

Adapted activities credits

Sex and gender roles, page 42, from *Gender or sex: Who cares?*, Ipas, US, 2001
[http://www.ipas.org/en/Resources/Ipas Publications/Gender-or-sex--Who-cares-.aspx](http://www.ipas.org/en/Resources/Ipas%20Publications/Gender-or-sex--Who-cares-.aspx)

Gender boxes, page 44, from *Isofi toolkit: Tools for learning and action on gender and sexuality*. For publication information, see page 334.

A day in the life, page 48, from *Keep the best, change the rest: Participatory tools for working with communities on gender and sexuality*, International HIV/AIDS Alliance, Great Britain, 2007
www.aidsalliance.org/resources/316-257-keep-the-best-change-the-rest

The dominoes game, page 56, **Sexy bingo**, page 86, and **A tale of 2 families**, page 182, from *Games for Adolescent Reproductive Health*, Program for Appropriate Technology in Health (PATH), US 2002
www.path.org/publications/files/gamesbook.pdf

How to make an “I” statement, page 59, and **Where do we feel pleasure**, page 89, from *Sexuality and life-skills*, “One way of telling people how we think and feel,” International HIV/AIDS Alliance, Great Britain, 2008
www.aidsalliance.org/resources/317-our-future-teaching-sexuality-and-lifeskills

Want, Willing and Won’t, page 102, from *How to Get the Sex You Want - 14*, Sexplanations with Dr. Doe, US, 2013
<http://youtu.be/xoYxd3E3UXU>

A Treasure Hunt, page 135, from *Feel! Think! Act! A guide to interactive drama for sexual and reproductive health with young people*, International HIV/AIDS Alliance, Great Britain, 2008
www.aidsalliance.org/resources/318-feel-think-act

More powerful vs less powerful, page 154, from Oakland Men’s Project, US, 2003
<http://www.paulkivel.com>

Group investigation about local authorities, page 172, from *Talking About Domestic Violence: A Handbook for Village Facilitators*, UNDP Cambodia and the Agencia Española de Cooperación Internacional para el Desarrollo, 2010

Saying no to blaming and shaming, page 262, from *Abortion attitude transformation: A values clarification toolkit for global audiences*, Ipas, US, 2008
[www.ipas.org/en/Resources/Ipas Publications/Abortion-attitude-transformation--A-values-clarification-toolkit-for-global-audiences-2.aspx](http://www.ipas.org/en/Resources/Ipas%20Publications/Abortion-attitude-transformation--A-values-clarification-toolkit-for-global-audiences-2.aspx)

Make a power map, page 284, and **Making advocacy messages that work**, page 290, from *Mobilising Communities on Young People’s Health and Rights: An Advocacy Toolkit for Programme Managers*, Family Care International, New York, 2008
www.familycareintl.org/en/resources/publications/66

Groups and projects described in this book

Many community-based groups around the world shared stories about their work with us. Here is a list of the stories we included, with contact information for the groups.

Red Thread unites women in Guyana, page 50

red_thread@gol.net.gy

Young men against machismo in Ecuador, page 61,

Cascos Rosa (Pink Helmets)

<https://twitter.com/CascosRosaec>

The Gender Seminar for Men, page 62, HASIK (Harnessing Self-reliant Initiatives and Knowledge), Quezon City, Philippines (no website or email available)



Girls become leaders in Zimbabwe, page 66, The Girl Child Network

www.girlchildnetworkworldwide.org

Rights of widows in Kenya, page 71, GROOTS (Grassroots Organizations Operating Together in Sisterhood)

grootsk@grootskenya.org

Ending child marriage in Malawi, page 72, Girls Empowerment Network (GENET)

info@genetmalawi.org

Accepting new ideas about sexuality in Nepal, page 76, Aruna Uprety, RHEST

www.rhest.org.np

Ending discrimination to promote health in Guyana, page 81, SASOD, the Society against Sexual Orientation Discrimination

manager@sasod.org.gy

Dear Auntie Stella in Zimbabwe, page 85, Training and Research Support Centre (TARSC)

www.auntiestella.org/

Helping couples have healthier sexual relationships in Nigeria, page 91, INCREASE

