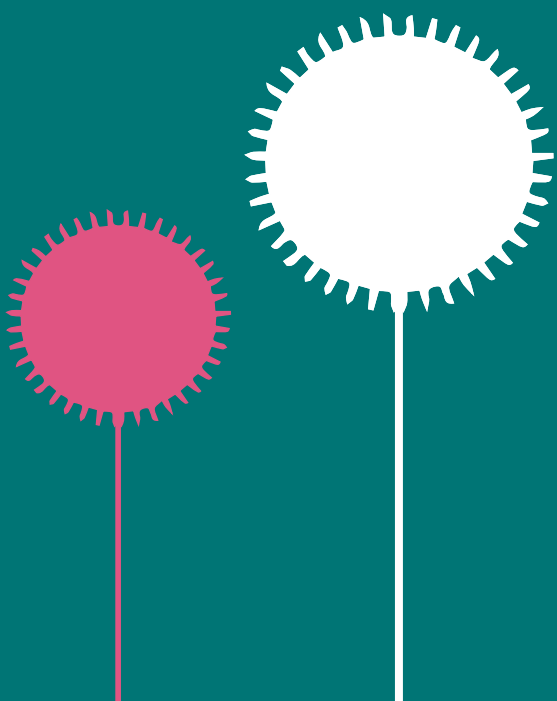


FACT SHEET
Power in
Relationships



CHILDREN'S RADIO
FOUNDATION

Fact Sheet P&R

Fact Sheet P&R

What is Power?

- ★ The ability to act (*Kids.WordSmyth*)
- ★ The ability to control others (*Kids.WordSmyth*)
- ★ The mental, physical or moral ability to produce an effect (*Merriam Webster Dictionary*)

Power in Relationships: Did you know...

- ★ Power exists in all relationships
 - ★ We all have the power and the legal right to make decisions that make us feel good, healthy and safe
 - ★ The instinct to communicate our needs and desires with a partner is healthy and normal
 - ★ In healthy relationships, power is shared
- (*Power, Control and Codependency*)

Recognising Different Types of Power in Relationships

To have **power over someone** is to use something to control a person's behaviours. What are things that a person can use to control someone else in a relationship?

- Money
- Reputation
- Job
- Gender norms
- Physical strength
- Age
- Emotional manipulation. In what way can someone use any of the above to control someone? Discuss.

To have **power within yourself** is to be able to determine the course of your life based on your feelings and values.

What are the things that give us power-within?

- Confidence
- Information
- Places of support
- Supportive friends and other healthy relationships
- Self love
- Having role models
- Personal values

Describe how any of the above can strengthen your power-within.

Power and Gender

- ★ The law says we are all equal and we have the right to lead healthy and fulfilling lives (*Bill of Rights*)
- ★ In life, many people do not experience equality
- ★ Gender inequality refers to unequal power relations between women and men (*UN Women*)
- ★ Remember, gender is not an unchangeable fact. Gender is something society creates through grouping sets of roles, personality traits, attitudes, behaviours and values that are "acceptable" for men and women (*UN Women*)
- ★ Gender norms are the "rules" about how each gender should behave. Gender norms contribute to gender inequality (*NSVRC*)
- ★ Gender norms can and do negatively impact women and men. Let's consider how...

The Power of Gender Norms

While gender norms are not necessarily bad, following strict gender norms can create unsafe sexual behaviors, poor sexual and reproductive health, violent and homophobic attitudes and unhealthy relationships.

Masculinity: qualities that are usually associated with men

Norms of masculinity: strong, tough, confident, brave, aggressive, competitive, dominant, independent, rational

Being courageous and strong can be a positive thing. But when gender norms teach boys and men to hold their emotions inside, to not ask for help and to prove their masculinity through controlling behaviours, they become dangerous. Boys who strictly follow masculine norms are:

- More likely to hold negative attitudes about condoms
- Less likely to use condoms consistently
- Less likely to access health care
- Less likely to take responsibility to prevent pregnancy
- More likely to believe that pregnancy proves masculinity
- More likely to take decision-making power with intimate partners
- More likely to believe that relationships between women and men are full of problems
- More likely to have homophobic attitudes

Femininity: qualities that are usually associated with women.

Norms of femininity: nurturing, giving, attending to other people's needs before their own, avoids conflict, dependant, innocent, obedient, emotional, weak

Nurturing and giving energy and attention to others can be a positive thing. But when feminine gender norms teach girls and women to always put others ahead of themselves, to not talk about sex, rape or abuse then this becomes dangerous. Girls who strictly follow feminine norms are:

- Less likely to become educated on sexual health issues
- Less able to negotiate safer sex
- Less likely to use condoms regularly
- Less likely to plan for sex
- More likely to have an unintended pregnancy
- Less likely to communicate with confidence
- More likely to experience power imbalances in her romantic relationships
- More likely to leave the decision making for having sex up to her male partner
- More likely to contract HIV
- Less likely to enjoy first sexual encounter
- More likely to experience physical/emotional and/or sexual abuse in her relationship

(*Act for Youth Center of Excellence*)

Relationship Resources!

