



SASA!

A Film about Women, Violence and HIV/AIDS



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Now is the time to become aware, give support and take action to prevent violence against women and HIV/AIDS.

SASA! is an advocacy film created for *SASA! An Activist Kit* developed by Raising Voices. The film and activist kit are designed to raise awareness, encourage support and motivate all of us to take action on the interconnected issues of violence against women and HIV/AIDS.

Film

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About the Film

THE STORY

Sasa is a Kiswahili word that means *now*. Now is the time to prevent violence against women and HIV infection. This 30-minute documentary film tells the personal stories of two women and their experiences with violence and HIV/AIDS. It also offers analysis from activists and leaders about the causal factors, cultural dynamics and politics of preventing and responding to these dual pandemics.

Mama Joyce lives in Mwanza, Tanzania. She had ten children with her husband before he decided to take a second wife. When his new relationship began, he became increasingly violent and hostile toward Mama Joyce. Because so many women in her community experience violence from their partners, Mama Joyce believed for a long time that men had the God-given right to use violence against their wives. When Mama Joyce's co-wife fell sick with an AIDS-related illness, her husband abandoned both women.

Josephine lives in Kampala, Uganda. She was married when she was only 18 years old, because her parents could no longer afford to send her to school or to support her. Her husband was very violent and had multiple partners. Fearing possible exposure to HIV from her husband, Josephine attempted several times to leave him, only to be forced back to him each time he demanded the return of the bride price he had paid to her

parents. When Josephine discovered that her husband had infected her with HIV, she kept her diagnosis a secret from him, fearing more violence. After he died, his family took custody of Josephine's children.

The stories of Mama Joyce and Josephine are all too typical in sub-Saharan Africa. Domestic violence greatly increases women's risk of HIV infection. Conversely, HIV infection increases women's risk of experiencing domestic violence. Violence against women is a violation of women's basic human rights and is fueling the HIV epidemic—it is both cause and consequence of HIV infection. To effectively prevent HIV infection, we must recognize and work to prevent the violence that many women experience in their intimate relationships.

Mama Joyce and Josephine's stories highlight the need for awareness, the importance of support and the urgency for action. Through their experiences, both women have been moved to become activists in their communities. They work to support women experiencing violence and those living with HIV or AIDS. They work to prevent violence and HIV infection and are catalysts for change in their communities. This film is an inspiring look at two women's lives and it is a call to action. It calls on everyone to take action to prevent violence against women and HIV infection. *SASA!*

“ I think it's good to balance power. Because when you're balancing, it means there's no side that is controlling the other. This situation lets a woman know that she has respect. ”

- Charles

THE SASA! PROCESS

Sasa is not only the Kiswahili word for *now*. It is also an acronym for the urgent steps we must all take to prevent violence against women and HIV/AIDS, as well as a process that can guide the creation of effective prevention programs or activist efforts.

Start

Start thinking about violence against women and HIV/AIDS as interconnected issues and foster *power within* yourself to address these issues.

Awareness

Raise awareness about how our communities accept men's use of *power over* women, fueling the dual pandemics of violence against women and HIV/AIDS.

Support

Support the women, men and activists directly affected by or involved in these interconnected issues, by joining your *power with others'*.

Action

Take action. Use your *power to* prevent violence against women and HIV/AIDS.

UNDERSTANDING POWER

In the SASA! process of Start, Awareness, Support, Action the concept of power plays a central role in preventing violence against women and HIV/AIDS. Violence against women occurs when there is an imbalance of power in relationships—usually men having power over women. In most communities, there is a silent acceptance of men's use of power over women. Everyone has power—but power can be used as a negative or positive force. Power used negatively hurts others. Power used with fairness and solidarity can make positive changes in individual lives and in the community. The film and activist kit explore three kinds of power:

Power Over occurs when there is an imbalance of power between women and men in relationships and communities. In intimate relationships, men typically have power over women. This form of power makes it possible for one person to control another. Using one's power over another person is abuse.

Power With occurs when people join together and provide support for one another. Joining one's power with others' creates healthy relationships and strong communities in which power is balanced and not abused. When power is shared everyone enjoys equal rights and responsibilities.

Power To occurs when we use our power to make positive, lasting change. Everyone can use their power, in subtle or obvious ways, to make relationships and communities safe and healthy.

CHAPTER GUIDE

The first “s” in SASA! stands for Start. Anyone who watches this film has started to think about violence against women and HIV/AIDS as interconnected issues. This screening guide is designed to guide people through the remaining three steps of raising awareness, offering support and taking action. The film is divided into three chapters—one for each. You may choose to screen the film in its entirety or one chapter at a time. Screening the film by chapter will focus your audience’s attention on the distinct aspects of Awareness, Support and Action, which may enrich the viewing experience.

Chapter 1 | Awareness

This chapter aims to raise awareness about the connection between violence against women and HIV/AIDS. In particular, this chapter demonstrates how our communities often accept men’s use of power over women.