(International Centre for Reproductive Health and Sexual Rights)

<http://increase-increase.org/>

Group discussion to understand differences in sexuality in Malawi and Zambia, page 98,

Strategies for Hope, UK

www.stratshope.org/ and sfh@stratshope.org

Women build confidence to discuss sex in Pakistan, page 101, Rahnuma, Planned Parenthood

www.fpapak.org/about-us.html, Youth Helpline: 0800-44488

Stepping Stones method, page 104, Strategies for Hope

www.stratshope.org/resources/stepping_stones_item/what-is-stepping-stones

Wellness check-ups for STI testing in Papua New Guinea, page 117, Marie Stopes International

www.mariestopes.org

Puppet theater in Lucknow, India, page 120, Breakthrough's Rights Advocates
www.youtube.com/watch?v=jTPmNm491aM

Men and HIV prevention in Tanzania, page 126, The CHAMPION Project, Engender Health
www.engenderhealth.org/our-work/major-projects/champion.php

Men as Partners (MAP), page 129, Engender Health, South Africa
www.engenderhealth.org/our-work/gender/men-as-partners.php

Sisters for Life microfinance project in South Africa, page 136
www.wits.ac.za/academic/health/publichealth/radar/socialinterventions/10453/intervention_with_microfinance_for_aids_gender_equity.html

Straight Talk media and sexual health in Uganda, page 138, Straight Talk
<http://straighttalkfoundation.org/>
 E-mail: strtalk@straight-talk.or.ug

School-based programs promote sexual health in Colombia, page 139, PROFAMILIA
www.profamilia.org

Lessons from the Oakland Men's Project, page 157
www.paulkivel.com/

Critical thinking helps boys question gender injustice in Nigeria, page 158, Conscientizing Male Adolescents (CMA).
 No longer active, but manual can be downloaded from:
www.popcouncil.org/uploads/pdfs/qcqcq14.pdf

The White Ribbon Campaign, page 161
 Canada: www.whiteribbon.ca/
 South Africa: whiteribbon.co.za/
 India: www.ektamadurai.org/white-ribbon-campaign/

Breakthrough India, page 162
www.breakthrough.tv/

Puntos de Encuentro in Nicaragua, page 163
www.puntos.org.ni/index.php/es/

Raising Voices, Uganda, page 163
<http://raisingvoices.org/>

Ambush Theatre in South Africa, page 164, Sonke Gender Justice Network
www.genderjustice.org.za
www.youtube.com/watch?v=9APzGdoQVOY

"Through Our Eyes" videos about violence and rape in Liberia, page 165
www.comminet.com/community-radio-africa/content/through-our-eyes

Workers organize for safer streets in Sri Lanka, page 169, Katunayake Free Trade Zone Workers Union (KFTZWU)
ftzunion@wow.lk

Transgender women prevent violence in Colombia, page 170, Santamaría Fundación
www.sfcolombia.org



A school program to stop the cycle of violence in Nairobi, Kenya, page 171, Rehma Ta Allah Community Development Group
<http://rehmataallah.org/>

Independent court systems in India, page 175, Bharatiya Muslim Mahila Andolan (BMMA)
<http://bmmaindia.org>

Women's group changes men's opinions in Nepal, page 185, Nepal Red Cross Society (NRCS)
http://cedpa.org/files/691_file_nepal_reward.pdf

Family planning and indigenous culture and traditions in Ecuador, page 208, Jambi Huasi (House of Health), GlobeMed at Loyola University
loyola@globemed.org

Working with community leaders supports family planning in Ghana, West Africa, page 209, The Navrongo Community-based Health Planning and Service
Fred Binka: fred.binka@gmail.com, James Phillips: jfp2113@columbia.edu

Men learn about birth and danger signs in Afghanistan, page 237, Birth Life Saving Skills (BLISS)
www.mercy.se/projects/afghanistan/bliss-national-program

