at home, in school and at play. Where there is equality there is no scope for violence. A person who believes in equality and resists all forms of violence is a GEM. Below are two GEMs who will remain with you through this journey of learning. We hope they will inspire you to become a GEM, too!

Gender

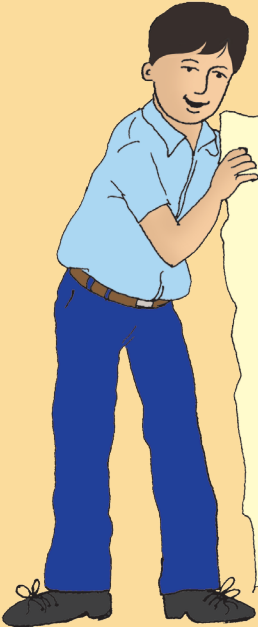
Equity

Monitor



Your Introduction

We are GEMs, we talk about equality



Stick your/your family photograph here.

Name _____

Class _____

School _____

Address _____

Something about you...

Your best friend _____

Your favorite color _____

Your favorite animal _____

Your favorite hero/heroine _____

Hobbies _____

One thing that you like about yourself _____

Something about the person you love the most...

His/her favorite color _____

His/her favorite film _____

His/her favorite game _____

His/her hobbies _____

One thing that you like most about him/her _____



My Dreams



We all have our dreams – to become someone significant in life; to do something great!!

What are your dreams? Write, draw or stick pictures about them below.



Promoting gender equity with the children,
by the children



Is this possible?

Can women play cricket and men cook food?

In our society men and women have different roles. They have different responsibilities. Why is it so? Is this natural or has society made these rules?

We have listed 9 tasks below along with possible options. Please tick '✓' the one you consider most appropriate.



1. Men do not cook because

- biologically they cannot cook.
- they should not cook.
- they are not expected to cook.



2. Women earn less money compared to men because

- they should not earn more than men.
- biologically they cannot earn more than men.
- they do not get enough opportunities to earn more.



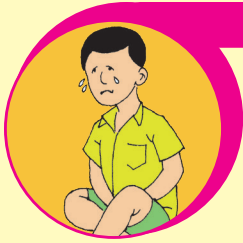
3. When compared to boys, more girls drop out of school because

- their education is not given enough importance.
- they should not go for higher education.
- biologically they are not capable of completing higher education.



4. A household is headed by a man because

- men are born with this capacity.
- women should not be the head of the household.
- women are not given the chance to become the head of the household.



5. Boys do not cry because

- they cannot cry.
- they are told not to cry.
- they should not cry.



6. Girls usually do not play cricket because

- they do not get a chance to play.
- biologically it is not possible for them to play cricket.
- they should not play cricket.



7. Boys are strong, and girls are weak because

- they are naturally built that way.
- girls should not be strong.
- girls are considered weak.



8. Women do not drive taxis because

- they should not drive.
- they do not have the capability to drive.
- they are not allowed to drive taxis.



9. Men cannot look after children because

- biologically men are not care-givers.
- they should not look after children.
- it is not considered a man's responsibility.

Check your answers.

- Answers are given on Page 40.
- If all answers are correct, you are a 'champion'.
- 5-8 correct answers means you are a 'good player'.
- Less than 5 correct answers means you are on the right path but need to think and try harder.



What is a boy? What is a girl?¹

What is a boy? What is a girl? Let us see how we understand
What makes each one special...



Some people say that a girl is one who has long hair.

But Kuldip has long hair and he is a boy.



Some people say that boys are those who are strong and can carry heavy loads.

Saeeda and Nafisa carry two pitchers of water and heavy loads of fuel wood, but they are girls.



Some people say that girls are those who help in domestic work.

But Joseph helps with cooking and cleaning at home and he is a boy.



Some people say those who are gentle and motherly are girls.

Kabir is gentle and he looks after his younger sister and he is a boy.

Some people say that those who are capable of managing affairs of the outside world are men.

Aruna is a District Collector, she manages the entire district and she is a woman.



¹ Based on 'Kamla Bhasin, 'What is a boy? What is a girl?' Jagori, 2007'

Then what is a boy or a girl?

A boy is one who has a penis and testicles.

A girl is one who has a vagina and a clitoris.

A child forms in the body of the woman, she gives birth to and breastfeeds the child.

Other than these few biological differences, girls and boys are not different. In fact, their bodies have more similarities than differences.

This biological or physical construction is called sex.

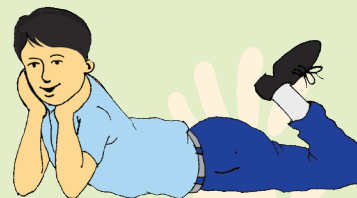
The other differences between boys and girls-like their clothes, behavior, education, the attitude of society towards them – are all social or cultural differences, not natural differences.

These social and cultural definitions of men and women are called gender.

Nature only provides different organs for reproduction. Inequalities, hierarchies, customs are created by society, which means by all of us. Due to these discriminations, girls cannot progress or develop their talents the way boys can.

Such gender differences not only harm a girl, they harm the entire family, community and country. Because gender is social, created by all of us, we can change it and create a society where girls and boys get equal opportunities to grow to their full potential; where roles, responsibilities, qualities and behavior patterns are not determined and imposed by gender; instead everyone has the right and freedom to choose their roles, develop their talents and live a life of their own choice.

Promoting gender equity with the children, by the children



My Identity

People have different expectations from you depending on whether you are a boy or a girl. If you are a boy, you are expected to keep your hair short, dress up in trousers and shirts and go out to play.

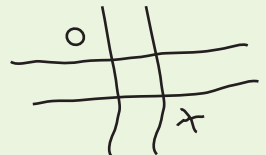
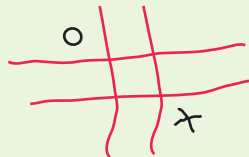
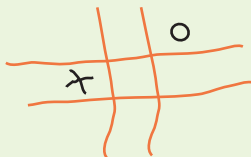
If you are a girl you are expected to keep your long hair, dress in skirts or *salwars* and stay at home to help in household chores.

