

MEN'S TRAINING SESSION

Newsletter's Contents:

- Factors that contribute towards GBV part 1 (Page 1)
- Gender & Gender Roles (Page 2)
- Human & children's Rights (Page 3)
- What contributes towards Domestic Violence (Page 3)
- Sexual Reproductive Health (Page 3)
- Major lessons from the Training (Page 4)
- Conclusion (Page 4)

FACTORS THAT CONTRIBUTE TOWARDS GBV Part 1: Gender and Gender Roles, The misunderstanding of Human & Children's Rights and Sexual Reproductive Health.

The training aimed to equip men, challenge outdated beliefs, and promote healthier relationships within families and communities.

Men and boys are engaged to reflect on their roles, responsibilities, and behavioral changes through empowerment.



Gender and Gender Roles

The training addressed how traditional views of gender roles continue to influence many households. Participants reflected on how, in many cases, men were raised to believe that household duties are solely the responsibility of women.

A common example discussed was when a man returns home and finds that food has not been prepared. Instead of helping, some men choose to wait, fearing judgment from others.

The session challenged this mindset by encouraging men to support their partners when needed, especially in situations where the woman is unavailable or occupied.

It was also highlighted that in some households, women are the primary earners while men may be unemployed. In such cases, cooperation and shared responsibilities become essential. Participants were encouraged to:

- Communicate openly with their partners
- Agree on how to share household duties
- Support each other to reduce stress and strengthen relationships

The discussion also touched on the issue of unrealistic promises made at the beginning of relationships.

Men were encouraged to communicate honestly about financial realities and work together with their partners to manage household responsibilities.

One participant raised concerns about how certain traditional teachings, such as those from initiation schools, can sometimes discourage men from expressing emotions.

The session emphasized that keeping problems inside is not healthy, and men should feel free to seek support and talk about their challenges.

Human & Children's Rights

The facilitator spoke about the equality of rights that all human have in our country which is the reason men and women have to share the same responsibilities at home or work places.

Children have rights as well that their parents need to know about and guide their children on how they should exercise them:

- Male parents also need to familiarize themselves about children's rights, it will be good if they change with times so that they may understand their children better and their world.
- Open communication between partners and children is essential, it build a good atmosphere in the family.
- Children today are more informed through media and technology, and they are increasingly aware of their rights, but does not limit parents to guide them
- Guidance should be provided in a way that balances rights with respect and responsibility.
- It is right for a father to consider his child's health before allowing him to attend a mountain school due that some boys come back with sicknesses that affect their sexual reproductive health for the rest of their lives.



What contributes towards Domestic Violence

- Money – Financial stress can create tension in relationships and impact intimacy
- Alcohol – Excessive alcohol use can negatively affect decision-making, behavior, and health
- Extra Relationships – Engaging in relationships outside of a committed partnership can lead to conflict, emotional harm and health risks.

The stakeholders (DoJ and DCS) shared their experiences of what they come across in their offices during court and trials proceedings.

Major lessons from the Training :

- Gender roles should be based on cooperation, not limitation
- Open communication strengthens relationships and prevents conflict
- Men should feel free to express emotions and seek support
- Men must stay informed about human and children's rights
- Healthy lifestyle choices play a key role in sexual and reproductive health

Conclusion

The Training Session held on 09 April 2026 provided valuable insights into the evolving roles within households, the importance of understanding human rights, and the impact of lifestyle choices on relationships and health.

Khumbhekani Victim Empowerment continues to empower communities through education, dialogue, and support, promoting respectful relationships and healthier families.

“Men for Change – Zero violence against Women and Children.”

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

Edited by: Surprise MacDonald Mashaba

SHERRLINN NETWORK (PTY) LTD

*www.khumbhekanivep.org.za * kwendatp.vep@gmail.com * 078 140 6163 / 078 681 6610*