Chapter 2 | Support

This chapter focuses on supporting the people directly involved in these interconnected issues: supporting girls and women who are experiencing violence or living with HIV or AIDS; supporting boys and men who are rethinking their use of violence; and supporting activists who are becoming aware and speaking out. This chapter explains that by providing support you join your power with others’ and strengthen the prevention effort.

Chapter 3 | Action

This chapter encourages us to take action to prevent violence against women and HIV/AIDS—by leading the way for change and prevention at home, work and in the community and by engaging others. This chapter celebrates the fact that we all have the power to change ourselves, our relationships and communities for the better.


THE SHORT VERSION

For those individuals with limited time, the producers have created a short version of the film (six minutes). The short version introduces us to the women in the film and explores their experiences of violence and HIV/AIDS. It serves the same purposes as the full version: (1) to introduce the connection between violence against women and HIV/AIDS; (2) to act as a catalyst for discussion; and (3) to encourage individuals to raise awareness, provide support and take action in their community and workplace.

UNDERSTANDING AND ANALYZING THE ISSUES

Violence against women happens all over the world, and globally, girls and women are most at risk for HIV infection. We have to ask ourselves, why? How are these two issues related and what is the root cause of these dual pandemics?

Although women, men, girls and boys share the same human rights and responsibilities, all over the world women are experiencing violence—their right to live free of violence is violated. Violence stems from an imbalance of power between individuals or groups. It occurs when a person or group asserts power over another.



“ I felt that maybe, because I’m a woman, I’m an instrument to be used, and I have no rights. He has the rights. ”

- Mama Joyce

Typically in relationships men have more power than women. Women and men are socialized to believe that men are more valuable and worthwhile than women—and violence begins with this belief. In most cases, our communities accept or at least tolerate men’s use of power over women, perpetuating violence against women and even making it seem normal. When girls and women have less power in their relationships, families and communities they are more vulnerable to violence and more vulnerable to HIV infection. For many women, the violence they experience leads to HIV infection, for others their HIV-positive status brings violence. Thus, violence against women and HIV/AIDS are closely connected: violence against women is both cause and consequence of HIV infection.

Engaging our communities in addressing these issues begins with understanding the facts.

Violence against women is a serious global problem. The World Health Organization (WHO) reports that anywhere from 15 to 71 percent of women have experienced physical or sexual violence at least once in their lifetime.¹

Between 6 and 47 percent of adult women worldwide report being sexually assaulted by an intimate partner in their lifetime.²

Women who experience violence are more susceptible to HIV infection. Studies show that women who have experienced violence are up to three times more likely to contract HIV than those who have not experienced violence.³

All over the world, women are being infected with HIV at higher rates than men. In sub-Saharan Africa, 59 percent of HIV infected people are women.⁴

The risk of HIV infection is greatest for girls and young women. In sub-Saharan Africa, among young people ages 15



“ I had no one I could tell my secret. If it was a friend, she would have run away. If it was a relative, he wouldn’t have talked to me again. ”

- Josephine

to 24, 75 percent of those HIV-positive are girls and young women. They are approximately three times more likely to be infected than young men of the same age.⁵

Women who are HIV-positive are more at risk for violence. Women who are diagnosed with HIV are at risk for violence from their partners, families and the community. HIV is still a very stigmatized disease, surrounded by fear and misunderstanding. Women who disclose their status to their husbands face the possibility of being beaten, abandoned and having their children and homes taken away. The violence women experience when HIV-positive often precipitates early onset of AIDS-related illnesses.

Biologically girls and women are more vulnerable to HIV infection, because semen carries more HIV than vaginal secretions and a greater surface area of skin is exposed during sexual intercourse.

Socially girls and women are more vulnerable to violence and HIV infection, because our communities accept men’s use of power over women.

How does men's power over women increase women's vulnerability to violence and HIV infection? Here are some facts that explore the connection:

Inability to negotiate for safer sex. The threat of violence limits a woman's ability to negotiate for safer sex. If a woman is afraid of her partner, she is less likely to ask him to wear a condom or to be monogamous.

Forced sex. Married women are often forced to have sex with their husbands. During forced sex, a woman cannot negotiate condom use. Her vagina, being tense and dry, is also more likely to tear, leaving her even more vulnerable to HIV infection.

Coerced and transactional sex. Girls and young women are particularly at risk for contracting HIV from older partners who offer financial or material support in exchange for sex. The imbalance of power in these relationships makes it difficult to negotiate for safer sex or fidelity.

Economic dependence. Women's low status within communities makes many women dependent on their husbands and fathers for their financial well-being. The tradition of some cultures to pay bride price further perpetuates the notion that women are property. These conditions keep women dependent on men and make it extremely difficult for them to see a balance of power in their relationships or to leave a violent relationship.

Lack of information and fear of seeking help. Violence and fear of violence prevent women from seeking information about HIV/AIDS, HIV testing and disclosing one's status and prevent women from seeking treatment.

What do you think about these facts? Do you see this happening in your community? How do these realities affect you? Your family? Your community?

Share these facts with others. Talk with others about how violence against women and HIV/AIDS are connected. Raising awareness about the negative consequences of men's power over women is a critical step in preventing violence and HIV infection. But don't stop there—keep reading and watch the film. There are more steps we can take to prevent violence against women and HIV/AIDS!