What do people expect from you?

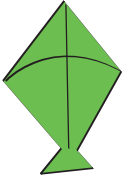
People's expectations: Place stickers here to show the expectations people have from you.

My Desires

What you want to do may not necessarily be the same as what people expect from you. Use the remaining stickers to show what you want to do. If you find that the stickers are not enough, you can draw pictures too!



Flying a kite



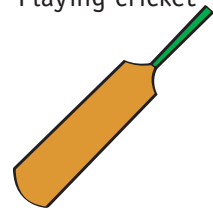
Playing football



Keeping short hair



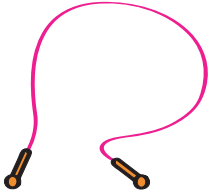
Playing cricket



Studying



Skipping rope



Wearing trousers



Working on computers



Drawing and painting



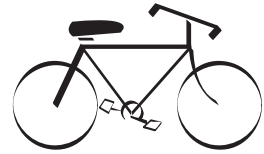
Singing and playing instruments



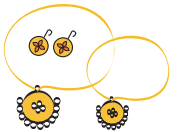
Filling water



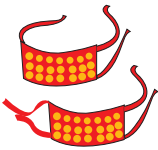
Riding a bicycle



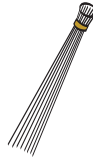
Dressing up



Dancing



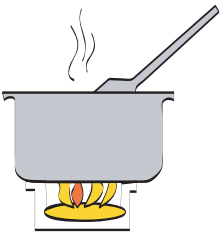
Cleaning



Stitching and embroidery



Cooking



Keeping long hair



Wearing stylish shirts



Going out



Division of Work...

There are many tasks that are done at home and done outside the home to earn money.

Consider the pictures given below of a few such tasks. You have to tell us whether these tasks are done by men at home or outside the home. Place a tick '✓' on the appropriate boxes.

At home



Man cooking Yes No

Outside the home (As a job)



A chef in a hotel Yes No



Stitching clothes Yes No



A tailor Yes No

At home



Serving food Yes No

Outside the home (As a job)



A waiter in a hotel Yes No



Washing utensils Yes No



Washing dishes in a restaurant Yes No

Think and write:

The tasks which need to be done both at home and outside, are often done outside by men, but not within the home. Why?

Yes oh yes, no oh no²

Do you eat food? Yes! Oh yes!
Do you cook food? No! Oh no!
Yes for eating, no for cooking? How do we manage?

Do you make a mess? Yes! Oh yes!
Do you clean the mess? No! Oh no!
Yes for making a mess, no for cleaning? How do we manage?

Do you wear clothes? Yes! Oh yes!
Do you wash clothes? No! Oh no!
Yes for wearing , no for washing? How do we manage?

Nobody is born in this world knowing how to do things. Every body has to be taught and has to learn skills in this world. In the last exercise, we saw that despite men doing certain jobs outside the house, they would not do the same at home. The reason for this difference is the importance given to the work and also women's position in society.

Women are expected to do household chores as this work is unpaid, unrecognized and given least importance. This gender discrimination has a negative impact not only on girls, but also on society and the country as a whole. There is a need to give importance to work happening both inside or outside the home. Instead of forcing roles and responsibilities based on sex, people should get an equal opportunity to choose based on their interest and skill sets. The truth is that, given a chance, anyone can learn to do anything.

² Based on 'Kamla Bhasin, 'Dhamak Dham Bachon ke Geet', Jagori, 2008'.

Time Sheet

Given below is a very interesting clock. When you color it, you will see how much time you spend in doing different things each day. Think about all the activities you usually do in 24 hours and fill in the matching colors. A few examples have been given, but if there is something else that you do, please write it below and assign a different color to it.