Maternal deaths and the struggle for safe abortion in Nepal, pages 248 and 270, Rural Health Education Services Trust (RHEST)
www.rhest.org.np

Helping women who need abortions in Mexico, page 269, MARIA Fund for Social Justice
www.fundabortionnow.org/funds/maria-fondo-de-aborto-y-justicia-social
maria.balance@gmail.com

Women mobilize to meet their health needs in India, page 276, Self Employed Women's Association (SEWA)
www.sewa.org
Email: mail@sewa.org

Kurd Men for Equality, page 291
www.facebook.com/KurdMenForEquality

Social media to create safe zones for women in Egypt, page 291, HarrassMap
<http://harassmap.org/en/>

Disability activists design a more accessible city, page 293, Freedom of Movement Society
www.disabilityworld.org/01-03_02/access/russia.shtml

People's Health Tribunals improve health services in India, page 294, Jan Swasthya Abhiyan (JSA)
www.pacsindia.org/jan-swastha-abhiyan

Protecting Women and Children's Rights in Nepal, page 303, Forum for Women, Law and Development (FWLD)
www.fwld.org/



Where to get more information

The following organizations, printed materials and internet resources have useful women's health information and many more activities. We included resources for as many of the topics in this book as possible, and organizations that work in countries around the world. Materials are often available as free PDF downloads from the websites listed, and many of these groups also have Facebook pages.

For additional women's health and popular education information, also see www.hesperian.org which has online and downloadable editions of other Hesperian resources in more than 30 languages. The last 2 pages of this book give information on *Where Women Have No Doctor*, *A Book for Midwives*, *A Health Handbook for Women with Disabilities*, *Helping Health Workers Learn*, and other Hesperian titles.

Project planning, training and evaluation

ARROW (Asian-Pacific Resource & Research Centre for Women)

Based in Kuala Lumpur, Malaysia, ARROW produces practical, action-oriented resource materials and encourages publication exchange with other organizations. ARROW for Change (AFC), published in English twice a year, focuses on issues related to health, sexuality and rights.

www.arrow.org.my/?p=arrow-for-change-afc
Email: arrow@arrow.org.my

AWID: Association for Women's Rights in Development

AWID is an international organization committed to achieving gender equality, sustainable development and women's human rights. Their website has up-to-date information about actions around the world that affect women.

www.awid.org

Counting our Victories: A Training Guide on Popular Education and Organizing,

by Denise Nadeau

To help community-based groups build their organizations, strengthen their own organizing ideas and work in cooperation with other groups. Adaptable to meet local needs.

Repeal the Deal Productions: Media Resources for Mobilization, Canada, 1996

<http://208.89.55.99/devel/wp-content/uploads/CountingOurVictories2001.pdf>

Setting Up Community Health Programmes,

by Ted Lankester

A detailed, simply written how-to manual that covers all the basic principles of community-based health care, program planning and evaluation, setting up specific health programs, and managing personnel and finances to best effect.

Hesperian Health Guides

www.hesperian.org

Email: bookorders@hesperian.org

HelpAge International

Free journals 2 times a year. Has a network of over 50 organizations worldwide, working to improve the quality of life for older persons.

www.helpage.org

Email: info@helpage.org

Mobility International USA (MIUSA)

MIUSA is a disability-led non-profit organization working to advance the rights of people with disabilities globally. Activities include international exchange programs for leadership training for women with disabilities.

www.miusa.org

Our Bodies, Ourselves

This classic book provides complete information on women's health and has been adapted into more than 25 languages. The website includes information about many issues that affect women's health.

www.ourbodiesourselves.org

Reproductive Health Matters

An international journal published in English and 7 other languages with information about sexual and reproductive health and rights, and distributed free to organizations in developing countries. The website lists organizations around the world working toward equitable access to sexual and reproductive health and rights for all.

www.rhmjournal.org.uk

For other languages, see:

www.rhmjournal.org.uk/translation/

Teaching-aids at Low Cost

Books, videos, teaching materials, and simple health tools, at low or no cost.

www.talcuk.org

Email: info@talcuk.org

Training for Transformation, by Anne Hope and Sally Timmel

A 4-part guide for education and community development workers, with activities and information to help groups find the root causes of problems. Ideal for adult education, social workers, community organizers, churches, trade unions, and all those concerned with creating social justice.