Notes

- ¹ Garcia-Moreno C., Jansen H., Ellsberg M., Heise L. and Watts C. (2005). "Summary Report, WHO Multi-Country Study on Women's Health and Domestic Violence against Women: Initial Results on Prevalence, Health Outcomes and Women's Responses," The World Health Organization, Geneva, Switzerland, 27pp.
- ² Garcia-Moreno C. and Watts C. (2000). Violence against Women: Its Importance for HIV/AIDS. *AIDS* 14 (Suppl. 3):S 253 – 265.
- ³ Maman S., Mbwambo J. K., Hogan N. M. et al. (2002). HIV Positive Women Report More Lifetime Partner Violence: Findings from a voluntary counselling and testing clinic in Dar es Salaam, Tanzania. *American Journal of Public Health*. 92(8):1331-1337.
- van der Straten A., King R., Grinstead O. et al. (1998). Sexual Coercion, Physical Violence and HIV Infection among Women in Steady Relationships in Kigali, Rwanda. *AIDS and Behavior*. 2(1):61-73.
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- ⁴ UNAIDS, Joint United Nations Program on HIV/AIDS (2006). "Report on the Global AIDS Epidemic, Executive Summary," Geneva, Switzerland, 6pp.
- ⁵ UNAIDS. (2004). Report on the Global AIDS Epidemic: 4th Global Report. June 2004. Geneva, Switzerland: UNAIDS.

Using the Film

SHARING THE FILM AND MAKING A DIFFERENCE

Everyone can be an activist! The film *SASA!* is designed as an education and advocacy tool. We encourage you to use *SASA!* in your efforts to prevent violence against women and HIV/AIDS.

Consider doing one or more of the following:

- Organize a public screening.
- Use the film in trainings, presentations or classrooms.
- Host advocacy sessions with leaders, policymakers or donors.

Organize a public screening

A public screening is a useful (and fun!) way to get the message out and engage others. Screenings can be large events or small casual gatherings, whatever you prefer.

Small and personal: You can organize a screening for a small and specific group of people. Possible groups include family and friends; people living in your neighborhood; members of your church or mosque; or members of your social circle or support group.

Large and far-reaching: You can organize a screening for a large and general audience by using community venues and events, special occasions and/or the media. For example, you could hold a screening on World AIDS Day, during the 16

Days of Activism, at community fairs, on local television stations, at community centers or at local video halls.

Repeated showings: You can make your public screening a repeated and regular occurrence. For example, you could play *SASA!* once a week in a hospital or clinic waiting room, on long-haul passenger buses or in the public waiting rooms of local government offices.

Use the film in trainings, presentations or classrooms

The film *SASA!* is designed as an easy-to-use tool for raising awareness about the connection between violence and HIV and for inspiring viewers to become activists themselves. You may, therefore, consider using this film in your training and educational work.

Trainings: You can play *SASA!* at seminars, workshops or other types of trainings—large or small. The film could be the focus of the training or a complement to the training content.

Presentations: You can show part or all of *SASA!* as part of a presentation at a conference or meeting. The film's personal, visual and creative format will get the attention of busy conference participants or meeting attendees.

Classrooms: You can show *SASA!* to students in secondary and tertiary educational settings, as well as to teachers and professors. Campus screenings can be particularly relevant for students, faculty and staff in programs such as public health, medicine, human rights, international development and women/gender studies.

Host advocacy sessions with leaders, policymakers or donors

Many leaders, policymakers and donors are not aware of the complex connection between violence against women and HIV infection. This film can help them understand the underlying power imbalance between women and men and how they

could address this power imbalance through their work. When using *SASA!* for advocacy you can share specific and relevant information about violence against women and HIV/AIDS in your community or country. Also, be sure to define how your audience can contribute within their professional capacities. Clear, simple and strategic action points will strengthen your advocacy efforts.

Local government leaders: In many countries of the Global South, local leaders are often the first layer of response for women experiencing violence and for those living with HIV or AIDS. You can use *SASA!* to help them better understand and address these issues in their communities. For example, local leaders can initiate educational activities and information sharing, ensure adequate funding for prevention efforts and services for those affected, or pass a local bylaw against violence.

Lawmakers and policymakers: It is critical to engage those responsible for creating laws and policies. They play an important role in creating systemic changes that help prevent violence against women and HIV/AIDS. Consider screening the film in network meetings, policy forums, think tanks, national or regional legislative sessions and meetings of the relevant ministries (e.g., health, gender and local government).

Donors: It is critical to increase the interest and investment of donors in these interconnected issues. By showing them *SASA!*, you can make a strong case for why they should fund small and large related initiatives.

PLANNING A SUCCESSFUL SCREENING

To plan your screening, think through the following questions. These questions will guide you through all the necessary considerations for successfully sharing *SASA!* with others.

What do you hope to accomplish with the screening?

A screening of *SASA!* can accomplish a variety of goals. Modify and build on the following ideas to define the goals for your screening.