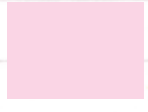
Getting ready for school



Playing



Sleeping



School



Household chores



Studying at home

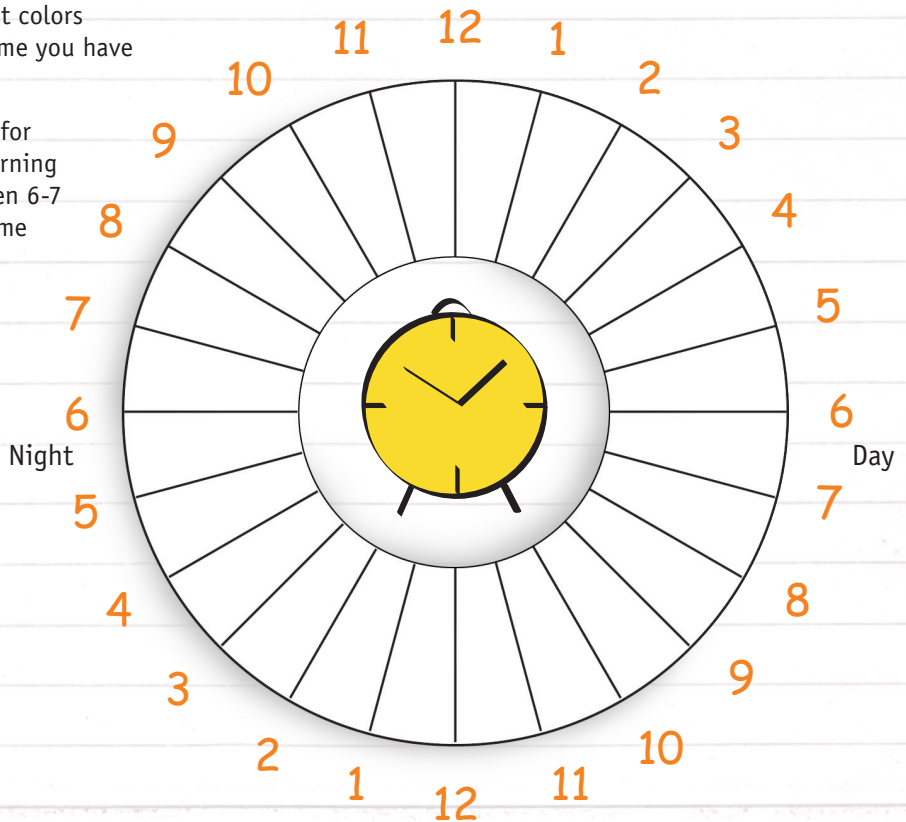


Watching television

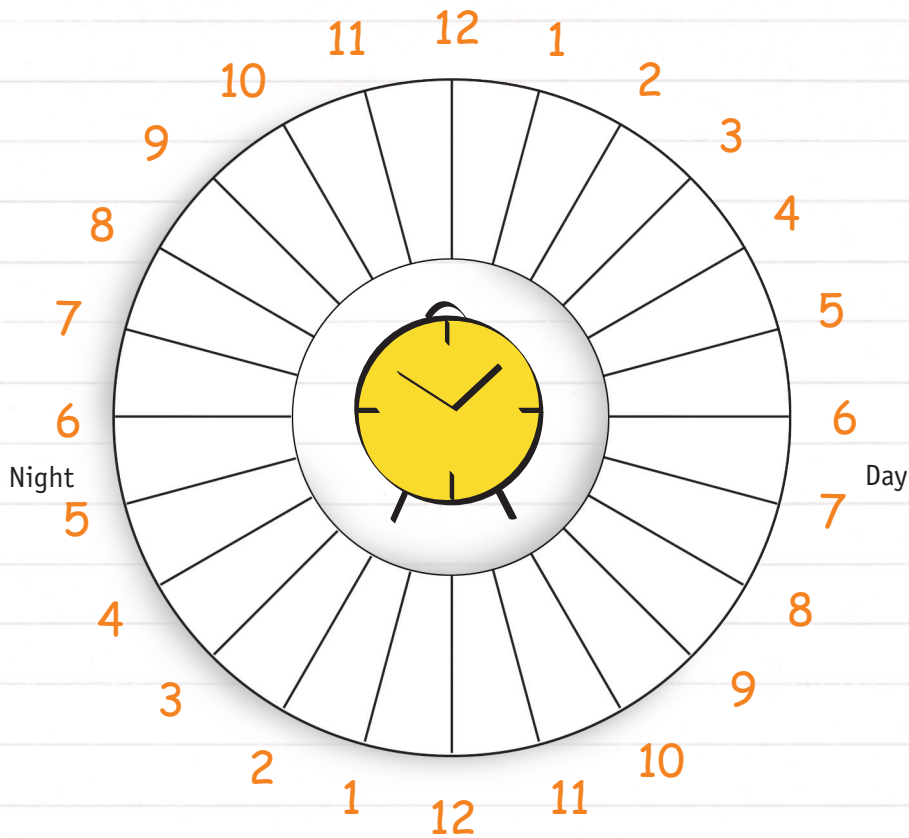


Fill the clock with the relevant colors according to the amount of time you have spent doing each activity.

For example, if you get ready for school between 6-7 in the morning then color the portion between 6-7 on the clock with red. Your time sheet will soon be ready!



In the same way, make a clock for your brother or sister.



Think and write:

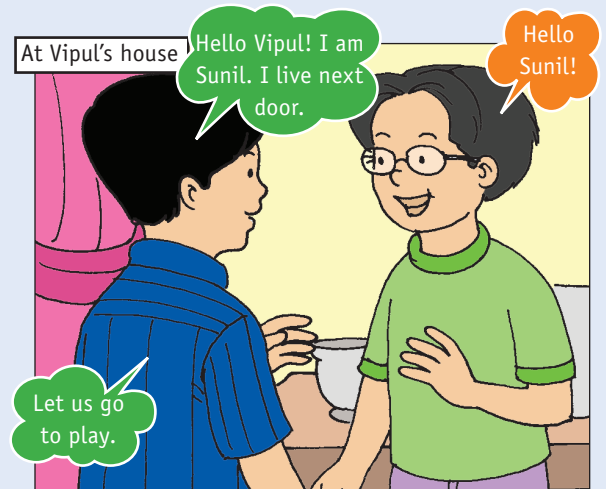
1. Is your clock the same as your brother's or sister's clock?
Does a brother's clock have a larger portion for play than a sister's? Is the portion for household work larger in a sister's clock? Do you agree with this difference? Why or why not?
2. Do you want to change anything in any clock? If yes, in which clock and what?

Give me Five!

Sahyadri Nagar, house of Seema and Sunil



At Vipul's house



Vipul finishes his chores and makes lemonade



On the way



How come you do work that is usually done by girls?

There is no such thing as boy's or girl's work. Everybody helps to do the work at home.

Why not? What is the harm? Its our work, we all do it. Our father helps us get ready and sometimes also cook us dinner.

Should boys do household chores, like cooking?



At home

At Sunil and Seema's house

Seema, shall we go out to play?

No. I have a lot of work to complete.

I can help you.



You? What will Mom and Dad say?

They will be happy... the work will finish faster, then we can both go to play.



On returning from play

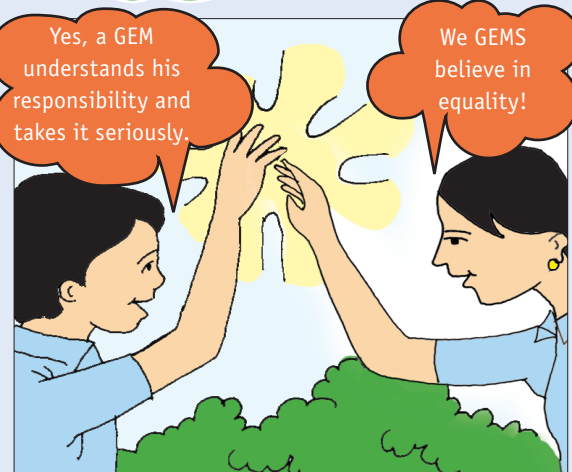
Today we had so much fun!!

