Preventing VAWG through Sports and Play, Pakistan
As many as 90% women in Pakistan have experienced domestic violence at least once in life. Aurat Foundation 2013

Gender Inequality Index rank: 143 (out of 144)

Global Gender Gap Report 2016; by World Economic Forum

62% out-of-school children are GIRLS (UNICEF 2015)
THE INTERVENTION | DESCRIPTION

- 3 year program of play-based learning and development for positive child and youth development. (Apr. 2015 -18)

- Aims to empower children girls and boys with life skills such as confidence, resilience, self-esteem, self expression, coping negative emotions to effectively challenge bullying (peer violence), gender inequality and VAWG.

- It is research program which determine whether exposure to the Right to Play’s play based leaning intervention is effective in achieving the aims.

- Program partners: South African Medical Research Council (SMRC), Aga Khan University (AKU), and School Education Department, Sindh
**THE INTERVENTION | OUTREACH**

- **Coaches:** 20 (50% F)
- **Junior Leaders:** 150 (50% F)
- **Teachers Trained:** 100 (50% F)
- **8000 children (50% F)**
- **40 (50% F)**
  - 20 control &
  - 20 intervention)
- **20 control &
  - 20 intervention)**
- **Coaches:** 20 (50% F)
OUR METHODOLOGY | EXPERIENTIAL APPROACH

120 Regular Play based learning Sessions for 2 years
Play based learning Activities are:
- Experiential,
- Structured,
- Age-specific,
- Developed by multidisciplinary experts, and
- Followed by three step discussion
<table>
<thead>
<tr>
<th>Ball Name</th>
<th>Symbol</th>
<th>Development Areas</th>
<th>Skill-Building Areas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Mind</td>
<td></td>
<td>Thinking and Intellectual Development</td>
<td>Awareness, Perception, Concentration, Memory, Insight, Understanding, Learning, Numeracy, Literacy, Knowledge, Strategy, Organization</td>
</tr>
<tr>
<td>Black Body</td>
<td></td>
<td>Physical Development</td>
<td>The Senses, Aerobic Capacity, Strength, Flexibility, Coordination, Development of Healthy Lungs, Bones, Muscles and Heart</td>
</tr>
<tr>
<td>Yellow Spirit</td>
<td></td>
<td>Feelings and Emotional Development</td>
<td>Self-Esteem, Optimism, Fear, Hope, Security, Humor, Coping Skills, Self-Expression, Expression of Positive and Negative Emotions</td>
</tr>
<tr>
<td>Blue Peace</td>
<td></td>
<td>Relationships and Social Development</td>
<td>Communication, Cooperation, Teamwork, Leadership, Empathy, Trust, Relationships With Peers, Family, and Community</td>
</tr>
<tr>
<td>Green Health</td>
<td></td>
<td>Development of a State of Well-Being</td>
<td>Dangers of Drugs and Infectious Diseases, Dealing With Aches, Pains, and Strains, Importance of Physical Activity, Hygiene, Diet, Sleep and Healthy Environment</td>
</tr>
</tbody>
</table>
Play Based Activity: Hope in the air

Key Learning:
To deepen understanding of the importance of gender equality
# Hope in the air (Closing Discussion)

**Reflect**
- How did you feel playing the game as a male? As a female?
- What was the most challenging part of the game? Why?
- How did it feel when you all raised your hopes high together?

**Connect**
- How you as a girls and as a boys are treated differently in school? At home? And communities?
- What are the negative impacts of treating both the sexes unequally?
- What are the benefits of treating both the sexes equally?

**Apply**
- What ways can be used to promote gender equality?
- What skills boys and girls can develop to reduce gender discrimination?
Empowering of community young girls and boys to become Coaches

Nurturing young girls and boys as Junior Leaders
- **Play Days** (e.g. Dignity Day, Peace Day, Women’s Day)
- **Thematic tournament** (e.g. stop violence, fair play, friendship, equality),
- **Summer camp** (Meaningful use of summer vacations),
- **Exposure visits** of coaches/leaders
- Capacity Building of Teachers and Govt. Officials (Play based learning, Positive Discipline, Gender Equality, Child Rights)

- Parental/Community Engagement: rehabilitation of play spaces, parental participation in Play Days, Civil Society Organization trainings
Our program methodology is designed in ways that allow us to positively influence all three elements of the SELF.
Empowering girls and boys through play may be effective in reducing peer violence and VAWG.