Possible goals:

- Raise awareness about the connection between violence against women and HIV/AIDS.
- Inspire others to support the women and men directly affected by these interconnected issues, as well as the activists who are speaking out.
- Encourage others to get involved within their personal and professional roles (e.g., as a community member, NGO staff, policymaker, health care provider, religious leader, police officer, local government official, donor, neighbor, teacher, church member) and through these roles to take action to prevent violence against women and HIV/AIDS.

Who will you aim to engage?

Decide who you would like to engage in the screening (e.g., family members and friends, women and men in the community, young people, religious or cultural leaders, professionals, government officials, policymakers, donors). Will you invite a mixed audience or reach out to a specific group of community members?

Will you screen the full or short version of the film?

Assess the time availability of your audience. The full film provides more details for stimulating learning and reflection. However, if most of your audience will need to leave early, consider showing the short version instead—ensuring all themes are introduced and allowing time for discussion.

Will you choose English subtitles or English voice-over?

Determine whether subtitles or voice-over would be best for

your audience. Subtitles (translations written on the screen) and voice-over (translated voices for the characters) are accessible to different types of people. Both the full and short version of *SASA!* are available with subtitles or voice-over, while the content remains the same. The subtitled format is appropriate for audiences with good English literacy skills, who can read from the screen what characters are saying in Kiswahili and Luganda. The voice-over format is appropriate for audiences with good English listening skills, who would prefer to listen to an actor's voice rather than read subtitles off the screen.

Where will you host the screening?

Organize a location for your screening. This could be a home, a hall, a local government building, a market—any place that is accessible to your desired audience and the right size for the number of people you will invite. If your screening will happen outside, ensure that at the time of your screening it will be dark enough for everyone to see the screen.

Do you have all the necessary equipment?

Organize equipment for the screening. You will need a television and a DVD player or a projector and a screen. Ensure that you have an adequate sound system for the size of audience you expect—and of course electricity! Test your copy of the film well in advance to make sure that it plays all the way through without problems.

How will you publicize the event?

There are many creative ways to publicize the event. Publicize the event to as many people as is suitable for the location. Be sure to tell everyone the day, time and location of the screening. You could do this through flyers, a press release, announcements on the radio, announcements at churches/mosques or invitations by letter, phone or email. Begin publicity at least two weeks prior to the screening, and then send follow-up reminders a few days before.

How will you facilitate a discussion after the film?

Decide whether you will play the film all the way through followed by one discussion or chapter-by-chapter with a discussion after each. Facilitated discussions play an important role in ensuring audience members have understood the film and in encouraging them to think about their role in preventing violence and HIV infection. Identify one or more facilitators to lead the discussion(s). Ask the facilitator(s) to prepare by reading through the screening guide, watching the film and creating a list of discussion questions. See below for more information about facilitated discussions.

Tell Raising Voices about your screening!

We would love to hear how you are using *SASA!* in your community and/or workplace. Tell us where you screened it and to whom, what went well and what was challenging. This information will help us in our programs and activism for preventing violence and HIV infection. Please write to us at info@raisingvoices.org.

DISCUSSION GUIDE

There are three ways to hold a discussion as part of the screening of this film.

1. **Play the film from beginning to end.** Then engage the audience in a discussion of the film as a whole.
2. **Play the film chapter-by-chapter.** Engage the audience in a discussion at the end of each chapter and then move on to the next chapter. The advantage of this method is that the audience members do not have to save all their thoughts until the final discussion. It will also allow them time to reflect on the individual concepts of Awareness, Support and Action. This option is particularly useful in trainings or smaller screenings.

3. **Play the short version of the film** from beginning to end and then engage the audience in a discussion appropriate to the details shared in this version. This option suits screenings and audiences with limited amounts of time.

Consider the following questions as you plan for the discussion(s) at your screening. These questions are only suggestions—feel free to modify them or create other questions that better suit your audience. When creating discussion questions, consider reviewing additional information about violence against women and HIV/AIDS on the Raising Voices website at www.raisingvoices.org.

Remember: The discussion presents an opportunity for viewers to think about their own lives, communities and workplaces and to express their thoughts, opinions and feelings. Welcome different opinions and allow everyone to express their views. Encourage positive comments and fresh ideas.

General Questions

For a single discussion after screening the entire film

1. What is your initial reaction to the film?
2. How did the film make you feel?
3. Could you relate to Mama Joyce and Josephine’s stories? Did they remind you of something you have experienced or witnessed in our community?
4. Did you become aware of anything new about the connection between violence and HIV/AIDS? If so, what?
5. How does violence increase a woman’s vulnerability to HIV infection? How does it precipitate AIDS-related illnesses?
6. How does HIV/AIDS increase a woman’s vulnerability to violence?
7. The film talks about power and about how men generally have more power than women in relationships and communities. What do you think of this analysis?

8. How were women in the film using their power positively? How were men in the film using their power positively?
9. Why is support important? Who do you think needs support—only women or men as well?
10. The film gives many suggestions for taking action. How could you take action?
11. Preventing violence against women and HIV infection includes addressing the experiences of girls and boys. How can we reach out to young people through our actions?
12. There is a real urgency to prevent violence against women and HIV/AIDS. What can you do NOW?