Oh! Yes. Give me five!!



Yes, a GEM understands his responsibility and takes it seriously.

We GEMS believe in equality!



Find the Differences

Look carefully at the pictures given below. Can you spot any differences in the work being done by boys and girls?



Think and Write

1. Can you spot any differences in the work and behavior of the boys and girls? Write down the differences.

Picture 1

Picture 2

2. What are the other differences in the work and behavior of the boys and girls that you observe in the community?

3. Why do these differences exist? Discuss the reasons with your friends, teachers and family and write down your opinion. You can also draw pictures to illustrate your answer.

Boys and girls are different,  not unequal

Cross the Hurdles...

Simon wants to grow up and become a film hero, singer and dancer like Farhan Akhtar. Alisa wants to become a doctor when she grows up. What are the difficulties/hurdles that they may face on the way to achieving their goals?

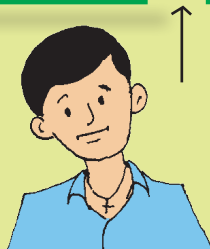
Father and mother hope that he becomes a doctor or an engineer.

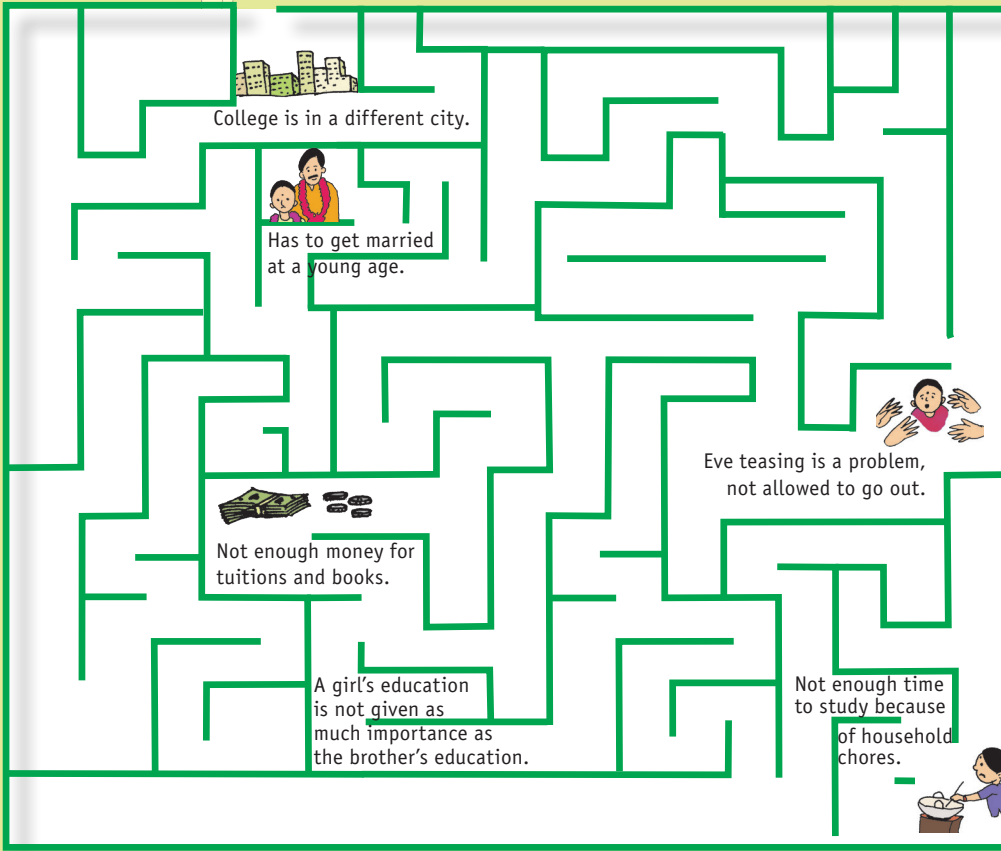
Shortage of money, need to start earning early in life.

Peer pressure.

No encouragement from the family.

What other obstacles could Simon face?





What other hurdles could Alisa face?

Think and Write...



1. Who will have to cross more hurdles, Alisa or Simon? Do girls generally face more hurdles in fulfilling their dreams than boys?

2. How can these hurdles be crossed? Discuss this with your friends, family and teachers and either draw or write your answers.

Who is Right, Who is Wrong?

The school show was a big success!

The parents and teacher praised the children for their performances in the show.

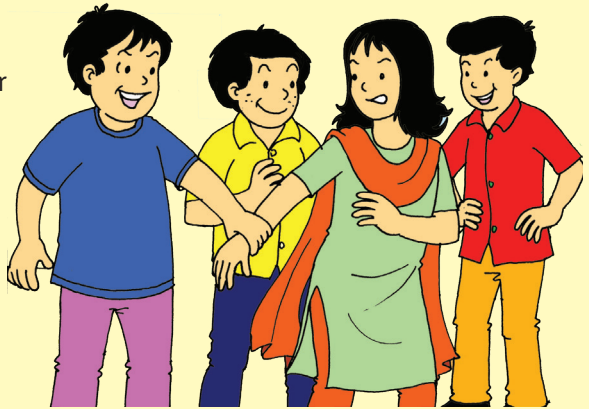
Sharda was very happy with her dance recital. After the show, she was returning home and thinking about telling her family about how every one had appreciated her dance. On the way, she saw Harish and his friends standing on the street corner.