Hesperian Health Guides

www.hesperian.org

Email: bookorders@hesperian.org

Gender

Engaging Men and Boys in Gender Transformation: The Group Education Manual

A manual for working with men to question non-equitable views about masculinity and prevent unhealthy behaviors that put men and their partners and families at risk. Activities for use with men of all ages and groups of both men and women, and easily adaptable.

www.acquireproject.org/archive/files/7.0_engage_men_as_partners/7.2_resources/7.2.3_tools/Group_Education_Manual_final.pdf

Engender Health

The Men as Partners (MAP) Initiative has a training resource for engaging men on issues related to gender and reproductive health, to prevent HIV infection and gender-based violence. See:

www.engenderhealth.org/pubs/gender/ppasa-manual.php

See also the MenEngage Global Alliance, which encourages men and boys to participate in gender equality and violence prevention:

www.engenderhealth.org/our-work/gender/menengage.php

ISOFI Toolkit: Inner Spaces Outer Faces Initiative

Activities for learning about gender and sexuality, which can be modified for use in a particular setting.

Cooperative for Assistance and Relief Everywhere, Inc. (CARE)

www.icrw.org/files/publications/ISOFI-Toolkit-Tools-for-learning-and-action-on-gender-and-sexuality.pdf

Promundo

Based in Brazil, this group promotes caring, non-violent and equitable masculinities and gender relations internationally. Publications for youth (ages 15 to 24) support group work on gender identity, relationships, sexuality, reproductive health, parenthood, HIV and other topics. Available in Portuguese, Spanish, and English. See:

Program H Manual: Working with Young Men

Program M Manual: Working with Young Women

www.promundo.org.br/en/publications-for-youth/

Women at the Center

A resource to help someone decide if local maternal health services are woman-centered, rights-based, and integrated into other services.

www.genderhealth.org/files/uploads/YMM.CHANGE.Info.MaternityCare_FINAL.pdf

Youth Friendly Services Training Manual

A training guide for health care providers on delivering optimal care to Lesbian, Gay, Bisexual and Transgendered Persons

Ministry of Health, Guyana

www.sasod.org.gy/pdf-ministry-health-lgbt-training-manual

Sexuality

It's All One Curriculum

Guidelines and activities for working with young women and men on sexuality, gender, HIV and human rights education. The 2-book set supports educators and is adaptable to diverse settings.

www.popcouncil.org/publications/books/2010_ItsAllOne.asp

The Pleasure Project

An international sex education project with the motto "safe sex is good sex." The group provides tools for educators to teach pleasure-centered sex education, and has links to other groups doing innovative educational work around the world.

<http://thepleasureproject.org/>

Positively Informed, by Andrea Irvin

A sex-education planning kit produced by the International Women's Health Coalition, suitable for classrooms of people ranging from 10 to 19 years of age. Easily adaptable, creative and interactive lessons on topics such as gender issues, sexual health, stigma, and sexuality.

<http://iwhc.org/resource/positively-informed-lesson-plans-guidance-sexuality-educators-advocates/>

Rights and Desire: A Facilitator's Manual to Healthy Sexuality,

by Aziza Ahmed and Sunita Menon

This resource helps facilitators and trainers conduct workshops about relationships, sex and sexuality, and includes guidelines for discussing the differences between public and private understandings of sexuality.

Breakthrough, New Delhi, India
http://breakthrough.tv/wp/wp-content/files_mf/1330806968rights_and_desire.pdf

STIs and HIV

International HIV/AIDS Alliance

Many publications on HIV, AIDS, and sexual health available for download, including well-illustrated resources with activities for trainers of all levels of experience.

www.aidsalliance.org

Steps to Making Sex Safer: Starting the discussion; A guide for community-based volunteers.

