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| Title | **Household Activities** |
| Objective | * Understand the difference between the types of work women and men do * Understand how the nature of this work affects both the individual and the family * Identify what needs to change |
| Target audience | Community members |
| Group size | 20–25 mixed male/female participants |
| Estimated time | 1h30 |
| Materials | Rocks, leaves, sticks and other small items that can be used for counting |
| Printouts  downloadable resources | * Stressed woman [cartoon](https://www.threemountains.academy/wp-content/uploads/2018/05/stressed-woman-with-washbasin-insulting-the-wife-no-words-small.jpg) * Shared household activities [cartoon](https://www.threemountains.academy/wp-content/uploads/2018/04/family-happy-house-work-role-change-small.jpg) * [List of daily activities](https://www.threemountains.academy/wp-content/uploads/2018/06/List-of-daily-activities.docx) |
| Source | Adapted from:   * [Manual of gender analysis](https://agriprofocus.com/upload/CASCAPE_Manual_Gender_Analysis_Tools_FINAL1456840468.pdf). Pg 8-11 * [Training Manual](http://www.umb.no/statisk/akrsp/06_publications_and_presentations/08_training_materials/2_gender_awareness.pdf) for Gender Awareness/Sensitisation Workshop for Community Representatives. Pg 17 |

**1. Steps:**

Introduction (15min)

* Ask participants to gather as many small sticks, rocks, and leaves as they can find.

Whole group work (45min)

* Once the group has finished gathering materials, ask for four volunteers: two women and two men.
* Ask the volunteers to stand facing the group in this order:
* One man
* One woman
* A man and a woman together
* Read out the *List of Daily Activities* to the group. Start at the top and work your way down. For each activity, ask the group who is responsible for doing that activity: the man, the woman, or both together?
* Ask another volunteer to place a rock in front of the relevant answer. For example, if the activity is done by a man, put a rock in front of the man, if it is done by both together, put the rock in front of the couple.
* If the activity is undertaken more than once a day, add a rock for each time it is done. For example, if cooking happens three times a day, for breakfast, lunch and dinner, and is considered to be the woman’s duty, then place three rocks in front of the woman.
* After completing the list, ask whether there are any daily activities that have been left out. If there are, add a rock in front of the appropriate volunteer for each one mentioned.
* After the group feels they have named all of the daily activities they can think of, compare the size of the piles of rocks in front of the volunteers.
* Finally, guide the group in a discussion.

**2. Questions to help guide discussion:**

* Are the piles of rocks even for the man and the woman? If not, why not?
* How much rest can men and women take throughout the day? How does this affect the health of men and women?
* Which of the activities are repeated more than once a day? Do men or women do more of these repetitive tasks?
* Is there a difference in the type of work men and women do? For example, is the work based more in the home or the community? Would you describe the activities as productive, reproductive or community activities? Refer to the *Notes for Facilitators* below.
* What is the difference between the two cartoons?
* Is there anything you would like to change about the division of daily activities in your own household?

**3. Key message**:

A household with shared division of labour is happier and healthier.

**4. Notes for facilitators:**

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| **Productive activities** include tasks which contribute to the income and economic welfare of the household and the wider community. These include producing goods and services to generate income. For example, rearing livestock and growing crops for sale or household consumption. Both men and women can undertake productive activities, however women often carry out these activities on top of reproductive activities.  **Reproductive activities** are domestic activities that support the wellbeing of the household, such as bringing up children, cooking, washing, cleaning, and taking care of the sick and elderly. These responsibilities are rarely considered real work and are mostly undertaken by women and older children.  **Community activities** are those which aim to fulfil the local community’s basic needs. They can be seen as organisational roles which include the provision and management of scarce resources. For example, collecting water and providing access to healthcare and education. Community activities are primarily undertaken by women. Community activities also include social and political roles at both community and local levels. This might include organising community social events, such as ceremonies and celebrations. Social and political roles are most often undertaken by men.  Read about the definition of triple roles [here](http://www.ndi.org/sites/default/files/Guide%20to%20Gender%20Analysis%20Frameworks.pdf). |