Harish (in a teasing manner): What a show – how well you dance! You were a hit! I loved it.

Sharda ignored him and did not reply and tried to walk past them. Harish suddenly came up and held her hand.

Sharda asked Harish to leave her hand and threatened him.

She somehow managed to free her hand from Harish and reach home.



When she reached, she found her mother and brother waiting for her.

Dinesh: How was your dance performance? Why are you so breathless?

Sharda: I met Harish on the way and he started troubling me.

Dinesh: On the way? Which way? Why did you have to come from there? There was no need for you to speak to any one on the way. I am going to teach Harish a lesson.

Dinesh went to Harish and his friends and asks them why they were troubling his sister. He ends up picking a fight with them. Harish and his friends beat him up. Dinesh is badly hurt and returns home. When he gets home...



Sharda: Mom! Come quickly. See what has happened to Dinesh.



Mother: Oh my God!! What has happened to you? How many times have I told you not to get into fights? Why don't you ever listen to me?

Dinesh (angrily): This is all Sharda's fault. This is all because of her desire to use make up and dance. Why can't she sit at home? If I see her using make up and dancing, I am going to break her hands and legs.

He gives Sharda a tight slap. She starts crying and runs to her room.

? Is Sharda responsible for Dinesh getting hurt?

? If you were in Dinesh's place what would you have done?



? Could this story be written differently? Would you like to change any character or dialogue? Write your story on the next page.

Your New Story!



? Imagine if the boys in this story were girls and the girls were boys. What would have happened?

Relationships

How well do you know the people close to you, such as your parents, your brother/sister and your friends? Hey! Does that make you think? Let's play a game where you have to write down the things they like or dislike. (You can ask them, if you don't know.)



How well do you know your parents?

- Their dreams are
- They become sad when
- They like to
- They become angry when



How well do you know your brother/sister?

- They like to
- He/she becomes sad when
- His/her dream is
- He/she becomes angry when



How well do you know your best friend?

- He/she likes to
- He/she becomes sad when
- His/her dream is
- He/she becomes angry when

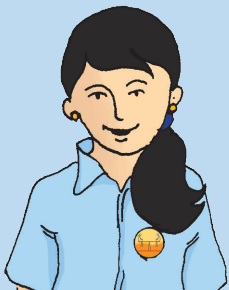
Know yourself, Know your Friends!

All of us have read numerous stories about friendship, but have you ever wondered what kind of a friend you are? Listed below are certain situations along with a number of options. Read them and mark the option that you consider most appropriate for a particular situation.

1. Your friends decide to bunk class to go and see a movie. They ask you to come along with them. As a good friend what would you do?
 You would go with them. You would refuse.
 You would stop them from going. You would tell the teacher.
2. Your friends are teasing a girl. As a good friend what would you do?
 You would tease her along with your friends. You would stand there and watch the fun.
 You would try to stop your friends. You would go away.
3. Your friend tells you that some boys have been troubling him/her for the past few days. As a good friend what would you do?
 You would collect your other friends and beat up the boys who are troubling him. You would talk to your friends and an elder person.
 You would tell your friend to keep silent. You would check if your friend is at fault.
4. Your mother remains ill, so your father has stopped your sister from going to school. In such a situation what would you do?
 Nothing. You would tell your sister to obey your parents.
 You would talk to your parents and find a solution.
5. In school, a group of children are always beating and abusing other children. In such a situation, what would you do?
 You would get together with your friends and talk to them. You would join their group.
 You would stay away from them. You would get together with your friends and beat them.

What are relationships?

A good and healthy relationship is one in which there is respect and understanding for each other. We should be careful not to hurt those whom we love. We should be able to tell our friends what we are thinking and feeling. Our friends should be able to understand and respect our feelings. In the same way, it is very important that we understand the other's point of view and learn to respect our friend when he/she says 'no'. There is no place for force and violence in a healthy relationship.



Will you be my friend?

Our friends are special to us. We all like certain traits in our friends. Which 3 traits do you think I should have to be your friend?

Write, draw or stick pictures.



What is Violence?

What do we call violence? How is violence expressed? Read the behavior patterns given below and check whether it is a form of violence. Tick '✓' mark it if you feel that the given behavior is violence, if not then mark it with an 'x'.

1. A father helps his child to study.
2. When Radha makes a mistake in her homework, the teacher calls her 'stupid'.
3. A big boy pushes a smaller boy while playing.
4. The girls make fun of Komal, because she does up her hair in two plaits.
5. A mother helps her daughter to get ready.
6. Boys start whistling when they see girls.
7. Ali's mother beats him because the book gets torn.
8. A child does not like the way a neighbor touches him/her.
9. Sonu's friends make fun of him because he does not pass comments on girls.
10. A person shows a child vulgar photographs.
11. Everyone teases Rupesh because he helps with the household chores.

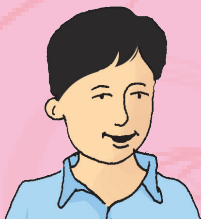


Did you get some idea about violence? According to you, what is violence?

Check your answers—

The answers are given on Page 42.

- If all answers are correct, you are a 'champion'.
- 7 - 10 correct answers means you are a 'good player'.
- Less than 7 correct answers means you are on the right path but need to think and try harder.



Violence cannot be justified

Violence against Children

When somebody hits you or makes you unhappy, it is violence. The meaning of violence is to physically or mentally hurt some one. When someone tells you, "I am going to beat you" it is a form of violence. If someone hurts themselves, it is also an act of violence.

Boys and girls become victims of violence in different ways. Children have to face and deal with different kinds of violence every day of their lives. Sometimes they are scolded, beaten or locked up.



Physical violence

To hurt someone physically, for example:

- Hitting someone with the hands or something else
- Beating
- Throwing
- Throttling
- Shaking violently
- Burning with a cigarette etc.
- Pulling hair

Is physical violence the only way of correcting children? What do you think?