An easy-to-read, illustrated activity manual useful for new and experienced trainers.

Healthlink Worldwide
<http://aidsaction.net/pdf/steps-to-making-sex-safer.pdf>

Strategies for Hope: Resources for community-based HIV prevention, care and support.

Produces a wide range of accessible, practical, action-oriented manuals, books and films to support communities addressing the challenges of HIV. Easily adapted to meet local needs.

Strategies for Hope Trust
www.stratshope.org
Email: sfh@stratshope.org
Also available from TALC (Teaching-aids at Low Cost) www.talcuk.org

Violence

Girls' Globe

This network of 'bloggers' from around the world raises awareness about global issues concerning the rights, health, and empowerment of women and girls, including preventing violence, child marriage, and HIV.

<http://girlsglobe.org/about/>

Hot Peaches

An international directory in 110 languages of domestic violence and abuse hotlines, shelters, safe houses, crisis centers and women's organizations.

www.hotpeachpages.net/

Raising Voices

Works to influence the power dynamics that shape relationships, particularly between women and men, girls and boys, and adults and children. Many manuals available for free download from their resource library, including *Mobilising Communities to Prevent Domestic Violence: A Resource Guide for Organisations in East and Southern Africa*, which can be easily adapted to meet local needs.

Website: <http://raisingvoices.org/about/>

Library: <http://raisingvoices.org/resources/>

Email: info@raisingvoices.org

Sonke Gender Justice Campaign's One Man Can Toolkit.

Fact sheets and action ideas available for download in English, French, and Xhosa, to help men and boys take action to end domestic and sexual violence and that promote healthy equitable relationships both men and women can enjoy.

www.genderjustice.org.za/toolkits/

V-Day

A global activist movement to end violence against women and girls, including rape, battery, incest, female genital mutilation (FGM), and sex slavery. V-Day promotes creative events to increase awareness, raise money, and lift the spirit of anti-violence activists and organizations.

www.vday.org/home

White Ribbon Campaign

A global movement of men and boys working to end violence against women and girls, and promote gender equity, healthy relationships and a new vision of masculinity.

www.whiteribbon.ca/

Family planning

Cue cards for counselling on family planning

Easy-to-read, illustrated cards with information about different methods of family planning. One set of cards is for adults, and one for adolescents. They can be adapted to meet local needs, and are available in English and French.

www.pathfinder.org/publications-tools/cue-cards-for-counseling-adults.html

www.pathfinder.org/publications-tools/cue-cards-for-counseling-adolescents-on-contraception.html

Emergency contraception

Emergency contraception uses birth control pills to prevent pregnancy after having unprotected sex. This website has information in Arabic, English, French, and Spanish, gives brand names of special emergency pills ("Plan B") for almost every country in the world, and explains how regular birth control pills can be used for emergency contraception.

www.not-2-late.com

Facts for Family Planning

Ten easy-to-read chapters give basic information about different methods of family planning. Chapters can be downloaded individually.

www.fphandbook.org/factsforfamilyplanning

iCycleBeads

A smartphone app for using the Counting Days Method (Standard Days Method) of family planning with an iPhone, iPod Touch, iPad or Android phone.

www.cyclebeads.com/period-tracker-app

International Planned Parenthood Federation (IPPF)

IPPF promotes and supports family planning activities worldwide, with offices around the world and information on all aspects of family planning on their website.

www.ippf.org

Email: info@ippf.org

Planned Parenthood

This US-based website has in-depth, easy-to-understand information about all methods of family planning.

www.plannedparenthood.org/health-info/birth-control/

Abortion

Abortion, Attitude, Transformation: A Values Clarification Toolkit for Global Audiences, by Katherine L. Turner and Kimberly Chapman Page

This toolkit includes activities and materials to help a health educator promote better support for and access to high-quality, woman-centered abortion care and sexual and reproductive rights.

www.ipas.org/~media/Files/Ipas%20Publications/VALCLARE08.ashx

Ipas

Works to prevent death and injury from unsafe abortion. Creates and distributes training materials, MVA syringes, and other equipment. Ipas has offices in many countries around the world.

www.ipas.org

MARIA fondo de aborto para la justicia social (Mexico)

MARIA helps women in Mexico access safe and legal abortion services.

www.redbalance.org/maria/

Email <maria.balance@gmail.com>

Telephone 01800-8327311 or (00152) 52435054 in Mexico.