Chapter-Specific Questions

For discussions after each chapter

For screening the film chapter-by-chapter, we have provided questions as well as chapter descriptions. Consider reading the description of each chapter before or after the chapter has played. The descriptions may prompt the audience’s thinking in advance of the discussion. This approach is particularly useful when using *SASA!* as a training tool.

Chapter 1 | Awareness

Understanding the negative impact of men’s power over women

Chapter description:

This chapter is entitled “Awareness” because it raises our awareness about the issues of violence and HIV/AIDS. In particular, this chapter demonstrates how our communities often accept men’s use of power over women.

Discussion questions:

1. Both Mama Joyce and Josephine didn’t have much power in their relationships. Do you think this is common? Why or why not?

2. In our community, how does men's power over women affect women's lives? Men's lives? Families? The community?
3. How do you think the violence experienced by Mama Joyce and Josephine made them more vulnerable to HIV infection? Does this happen in our community? Are there other examples in our community of violence increasing a woman's risk of HIV infection?
4. Why did HIV infection increase Mama Joyce and Josephine's risk of experiencing violence? Does this happen in our community? Are there other examples in our community of HIV infection increasing a woman's risk of experiencing violence?

Chapter 2 | Support

Joining our *power* with others' by providing support

Chapter description:

This chapter is entitled "Support" because it focuses on supporting the people directly involved in these interconnected issues: supporting girls and women who are experiencing violence or living with HIV or AIDS; supporting boys and men who are rethinking their use of violence; and supporting activists who are becoming aware and speaking out. The chapter explains how through providing support you join your power with others' and strengthen prevention efforts.

Discussion questions:

1. In what ways do you think our community stigmatizes women experiencing violence and/or living with HIV or AIDS?
2. Why is it important to reduce stigma and begin supporting the women experiencing violence and/or living with HIV or AIDS? Why is it important to support men who may be rethinking their use of violence?
3. There were many examples of support in the film. Which do you think would work in our community? What are some

- other ideas? How could we join our power with one another?
4. How can we gather support for speaking out and raising awareness about the connection between violence against women and HIV/AIDS?

Chapter 3 | Action

Using our *power* to create positive change

Chapter description:

The last chapter of the film is entitled "Action" because it encourages us to take action to prevent violence against women and HIV/AIDS. It shows how each of us can lead the way for change and prevention at home, work and in the community. This chapter celebrates the fact that we all have the power to change our relationships and communities, making them safer and healthier.

Discussion questions:

1. Preventing violence against women could greatly contribute to preventing women's HIV infection. Why do you think the idea of prevention is so important?
2. What do you think prevents people from taking action to prevent violence? What prevents you? How can we overcome these barriers?
3. There were many examples of people taking action in the film. Would any of these examples work in our community? What else could we do to prevent violence against women? To prevent HIV infection?
4. How will you use your power to prevent violence against women and HIV infection?

Creating Change

You have the power to create change!

People often see a film, hear a report or read an article that makes them think, “How terrible!” Some take that thought further and ask themselves, “What can I do?” We all have the power and the responsibility to do something within our relationships, families and communities to stop violence against women and the spread of HIV.

Violence against women is unjust. So too is the accelerated spread of HIV among girls and women, largely because of a violation of their rights. By recognizing the interconnectedness of violence and HIV/AIDS, we can work together for their prevention. In order to make a real and sustained change, we need to address the root cause of these connected issues: the imbalance of power between women and men and how our communities accept men’s use of power over women.

Everyone has a role to play in this important work. We all have talents, abilities and skills that can be used to prevent violence and the spread of HIV/AIDS. What can you do?

On the following pages you will find several ideas for things you can do NOW! Copy these pages and share them with everyone and anyone. Hold screenings of SASA! and provide copies of the following pages to everyone who attends.

“ I saw I needed to take a stand, so I could at least reduce violence a little bit. ”

- Mama Joyce

RAISE AWARENESS - SASA!

Preventing violence against women and HIV/AIDS means becoming aware. In the SASA! process of Start, Awareness, Support, Action the concept of power plays a central role in preventing violence against women and HIV/AIDS. Violence against women occurs when there is an imbalance of power in relationships—usually men having power over women. In most communities, there is a silent acceptance of men’s use of power over women. Everyone has power—but power can be used as a negative or positive force. Power used negatively hurts others. Power used with fairness and solidarity can make positive changes in individual lives and in the community. Become Aware NOW!

Ideas for everyone

Become aware of how you use your power.

- Are you using your power positively or negatively?
- Do you use your power differently with women in comparison to men?
- Do you use your power differently with your family in comparison to friends or colleagues?

Become aware of how other people are using their power.

- Are they using their power positively or negatively?
- What effect does their use of power have on others?

Talk to friends, family, neighbors and colleagues about power.

- Explain to them the different types of power: power over, power with and power to.
- Discuss with them whether it is usually women or men who have more power in relationships and in your community.
- Talk with them about how abuse and violence happen as a result of people using their power over others.