Mental violence

To hurt somebody's feelings by words or actions, for example:

- Shouting loudly
- Threatening
- Using words like stupid, dirty etc.
- Telling them you do not love them
- Locking them up alone or in a dark room
- Ignoring the child – When parents, family members or teachers do not show love or do not talk to the child or leave him/her alone for long periods of time.

The scars left by mental violence are invisible. Yet, these leave a deep impact on the child's psyche. The child feels inferior, especially when the people she/he loves treat her/him badly.





Sexual violence

To touch or behave in a way which makes the child feel uncomfortable or dirty, for example:

- Touching a child genitals
- Exposing one's genitals in front of a child or making the child touch them
- Telling dirty jokes or stories
- Showing dirty/vulgar pictures
- Having sexual relations with a child

Often, the person indulging in sexual violence is some one close to the child. They find it difficult to tell anyone openly about it.

Bullying

Children indulging in physical, mental or sexual violence against other children.

- Threatening
- Insulting
- Teasing
- Causing harm on purpose

Children usually bully/harass kids who are smaller and weaker than them.

Many times children are made to feel responsible for the violence against them, for example, when they misbehave they feel that they deserve to be beaten. But the use of violence is not correct under any circumstances. There are other methods of making children listen and understand. What is your opinion?



Your opinion...

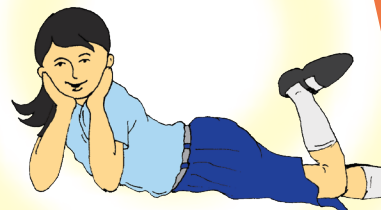
You are not responsible for the violence inflicted on you



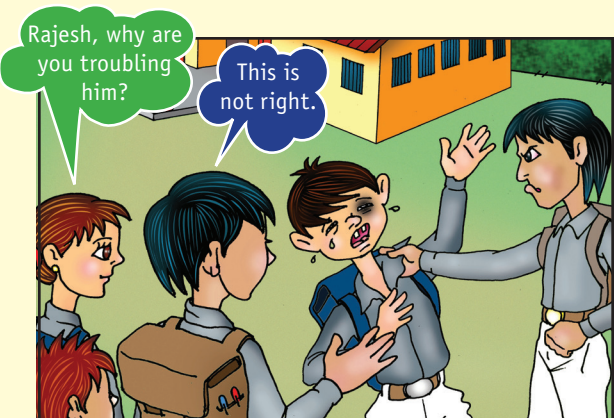
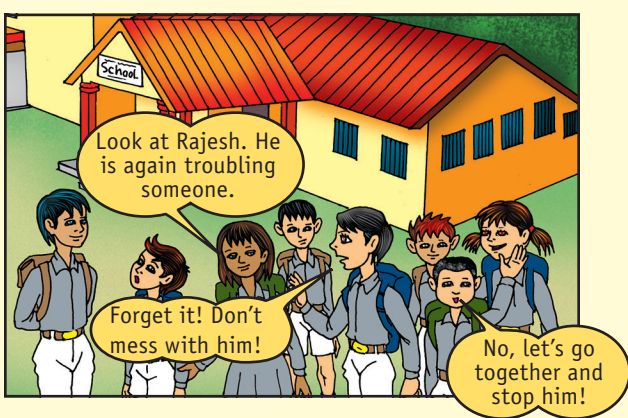
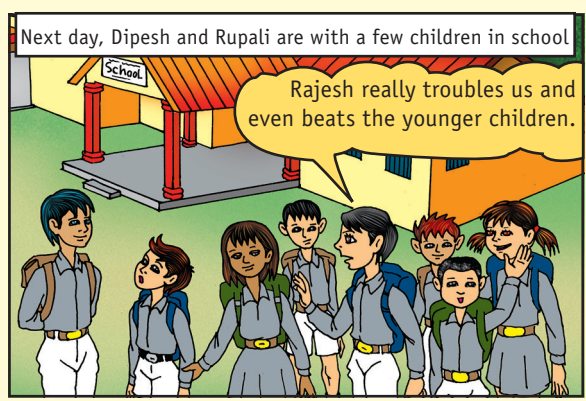
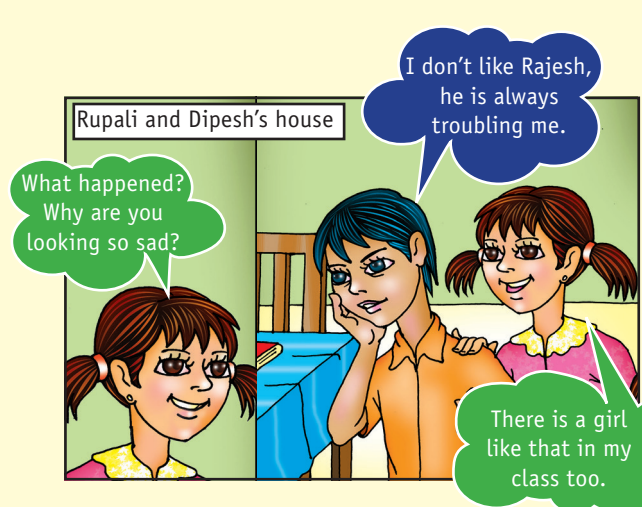
Towards a Safer Environment

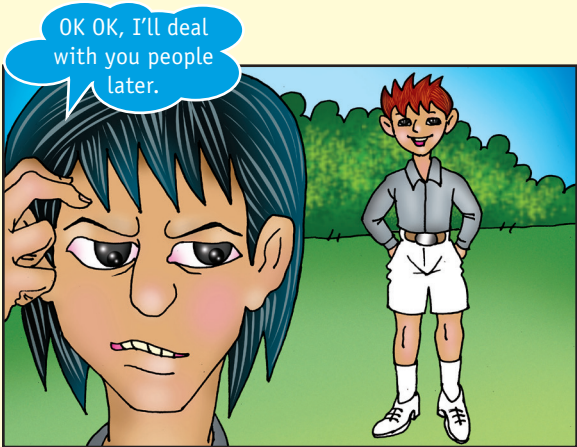
What can you do to stop violence? Draw, stick pictures or write about it.