- ★ *What's Your Relationship Reality?*
- ★ *Relationships with Laci Green*
- ★ *Masculinity 101: Conversations on Masculinity*
- ★ *When She Breaks Your Heart Spoken Word*
- ★ *Love is Respect*
- ★ *Equality Wheel for Teens*
- ★ *The Subject Is: Healthy Relationships*
- ★ *Toxic People: How to End a Bad Relationship*

"A healthy relationship will never require you to sacrifice your friends, your dreams or your dignity"

Mandy Hale

"The most common way people give up their power is by thinking they don't have any."

Alice Walker

"Care and affirmation, the opposite of abuse and humiliation are the foundation of love. No one can rightfully claim to be loving when behaving abusively."

Bell Hooks

Radio Production Guide

Radio Production Guide

Preparing for the show

Choose an angle

What does it mean to be powerful together in a relationship?

Ways to talk about power and relationships:

- ★ Dating does not mean we have to have sex
- ★ In a relationship, do we sometimes sacrifice our power for love and acceptance?
- ★ What does it mean to be powerful together in a relationship?
- ★ Talking about expectations at the beginning of a relationship
- ★ Seeking support and help when in a controlling relationship

Different ways to talk about what it means to be powerful together in a relationship:

- ★ What kind of ground rules can partners make together for respectful communication?
- ★ What are the ways partners can support individual growth and the growth of the relationship?
- ★ How do partners show that they support each other's values and life goals?
- ★ What are ways to practice self-love when in a relationship?
- ★ How can partners negotiate spending time apart?
- ★ Can partners share responsibility for condoms and other contraceptives, regardless of gender norms?
- ★ How can partners make decisions together to benefit each other's needs?

Bring out multiple points of view and stay out of the morality of this topic. You know you're dealing with morality when you hear the words "good" "bad" "shameful" "disgusting"

Bring out multiple points of view

Find different ways to talk about the topic and structure your show outline

Radio formats

Vox Pop

Vox pop aim: To get many opinions on one topic
Who do you talk to: Anybody from the community

Question: Who holds the power in your relationship? And why?

Audio commentary

Audio commentary aim: To get people's opinion about a topic that they care deeply about
Who do you talk to: Youth in the community who can talk about being interested in getting to know someone - and not just what's in their pants.

Audio profile

Audio profile aim: To get a first person account of someone's experience, passion and journey. Audio profiles often aim to inspire.
Who do you talk to: Talk to someone, an adult or young person who is in an unequal relationship.

Questions to ask to get the person thinking before they record their profile:

- ★ Why is the relationship unequal?
- ★ How does this inequality play out?
- ★ How does this inequality make you feel?
- ★ How could the relationship change?

PSA

The aim of a PSA: To create a public awareness message

1.

Voice 1: Hey Sandra, is your guy out again and he didn't take you with him? I don't get that!

Voice 2: Agh friend, I don't make a scene. I hate arguing.

Voice 1: Well, I don't think he's treating you well by leaving you out of all his fun and activities. If you're not out with him, why don't you just go out yourself. Come, let's go.

Voice 2: No friend, I can't. That's just going to cause more trouble.

Character: How much are you willing to sacrifice for being in a relationship? Don't lose yourself. Don't give away your power.

2.

Man: Ohhh baby, that's nice. Let me put it in.

Woman: Hey, let's take it slow baby. We're just kissing and touching. That's all I want to do.

Man: Why did you start if you're not going to finish the job! Agh, you're such a tease that's all!
(sounds - buckle)

Woman: Any man who can't respect my wishes or talk about it is not welcome here.
(sounds - door slam)

Character: You always have the power to say no.

3.

Woman: Ohhhh, that's so nice. I want to go to the next level. Did you bring a condom?

Guy: No I didn't, I didn't want to be forward. And why is it only my job to get condoms?

Woman: You're the guy. Guys must get condoms, not girls. Agh, we can't go all the way now.

Character: Take responsibility for your own protection. It's not someone else's job - it's yours.

Radio Production Guide

Radio Production Guide

How to present your show

Use your produced radio features, your research, and the suggested script and questions to write your own script.

Suggested questions for your interview with someone who knows about healthy relationships, intimate partner violence, sexual and reproductive health, family planning (social worker, family counselor, doctor, nurse)

- ★ Please describe the differences between equal and unequal power dynamics between partners in a relationship?
- ★ Can you describe how unequal power relations between partners influences decision-making, especially surrounding sexual and reproductive health?
- ★ What are the benefits of partners being powerful together in a relationship?
- ★ How can both people in the relationship take responsibility for their sexual and reproductive health?
- ★ What are ways someone can take care of her/himself while in a relationship?
- ★ How can someone respectfully communicate their needs and feelings with a partner?
- ★ What is the difference between healthy compromise and sacrifice?
- ★ What advice would you share with someone who wants to leave a controlling relationship?