- Encourage them to identify situations where people are using their power over others—understanding that this behavior is an injustice and violation of human rights.

Reach out to the wider community.

- Offer to speak at community meetings, at church or mosque or at workplace meetings about how violence against women increases women’s risk for HIV infection.
- Write letters to the editor of your local newspaper to help others become aware of the connection between violence and HIV/AIDS.
- Learn how you can get involved in existing prevention efforts.
- Find out about local services for women experiencing violence, including post-exposure prophylaxis (PEP), and then tell others where girls and women can go for help.

- Learn about and help other colleagues learn about PEP and why it is important for women who experience sexual violence.
- Become aware of how your power as a police officer may scare or intimidate women. Use your power positively.

Ideas for teachers and parents

- Become aware of what you are role modeling to the children around you. What are you teaching them about power and using power positively?
- Help create a safe space where young people can talk about their feelings and experiences, about sexuality and violence.
- Talk with young people about power. Encourage them to connect with and understand their own power and their responsibility to use it positively.
- Contact local agencies that work with youth to learn more about how girls in your community are at risk for violence and HIV infection.

Ideas for health care providers

- Recognize your own concerns and fears about addressing violence with clients. Seek information and advice.
- Become aware of the various health problems that are typical for women experiencing violence, including increased risk for HIV/AIDS and other STIs.
- Learn more about other health care and counseling services that women experiencing violence can access in your community. Compile a list for referrals.
- Become aware of how you are using your power with clients. Positively or negatively?

Ideas for police

- Recognize that violence puts girls and women at higher risk for HIV infection.
- Understand what services are available for women who have experienced violence.

Ideas for religious leaders

- Learn about different verses in the Qur’an or Bible that promote respect, equality and non-violence between women and men.
- Become aware of the violence that women in your congregation may be experiencing, and consider how you could help others become aware of this problem.
- Help your congregation become aware of how violence increases women’s risk for HIV infection.
- Become aware of your power as a religious leader, and think about how you could use it more positively.

Ideas for counselors

- Learn more about how women in your community experience power and how that affects their health and decision-making.

OFFER SUPPORT - SASA!

Preventing violence against women and HIV/AIDS means offering support. You can support girls and women who are experiencing violence or living with HIV or AIDS. You can support boys and men who are rethinking their use of violence. You can support activists who are becoming aware and speaking out. Through providing support you join your power with others' and strengthen the prevention effort. Offer support **NOW!**

Ideas for everyone

- Support girls and women.
 - Listen to girls and women experiencing violence—and take them seriously. If you know a woman who is experiencing violence, find a quiet time to talk with her. Offer to listen and help in whatever way you can.
 - Avoid shaming or stigmatizing women living with HIV, AIDS or violence. Offer them your friendship.
 - Recognize that young women are particularly vulnerable to HIV infection. Talk with them about how to protect themselves and stay safe.
 - If you know women who are worried that they may be HIV-positive, offer to accompany them for testing.
 - Refer others to informal or formal support services in your community.
- Support boys and men.
 - If you know men who are using violence, talk with them.
 - Encourage men who are trying to share power more equitably in their relationships.
 - Talk with boys and men about the negative consequences of violence on their intimate relationships and family. Convince them of all the benefits of being non-violent.
 - Tell boys and men about local programs and activities that address non-violence and human rights.
 - If you know men who are worried that they may be HIV-positive, offer to accompany them for testing.

- Support activists.
- Seek out the support you need to become more informed and active in preventing violence against women and HIV/AIDS.
 - If you see someone speaking out about violence or HIV/AIDS in the community, lend your voice, stand in solidarity and join together to make a difference.
 - Gather people you know who are aware of these issues and talk about how you can support each other in taking a stand. Help the people you support discover positive ways to use their power.
 - Avoid telling women or men what to do. Help them become aware of their own power to make decisions.
 - Remind people in crisis that they still have power. Offer to join your power with theirs to help them find their voices and strength.
 - Help people recognize when they have used their power to make a positive change.

- ### Ideas for teachers and parents
- Create open and supportive relationships with young people. Let them know that they can seek advice and guidance on any issue.
 - Encourage young people to use their power to support others.
 - Support young people when they ask about sex. Be open, honest and direct with them.
 - Support rather than shame the girls and young women who disclose experiencing sexual violence. Make sure they know it is not their fault.

□ Ideas for police

- Treat every woman reporting violence with respect. Take her report seriously and keep it confidential.
- Create a list of clinics that provide PEP. Refer women who have experienced sexual violence to this service when appropriate.
- Avoid telling a woman experiencing violence what to do. Help her think through her options. Refer her to a counselor for more support.
- When a woman is reporting violence take her case privately. Do not jointly interview the victim and suspect.

□ Ideas for health care providers

- Ask women about the cause of their health problems, using a nonjudgemental and respectful approach. Their signs and symptoms may be the result of violence.
- Ask women if they would like to see a counselor or talk with you about any violence or problems in their relationships.
- Assure women that everything they say is confidential—and keep it that way!
- Make sure that all staff understand the protocol for administering PEP.