Break the Silence; Stop this Violence



Say NO to violence!





Break the Silence; Stop this Violence



Protection against Violence – Safety Tips³

You can take action to protect yourself and other children from violence.



Say no

If some one touches you in a way that you do not like or makes you uncomfortable, you have the right to say no, even if you know the person.

Run away

If some one tries to harm or hurt you, run away. Ask for help. Make sure that when you are running, you run towards a crowded area, where there are other people.



Shout loudly

If some one tries to harm or hurt you, shout loudly at that person. Make a noise and call somebody if you are in trouble.

Do not hide

Never keep quiet about the violence done against you. When a person does something wrong with a child, they always tell them not to tell anyone. Such a person knows that he has done something wrong, so wants to protect himself/herself.



To hug is good, but if someone tells you not to tell anyone, then you must tell an elder person whom you trust. Do not hesitate or feel shy. Violence against you is not your fault.



Know your body

Learn the different parts of your body. Learn to recognize the difference between 'good touching' and 'bad/wrong touching'. Nobody has the right to touch you in a way which makes you uncomfortable. If you are not sure of the person touching you, confide in an elder whom you trust. Do not hesitate.

³ Based on 'Safe You and Safe Me' by Save the Children.

Do not take gifts

Never take a gift, money or sweets from anybody without telling your parents. It is all right to take a gift etc. from friends and family members. You have to be careful, because sometimes people you know will try to give you a gift, because they want to do something wrong with you. If you feel something is not right, talk to a trusted adult immediately.



Tell somebody



If there is any kind of violence against you, you must tell somebody whom you trust. Sometimes it is very difficult to talk about such matters. In that case, you can write a note to your parents to let them know what is happening. If you find it difficult to talk to your parents, you must tell any other adult whom you trust. It is very important to tell somebody.

Have you or your friends ever done anything to protect yourselves against violence? If yes, then write about it below.

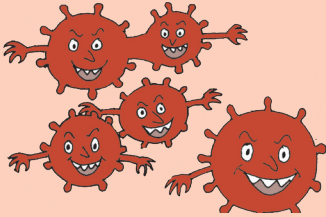
We have a right to live a life free from violence



Let us Learn about HIV and AIDS

1. What is AIDS?

AIDS means **Acquired**- got from another person, **Immunodeficiency**- a deficiency of the antibodies, which help fight infections in our body, **Syndrome** – a collection of illnesses.



2. What is HIV?

HIV is a virus that causes AIDS. Its complete name is **Human Immunodeficiency Virus**. This virus attacks the immune system of the person and increases his/her chances of getting many other infections.

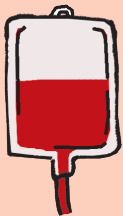
3. How does HIV spread?

There are many ways by which HIV can spread from one person to the other.

- Sexual relations – This virus can spread through vaginal and anal sex. Therefore a condom must be used while having sex.

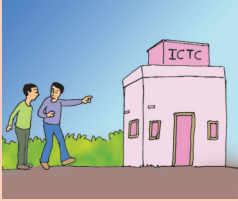


- The use of infected syringes – A person can get infected if he uses a syringe/ injection, which has been used by a HIV infected person. That is why it is always recommended that syringes and injections should only be used once.



- Through infected blood transfusions – If the blood during transfusion is HIV infected, the virus can enter the body of the person who has received the infected blood. That is why; blood should be tested for HIV before transfusion.
- Through a mother infected with HIV – A child born to a mother who has HIV can also be infected. Parents should decide to have a child only after being tested for HIV.





4. Does one get HIV by shaking hands with or sitting next to a HIV infected person?

No, one can not get HIV by shaking hands with or by sitting next to a person who has HIV. HIV is not spread by any routes other than those listed above. It is not spread by sharing clothes or by playing together.

5. How does one know if he/she has HIV?

A blood test has to be done to find out if a person has HIV. This test is done free at all government hospitals.

6. Is there a treatment available to cure AIDS?

Unfortunately, there is no cure for AIDS at the moment. The available medicine - anti-retroviral (ARV) - only helps in strengthening the body's immune system. This helps the body fight infections.



7. Do only the poor and uneducated get HIV?

No, any one can be infected by HIV, not only the poor and uneducated. According to data collected in 2006, India has 25 lakh people with HIV.

8. Can we get HIV, if we do not bother about personal hygiene?

No, personal hygiene has no connection with HIV, but it can increase the chance of your catching other infections. That is why it is very important to take care of your personal hygiene.



If you have any further questions, write them below and ask your teacher.

Answers

Is this possible? Can women play cricket and men cook food?

1. They are not expected to cook.
Nobody is born knowing how to do things. Children are taught by their parents and families. When they are young, boys are told that it is a girl's job to do the cooking and not theirs. On the other hand, girls are taught cooking from a very young age to take up this responsibility.
2. They do not get enough opportunities to earn more.
In our society, men are expected to earn and provide for the family, while women are expected to look after the house and children. Keeping this in mind; boys are given more opportunities to study and go for courses with the aim of getting a job. Whenever girls have been given the same opportunities to study, they have done very well and gone ahead in their professions. Unfortunately, this equality is not everywhere. There are still many jobs where women are paid less as compared to men.
3. Their education is not given enough importance.
In our society, it is accepted that girls will one day get married and go to their husband's house. And then, she will not be of any help to natal family. Her being educated is not important as her primary role is seen as that of a home-maker. That is why, if there is a shortage of money and if there is work to be done at home, a girl is expected to leave school and help at home. Education is only equated to getting a job and earning. This has a negative impact on the girl and society.
4. Women are not given the chance to become the head of the household.
'The man is the head of the house' – this is something that has been propagated by society for ages. Boys are prepared for this responsibility since childhood. On the other hand, girls are taught to obey and play a subordinate role. This tradition is now changing. Today women are sharing responsibilities and are participating in decision making along with men. There are also many households which are being managed completely by women. All individuals are capable, irrespective of their gender.
5. They are told not to cry.
Crying and laughing are emotions, common to every one. As children, both boys and girls cry. As boys become older they are told that they should not cry as it is considered a sign of weakness. Boys who cry are made fun of and considered sissies. So, boys avoid crying in public. This shows that social norms affect even natural emotions.

