

# MEN'S DIALOGUE SEMINAR: SEXUAL REPRODUCTIVE HEALTH

Khumbhekani Victim Empowerment — Community Newsletter – 05 March 2026

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## The Men's Dialogue Seminar

On 05 March 2026, Khumbhekani Victim Empowerment hosted a Men's Dialogue Seminar on Sexual Reproductive Health (SRH) at Mahale village which was facilitated by Mrs. Masakona M.P whom by profession is a Psychologist.

The session opened with a reflection on how, in many situations, men sometimes make decisions based on pride or cultural expectations that may later lead to regret. Its discussed that Sexual Reproductive Health is one of the factors contributing to Gender-Based Violence in the communities.



## Addressing men on Sexual Reproductive Health:

### **Part 1: The session began by explaining what Sexual Reproductive Health means and how it contributes to Gender-Based Violence.**



Men learned that healthy relationships require communication, patience, and respect between partners, especially when it comes to intimacy. The discussion highlighted that sometimes men expect their partners to agree to intimacy whenever they want because they believe they are the heads of the household. However, the session explained that women may sometimes not be ready for intimacy due to various reasons such as:

- Physical or emotional fatigue
- Mood changes
- Menstrual cycles
- Stress or health-related concerns

The facilitator explained how these situations affect women and encouraged men to respond with understanding rather than pressure or control. Participants were also educated on how couples can build emotional connection and communicate respectfully when facing such situations.

### **Part 2: Some men face health problems with their manhood due to what they use to improve or boost their performance for sexual activities with their partners.**



The facilitator explained how negatively some boosters affect their bodies, some men end up becoming manhood disabled due to overusing of men boosters, they can not do anything without them anymore, she added that anything a person can overuse, it can have a negative impact or benefits that person but everything must have a good balance.

- Men should take their health seriously all the time, checking their health status regularly is very important to every man so that we don't end up having men who will become more violent and kill women after seeing their women going out thinking that they might be going for flesh pleasures since their manhood will be no longer functional.
- When the manhood becomes weak, a man becomes more jealous to his partner whenever she goes out or greets other men.
- Men should seek immediate help when they experience health problems.

## The interaction during the seminar (the Audience and the Facilitator)

After the educational session, participants were given an opportunity to ask questions.

One participant bravely asked a personal question about experiencing early ejaculation and whether it was normal. The psychologist responded in a respectful and informative manner, explaining that this is a common concern among many men and that it can be influenced by factors such as stress, anxiety, and health conditions. She encouraged men not to feel ashamed but rather to seek professional advice when needed.

The discussion helped break the silence around men's sexual health and



### Seeking HELP than promoting Gender-Based Violence

The dialogue also addressed Gender-Based Violence (GBV). Participants were reminded that violence is never a solution to relationship challenges. It was emphasized that laying hands on a partner is a serious offence and can lead to arrest and legal consequences.

Some participants expressed concern that when men report cases of violence against them, they are sometimes not taken seriously. The psychologist advised that if someone does not receive proper assistance at the police station, they can seek help from social workers or victim empowerment services, who can assist in ensuring that the matter is addressed properly.





## Key Messages from the Seminar

The seminar emphasized several important lessons:

- Sexual and reproductive health is an important part of overall well-being, men's health is concern.
- Communication and mutual respect are essential in relationships.
- Men should seek medical or professional help when facing sexual health challenges.
- Violence should never be used to resolve relationship conflicts.
- Support services such as social workers and counselling centres are available for those who need help.



## Conclusion

The Sexual Reproductive Health Dialogue held on 05 March 2026 provided an important opportunity for men to learn, ask questions, and reflect on their roles in relationships. By encouraging open discussions and education, Khumbhekani Victim Empowerment continues to promote taking men's sexual reproductive health seriously, healthier relationships, informed decision making, and peaceful homes within the community.

*Thank you for going through our newsletter... "YOUR PAIN IS OUR CONCERN!"*

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