□ Ideas for religious leaders

- Offer counseling to men using violence and women experiencing violence. Maintain that violence is never acceptable.
- Encourage members of the religious community to create supportive networks for women experiencing violence and those living with HIV or AIDS.
- Help couples learn communication skills.
- Make sure your congregation knows you support non-violent relationships.

□ Ideas for counselors

- Ask clients about violence in their relationships. If they disclose, avoid telling them what to do, help them think through their options.
- Encourage women to think through how they can reduce their risk of acquiring HIV. Help them practice these personal risk reduction ideas in a role-play.
- Help clients plan how they will safely disclose their HIV status to their partner. Encourage them to role-play this with you. Offer facilitated disclosure to couples when appropriate.
- Remember that violence counseling can be very emotional and difficult for the counselor as well as the client. Seek personal support from a colleague or another professional if you feel your caseload is affecting your emotional well-being. Getting support for yourself will better enable you to support others.

□ Ideas for NGOs

- Remember that staff may be experiencing violence in their own lives. Create space for sharing and support.
- Recognize how difficult it is to talk about controversial issues in the community. Avoid assuming that staff feel completely comfortable in this role. Foster solidarity and create support for staff.
- Recognize and strengthen all the informal mechanisms for support in the community. Help community members help themselves.
- Mentor staff to develop their own consciousness and analysis of power and human rights.

□ Ideas for policymakers and donors

- Join your voice and power with others' to advance, encourage and support initiatives and policies that support women experiencing violence and/or HIV/AIDS.
- Remember that violence and HIV/AIDS don't discriminate. Reach out to your colleagues and friends who may be experiencing violence and/or HIV/AIDS.
- Initiate relationships with organizations, leaders or groups who are addressing the link between violence and HIV/AIDS.

- Work with your local leaders to foster community values that reject violence against girls and women.
- Organize activities with neighbors, members of your church/ mosque or social groups that promote equal power in relationships.
- Download or order educational materials (posters, flyers, info sheets, etc.) from Raising Voices and distribute them in your community and/or workplace.
- Celebrate non-violence and positive change!

□ Ideas for teachers and parents

- Role model respect, dignity and responsible use of power to your children and students. Foster in boys and young men a respect for girls and young women.
- Go beyond promoting abstinence with young people. Discuss the full range of options, such as non-penetrative sex, alternative ways of showing affection and the whole spectrum of safer sex practices including condoms, delaying sex, negotiation and assertiveness skills.
- Encourage young women and men to respect each others' rights and to communicate openly about all matters related to intimate relationships. Emphasize that having sex is a joint decision that requires active consent from both people.
- Recognize that many young women turn to transactional sex for school fees and other expenses. Discuss this problem with parents and fellow teachers. Brainstorm together what you can do to help.

□ Ideas for police

- Use your community outreach activities to promote non-violence.
- Hold a meeting between police, health care providers and local leaders to enhance the process of referrals.
- Train all officers on how to effectively and sensitively deal with cases of violence against women.
- Seek collaborations with local women's organizations and HIV prevention organizations to strengthen your services and activities.

□ Ideas for religious leaders

- Emphasize in sermons the importance of non-violent families and sharing power in relationships.
- Demonstrate in words and actions that violence is not acceptable in relationships.
- Work with members to create a violence-free church or mosque. Help your members create violence-free families.
- Reach out to other religious leaders within your faith and beyond. Become a positive force for violence prevention in your community.

□ Ideas for health care providers

- Talk with couples about violence, teach them safer sex practices and emphasize the importance of open couple communication about sexual health and reproductive decision making.
- Sensitize the other providers in your clinic to the connection between violence and HIV and together develop effective and systematic methods for responding to women experiencing violence.
- Establish and participate in a referral network of providers (including counselors) offering services to women experiencing violence.
- When you are in the waiting room or conducting community outreach, encourage people to become aware, give support and take action to prevent violence and HIV/AIDS.

□ Ideas for counselors

- Create protocols for effectively and sensitively talking with clients about violence and HIV/AIDS.
- Create protocols for helping female clients develop their own risk-reduction plans for safer sex in their relationships.
- Establish and participate in a referral network of counselors and health care providers offering services to women experiencing violence.
- Seek training from other organizations if you and/or your staff need more skills for responding to issues involving violence.

How will You Take Action?

Lined writing area for taking action.

□ Ideas for NGOs

- Reorient or strengthen your programs to address the root cause of violence against women: the imbalance of power between women and men and the acceptance of this imbalance within our families and communities.
- Ensure that your programs approach violence against women and HIV/AIDS from a human rights perspective.
- Demonstrate the values of justice, equality and respect, internally and externally.
- Strive to become a leading force for positive change in your community.

□ Ideas for policymakers

- Advocate for and/or create laws and policies that recognize women's right to live free of violence.
- Advocate for the provision of PEP in all health centers.
- Advocate for a gender-based analysis (i.e., an analysis of the power imbalance between women and men) as part of all policies, frameworks, laws, local/national plans of action, etc.
- Promote inclusion of the prevention and response to violence against women in the national HIV/AIDS strategy.

