

MEN'S TRAINING SESSION

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FACTORS THAT CONTRIBUTE TOWARDS GBV Part 2: Conflict Resolution, Fatherhood (parenting & caring) and Sexual Reproductive Health.

The purpose of the session was to equip men with knowledge in terms of a responsible behavior in parenting, men's clinic gossip pool, peaceful conflict resolutions within families and the community. The training created a platform for open discussion for men's self expression for learning and reflection.



Conflict Resolution towards the Gender-Based/Domestic Violence

The session began by exploring how do the participants understand the meaning of **Gender-Based/Domestic Violence** and **the causes** of Gender-Based/Domestic Violence.

Understanding GBV

Gender-Based Violence (GBV) was explained as any harmful act directed at a person based on gender.

This includes:

- Physical abuse
- Emotional and psychological abuse
- Sexual abuse
- Economic abuse

Participants described violence in common as disagreements between partners, often influenced by lack of understanding and communication breakdown.

It was highlighted that unresolved conflict between two or more people in a family can make create a violence circle that can also affect children negatively and the household environment.

Common causes of Violence:

Some of the key causes discussed included:

- **Alcohol:** - it takes away your humanity,
 - it also leads to rape where some men get framed and pay unexpected amount of cash after meeting a women at bottle stores *(it raised many questions from the participants),*
 - it takes away the money that was meant to support the family.
- **Finances,**
- **Communication breakdown between partners,**
- **Disrespect within the relationship,**
- **Exercise of Power,** where male partners exercise their power over women as a form of demanding respect.

Types of Sexual Offences

The discussion covered different forms of sexual offences, including:

- Rape (forced sexual intercourse without consent)
- Statutory rape (involving a minor under the age of 18)
- Sexual assault

It was clearly explained that **engaging in sexual activity with a minor is a criminal offence**, even if the minor appears to consent.

Reporting Abuse

Participants were strongly encouraged to report cases of abuse:

- Victims and witnesses can report to **SAPS or relevant authorities**
- Anonymous reporting options are available in some cases
- Failing to report known abuse can also have legal consequences

The session also highlighted concerning community realities, such as children being exposed to inappropriate behavior at home. Parents were advised to maintain **privacy and protect children from exposure to adult activities**.

Sexual Abuse and Legal Awareness

The session addressed sexual abuse, highlighting that it can occur in different situations, including:

- Forcing intimacy when a partner does not consent
- Misunderstandings arising from social situations such as meeting at entertainment venues

Participants were educated that consent must always be clear, voluntary and respected.



How to Handle Conflict

Men were advised that when conflicts arise:

- They should seek guidance from a matured or neutral person even from the departments that are offering free services (e.g.: SAPS, Department of Social Development, Department of Justice, etc...)
- Avoid reacting or to solve a problem while still angry, anger cannot resolve a problem but it worsen the problem.
- Allow space and time when tackling a conflict, taking a walk away it can help because in some cases you might come back with a better solution.

In situations where conflict becomes violent, participants were reminded that:

- Do not take a side if you are called for mediation in a family issues because taking one side of story it may lead to a circle of violence.
- Cases may be escalated through the legal system, including the courts or magistrate, to ensure protection and justice



Sexual Reproductive Health (SRH)

The training addressed important aspects of men's sexual health, including factors that may affect performance.

What Affects Male Sexual Health

Participants were educated that sexual function can be affected by:

- Stress and emotional pressure
- Alcohol and substance use
- Poor health and lifestyle
- Making love with women during their menstruation periods
- Medical conditions such as prostate-related issues

Men were encouraged to:

- Go for regular health check-ups (at least every 6 months)
- Seek medical advice when experiencing challenges
- Understand that medical examinations, including prostate checks, are simple and important for early detection.



Prevention and Healthy Practices

Participants were advised to:

- Use protection during intimacy to prevent infections (including STIs such as HIV, gonorrhea, and syphilis)
- Maintain a healthy lifestyle
- Communicate openly with their partners

Fatherhood (Parenting & Caring)

The session concluded with a discussion on fatherhood and raising children responsibly. Parents were encouraged to:

- Be actively involved in their children's lives from an early age.
- Monitor children what they do with their mobile phones and if possible whenever parents buy new phones for children they should set tings that will restrict the children from visiting some of the Google sites
- Teach discipline with love, guidance and consistency
- Avoid harsh punishment that may harm the child

It was emphasized that:

- Discipline should not result in injury or harm
- Parents must guide children and set clear boundaries
- Children may sometimes test limits, but consistency helps them understand expectations

Fathers were reminded that their role is not only to provide, but also to guide, protect, and support their children emotionally and social life.



Major lessons from the Training :

- Understanding violence and it's causes
- Ways of resolving conflicts
- GBV is a serious crime with legal consequences
- Consent must always be there for a men to have Intimacy with a woman and age group must be observed
- Men should take responsibility for their sexual reproductive health by maintaining a good health style.
- Fatherhood requires presence, guidance and responsible discipline



Conclusion

The Men's Training Session provided valuable knowledge and practical guidance to help men make better decisions in their relationships, health, and parenting roles.

Khumbhekani Victim Empowerment remains committed to empowering communities through education, awareness, and support, working towards safer homes and stronger families.

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

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

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