Marie Stopes International

Provides information and services for sexual health, including safe abortion, for people around the world.

www.mariestopes.org.uk/

Sexual and Reproductive Health Matters

In Urdu and English, this confidential, online, 24-hours-a-day support service in Pakistan is free and safe. For information on abortion, email or telephone and leave a message and a health worker will respond within 24 hours.

www.srhmatters.org

Email advice@srhmatters.org

Telephone 0800-22-333 toll-free

Women on Waves

Based in the Netherlands, this website has information about abortion using misoprostol, in Dutch, English, Farsi, French, Polish, Portuguese and Spanish. Also a world-wide listing of family planning, women's health, and abortion rights organizations, including telephone hot lines.

www.womenonwaves.org

Women on Web

An online medical abortion service that helps women around the world gain access to safe abortion (with the pills mifepristone and misoprostol) in order to reduce the number of deaths due to unsafe abortions.

www.womenonweb.org

Women's rights and advocacy

Creating Resources for Empowerment in Action (CREA)

Based in India, and working in the global South, CREA conducts trainings to strengthen, feminist leadership on issues related to sexuality, gender, violence, movement building and sexual and reproductive health and rights, and organizes other advocacy initiatives. CREA also distributes educational resources in Hindi and English on their website.

www.creaworld.org

Global Network of Sex Work Projects: Promoting Health and Human Rights

NSWP has information about networks of sex workers all over the world who advocate for their human rights at many local and international conferences. Information is available in Chinese, English, French, Russian and Spanish.

www.nswp.org

Straight to the Point: Mapping an Advocacy Strategy

A 3-step guide to help a community-based organization develop an advocacy plan. Helpful for a range of public health and social justice issues, and available in English, French and Portuguese.

www.pathfinder.org/publications-tools/publication-series/Straight-to-the-Point-Capacity-Building-Tools.html

Women's Link Worldwide

A human rights organization with information in English and Spanish that works to make sure laws related to women's rights that may be in place in a country are actually carried out and honored in the community.

www.womenslinkworldwide.org

Womenwatch

An agency of the United Nations that has information and resources from around the world on gender equality and the empowerment of women.

www.un.org/womenwatch

World Pulse:

Bringing Women a Global Voice

A web-based network that connects women all over the world and allows them to share ideas and solutions for issues that affect women.

www.worldpulse.org

International human rights law and women's rights

The following organizations work around the world to promote better understanding of international laws and how to use human or women's rights agreements in local campaigns:

Human Rights Agreements

www.ohchr.org/EN/ProfessionalInterest/Pages/UniversalHumanRightsInstruments.aspx

Human Rights Brief

<http://hrbrief.org/>

International Women's Rights Action Watch Asia Pacific (IWRAP)

www.iwraw-ap.org

International Women's Rights Project (IWRP)

<http://iwrp.org>

Landesa

www.landesa.org

MADRE

www.madre.org

UN human rights system and committees

www.ohchr.org/EN/HRBodies/Pages/HumanRightsBodies.aspx

UN Women: Virtual Knowledge Center to End Violence against Women and Girls

<http://www.endvawnow.org/en/articles/848-what-is-international-humanrightsadvocacy.html>

Women's Human Rights Defenders International Coalition (WHRDIC)

<http://defendingwomen-defendingrights.org>

Women's Human Rights Resources Programme (WHRR)

www.law-lib.utoronto.ca/diana/mainpage.htm

Women's UN Report Program and Network (WUNRN)

www.wunrn.com