□ Ideas for donors

- Fund programs that work toward preventing violence against women and HIV infection.
- Review your portfolio. Analyze the extent to which your grants help address the imbalance of power between women and men.
- Advocate with other donors to prioritize investment in holistic, long-term, community-based programs that prevent violence against women and HIV/AIDS.
- Recognize that the prevention of violence against women and HIV/AIDS requires fundamental social change. Give grants to organizations and programs that can realistically work toward this.

Making the Film

THE WOMEN AND MEN IN THE FILM

SASA! A Film about Women, Violence and HIV/AIDS was made possible by the generous on-screen participation of several inspiring activists. The film's main characters, **Mama Joyce** and **Josephine**, share how their experiences of living with violence and HIV have affected their lives, their families and the communities around them. Josephine's second husband, **Charles**, and her father, **Kalanzi**, also appear in the film to share how they have been affected. In addition, a variety of activists and leaders explore the causal factors, cultural dynamics and politics of preventing and responding to these dual pandemics. They include (in order of appearance):

Verdiana Kamanya,

HIV Counselor – Mwanza, Tanzania

Maimuna Kanyamala,

Activist – Mwanza, Tanzania

Collins Ocham,

Teacher – Mwanza, Tanzania

Rev. Canon Gideon Byamugisha,

Anglican Priest, Diocese of Namirembe – Kampala, Uganda

Hon. Dora Byamukama,

Member of Parliament – Kampala, Uganda

Dr. Nicodemus Butamanya,

HIV Specialist – Mwanza, Tanzania

Christine Agwang,

Child and Family Protection Unit – Kampala, Uganda

Sheikh Idris Habibi Luswabi,

Muslim Supreme Council – Kampala, Uganda

Anna Chambo,

Violence Counselor – Mwanza, Tanzania

THE PRODUCERS

Raising Voices is a Uganda-based organization working to prevent violence against women and children in East and Southern Africa. Raising Voices creates and inspires innovative approaches to prevention.

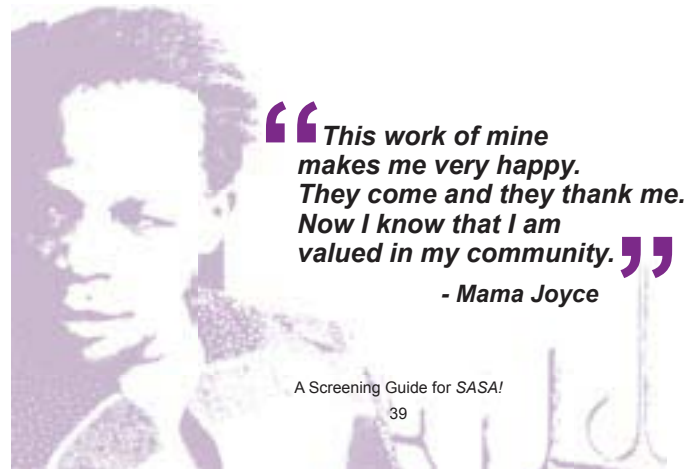
www.raisingvoices.org

The People's Picture Company is a Canadian documentary production company that strives to produce creative and entertaining films that start discussion, compel thought and encourage action—Picture This.

www.theppcinc.com

AVAILABLE FORMATS

The film is available on DVD in PAL or NTSC. The film and short version are available with English voice-over and English subtitles. The full film is also available with Kiswahili voice-over.



“*This work of mine makes me very happy. They come and they thank me. Now I know that I am valued in my community.*”

- Mama Joyce

SASA! *An Activist Kit*

This film is only one component of *SASA! An Activist Kit to Prevent Violence against Women and HIV/AIDS*.

The activist kit is designed to help organizations in sub-Saharan Africa mobilize communities to prevent violence against women and HIV/AIDS. The materials in the kit are tools an organization can use to comprehensively and provocatively address the root cause of women's vulnerability to violence and HIV/AIDS: the imbalance of power between women and men and the community's acceptance of this imbalance.

The activist kit includes four different sections: Start, Awareness, Support, Action. All the activities and materials in the activist kit are organized within this framework, so that organizations can systematically introduce initiatives and activities that build awareness, foster support and inspire action.

In each of the four sections, the kit offers a range of ready-to-use, practical materials, including:

- communication materials (e.g., posters, comic sheets, games)
- media (e.g., radio programs, listening guides, fact sheets)
- training modules (e.g., 12 two-hour sessions with adaptations for different stakeholders)
- advocacy activities (e.g., seminar guides, persuasion sheets, advocacy film, postcards)
- local activism activities (e.g., community drama sketches, dialogue guides, quick chats)

All materials are designed to create awareness, support and action for preventing violence against women and HIV/AIDS.

For more information contact Raising Voices at info@raisingvoices.org.

Sharing Your Experiences

We all have the power to prevent violence against women and HIV/AIDS. We hope this film will help organizations and individuals in their work for prevention and change. Please share your thoughts, feelings and experiences of using *SASA!* in your community.

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