



# #YALILEARNS



## YALILearns Session Facilitation Guide

# UNDERSTANDING THE RIGHTS OF WOMEN AND GIRLS

## Your Guide to Facilitating a Session on Understanding the Rights of Women and Girls

Using the YALI Network Online Course, "[Understanding the Rights of Women and Girls](#)" and this guide, you can facilitate a dialogue about the unique educational, economic, and social barriers facing women and girls, and the practical steps needed to alleviate those barriers.

**Total Time: 90 Minutes**

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### Introduce Yourself (3 Minutes)

- Thank your participants for joining and introduce yourself. Be sure to mention that you are an interested YALI Network member who wants to start an important conversation about the rights of women and girls in your community.
  - Briefly share why you are interested in this topic and chose to organize a community dialogue on women's rights.
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### Icebreaker: Common Ground (5 minutes)

- Have participants form a circle.
  - Join the circle and state your name and one fact about yourself: where you are from, what you like to do in your free time, your occupation, etc.
  - Have the person to your left introduce him/herself and share a fact.
  - Continue to go around the circle until everyone has provided a fact about him/herself or until five minutes have passed, whichever comes first.
  - Ask all participants who share the same fact or interest to either stand up or raise their hand.
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### Watch Lesson 1: [Supporting a Girl's Right to Learn](#) (7 minutes)

#### Group Discussion (15 Minutes)

- What factors can you identify that keep girls from attending school in your community?
- How would you reach out to individuals and families to determine the scope of the problem in your community?
- What changes in behavior within families and communities would you advocate in order to allow girls to attend school?
- What are achievable "calls to action" that can be implemented to increase the number of girls attending school in your community? How would you implement them?



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## Watch Lesson 2: [Paving the Way for Women Entrepreneurs](#) (10 minutes)

### Group Discussion (20 Minutes)

After participants have had a chance to watch the second video, invite them to consider the prior group discussion and the lessons learned in the film then discuss the following (feel free to cut a question or two if the discussion runs long):

- What are some of the cultural biases that exist in your community? Why do they persist? How are they wrong? In what ways have women in business excelled despite these cultural biases?
- What are some of the ways women continue to face challenges in the business community?
- How have men been helpful or a hindrance in the development of women entrepreneurs?
- What are some of the ways to alleviate gender-specific constraints in business?
- What kinds of features in mobile technology would assist the small-business woman?

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## Watch Lesson 3: [Ending Violence Against Women and Girls](#) (7 minutes)

### Final Thoughts (15 minutes)

In light of the three videos and the discussion, invite participants to finally reflect on the following questions and their role as community members in ending violence against women and girls:

- How are women perceived as “less than” men in your community? In what ways do you perceive “manliness” or traditional roles that are supposedly reserved for men?
- What do you do when you witness someone engaged in gender-based violence or the denial of a woman’s or a girl’s right to make individual choices? When do you speak out? When do you stay silent?
- How can individuals and groups create safe and effective ways to support women and girls dealing with gender-based violence?
- How can biases against women and girls passed down through generations be addressed and eliminated?

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### Wrapup (5 Minutes)

- Thank participants for attending and briefly restate the importance of understanding the rights of women and girls.
- Encourage participants to sign up for the YALI Network at [yali.state.gov](http://yali.state.gov)