6. They do not get a chance to play.
Children learn to play games as they grow older. Games are learnt by participation, practice, and taking up opportunities. Right from childhood, boys are told to go out and play games like cricket and football, while girls are presented with dolls and told to stay at home and play. Girls do not get enough chances to play other games. Those girls who got the opportunity to play have done well at the national and international levels and made India proud.
7. Girls are considered weak.
“Boys are strong and girls are weak.” This statement is far from the truth. The strength possessed by a person can be understood in many contexts. Studies have shown that if girls are given the same facilities as boys, they live longer and have better resistance to illnesses. Moreover, physical strength depends on the person’s diet and exercise. Boys are generally given a better diet. Women are equally capable of hard labor as men. You must have seen women carry heavy loads of bricks and wood. Physical strength of women working long hours in the fields - sowing and tilling the land cannot be undermined.
8. They are not allowed to drive taxis.
It is not that women can not drive taxis. Today many women drive cars. The reason for this is that society thinks that taxi driving is not a good choice for women. Citing the fear of violence, people prefer that women stay at home. Instead of trying to make the cities safer for women, society tries to keep women locked up. A taxi company in Mumbai and Delhi is trying to change this thinking. All their taxi drivers are women!
9. It is not considered their responsibility.
Men are not taught to look after children as it is not considered their responsibility . Men are equally capable of looking after children if they are taught how to do so. It is all about learning and doing.

Know yourself and Know your Friends

1. You will stop them from going.
A good friend’s responsibility is that he/she should be able to frankly convey his/her opinion and show the right thing to do.
2. You will try to stop your friends.
Teasing is a form of violence. It is our responsibility to stop violence. If need be, you can take help from others to stop violence.

3. You will talk to your friends and an elder person.
Violence can not be stopped by being silent, tolerating it or by more violence. Take the help of an elder or another friend to raise your voice against violence and stop it.
4. You will talk to your parents and find a solution.
Talk to your parents and find a solution so that your sister's education does not suffer. Anyone who wants to study should be encouraged to do so. An educated girl is an asset to the family, society and the country.
5. You will get together with your friends and talk to them.
It is very important to make the person indulging in violence realize that what he is doing is wrong and his behavior will not be tolerated.

What is violence?

1. x
2. ✓ (Mental violence)
3. ✓ (Physical violence) If he has pushed by mistake, he will immediately apologize. If he is doing it on purpose he will keep doing it till he is stopped.
That is why it is important to explain to him that violence is wrong and not acceptable.
4. ✓ (Mental violence) The girls may just be joking with Komal, but Komal may feel bad about it. This is also a form of violence and should be stopped.
5. x
6. ✓ (Mental violence)
7. ✓ (Physical violence)
8. ✓ (Sexual violence)
9. ✓ (Mental violence)
10. ✓ (Sexual violence)
11. ✓ (Mental violence)

Snakes and Ladders

This game of snakes and ladders can be played by two or more players. Though this is similar to the regular snakes and ladders game, this has something special. While playing, read the reasons carefully why the snake can bite you. Also read the reasons why you are climbing the ladder. Discuss these statements with your friends. Do these happen in real life? How should it be? Try to incorporate the good things in your life so that you always go up the ladders and avoid the snakes (the wrong things). Those are the qualities of a good GEM. Come lets play!

100	99	98	97	96
81	82	83	84	85
80	79	78	77	76
61	62	63	64	65
60	59	58	57	56
40	42	43	44	45
40	39	38	37	36
21	22	23	25	25
20	19	18	17	16
1	2	3	4	5

Considering girl's 'No' as 'Yes'.

Boys doing household chores.

Showing children dirty pictures.

Giving boys and girls equal opportunities to study.

Celebrating the birth of a daughter.

95 94 92 91

86 87 88 89 90

75 74 73 72 71

66 67 68 69

55 54 53 51

46 47 48 49 50

34 33 32 31

26 27 28

15 14 12 11

6 7 8 9 10

Considering violence the way to correct a child.

Involving women in decision making.

Only letting a woman work if absolutely essential.

Making fun of other children.

Blaming girls for being harassed.

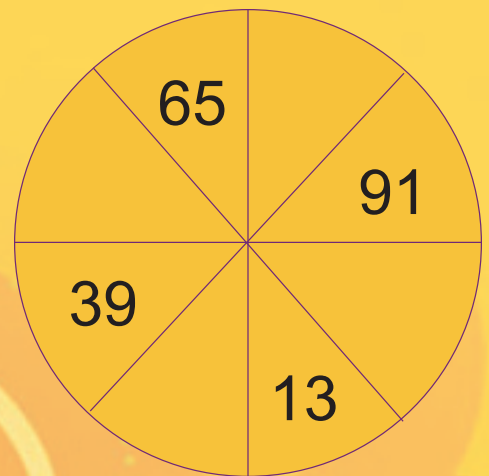
Giving girls the same nutritious food as boys.

Protesting against girls being beaten.

Sudoku

•	2		4
•	3	2	•
	•	1	4
3		•	1

Find the missing numbers





I, _____(name),
a student of _____(name of the school),

swear that:

- I will treat all boys and girls equally;
- Will resolve all problems respectfully;
- Will protest against all kinds of violence.