[INTRO:]
 Host 1: It's just gone [TIME] and you're just in time for the [NAME OF SHOW] on [RADIO STATION]. My name is [NAME]...
 Host 2: And my name is [NAME], and today's show is all about power in relationships - who's got it, who's giving it up - and why.
 Host 1: We'll be talking about why it's so important for young people to explore balanced and healthy relationships while growing their sense of power, instead of giving it away. Let's be real, as humans, we all have a need to be loved, accepted and feel valuable or attractive in some way. But we can be so hungry for love that we enter into relationships that break down our power. For teenagers especially, we need information to talk about how the power dynamics of our relationships impact our ability to lead fulfilling and healthy lives.
 Host 2: We'll be focusing on what it means for partners to be powerful together in a relationship! This includes conversations about how partners can safely experiment, learn and grow both together and as individuals.
 Host 1: Let's hear more about what people think it means for partners to be powerful together.
 [PRESENT WHO IS BEING INTERVIEWED]
 [PLAY THE INTERVIEW]

[OUTRO:]
 Host 1: Today, we've learnt so much about what it means to be powerful together in a relationship! Both partners taking responsibility to show up with contraceptives and supporting each other's personal growth? Sign me up!
 Host 2: Yes, it's amazing to learn that relationships can be empowering for partners to learn, grow and make decisions together and as individuals.
 Host 1: Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!

Once you've finalised your script, produced your radio features and finalised your "show clock" it's time to go live on air!

Prepare to present your show

Show outline

General intro
Intro vox pop
Vox pop
Outro vox pop
Music transition
Intro audio commentary
Audio commentary
Outro commentary
Music transition & jingle
Intro interview (or intro audio-profile)
Interview (or audio-profile)
Outro interview (or outro audio profile)
Music transition & jingle
PSA
General outro
Music end



You must always introduce your show and radio features. Then once you've played your features, have a concluding statement for each one. Don't forget a final conclusion for the very end of the show.

Use links (facts, tips, did you know's, music) to glue it all together.

Now write your radio script

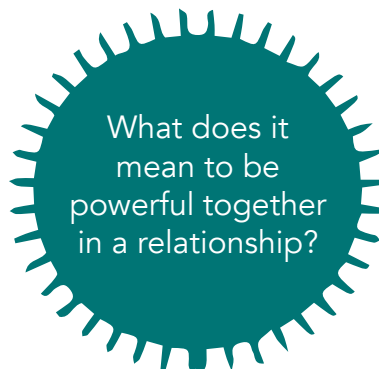
Outreach Guide

Preparing for the outreach

Ways to talk about power and relationships in your outreach activity:

- ★ Dating does not mean we have to have sex
- ★ In a relationship, do we sometimes sacrifice our power for love and acceptance?
- ★ What does it mean to be powerful together in a relationship?
- ★ Talking about expectations at the beginning of a relationship
- ★ Seeking support and help when in a controlling relationship

Choose an Angle



Different ways to talk about:

What does it mean to be powerful together in a relationship?

- ★ What kind of agreements can partners make together for respectful communication?
- ★ What are the ways partners can support individual growth and the growth of the relationship?
- ★ How do partners show that they support each other's values and life goals?
- ★ What are ways to practice self-love when in a relationship?
- ★ How can partners negotiate spending time apart?
- ★ Can partners share responsibility for condoms and other contraceptives, regardless of gender norms?
- ★ How can partners make decisions together to benefit each other's needs?

Outreach Guide

Outreach Guide

Outreach Formats

Interview

Interview aim: An interview is a one-on-one conversation where questions are asked by the interviewer and answers are given by the interviewee.

Suggested questions for an interview with someone who knows enough to give sound advice, like a counsellor, psychologist, social worker or gender specialist:

- What are the ways you can stand your ground without showing physical strength or being manipulative?
- When your partner has more power than you in a relationship, what can you do to balance things out?
- Can you give examples of when power is dangerous in a relationship?

Debate

A debate is a discussion between two people who have opposite opinions on an issue.

Suggested debate statements:

- In a relationship, the one making the most money has the most power.
- In a relationship, when you spend time apart, it means you don't really love each other.

Roleplay

Role play aim: To provide a scenario that allows the audience to "act out" a point about the given statement.

Decide how many characters are needed and set the scene for the 'actors' to play out the statement. It is really an improvisation, and the audience 'actors' make it up as they go along.

Examples of Scenarios:

- Sandra's partner has once again gone out without her. She feels left out but won't say anything about it because it will lead to a fight. She stays at home and waits for her partner to come back after yet another night out.
- Thembi is having a drink at the bar with somebody she has just met. He has a nice car parked outside and has been buying her and her friends drinks all night. They begin kissing. He wants her to go home with him. She doesn't want to but he is insisting.

Panel discussion

Panel discussion aim: A panel discussion involves a group of people discussing one topic in front of an audience. There is usually time for questions from the audience afterwards.

Examples of opening questions for the panel:

- How can mutually healthy and loving decisions be made in a relationship?
- What are the examples or signs of an unhealthy power dynamic in a relationship?
- How can an unhealthy power dynamic in a relationship be harmful and what are the ways to protect yourself?

Impact Jingle

Impact Jingle aim: A jingle is a short song or tune that is easy to sing along to and remember, and it has a clear message.

Outreach Guide

Outreach Guide

How to present your outreach activity

Use your outreach formats and your research to write your own script. Here is an example of part of a script. Use it as a guide to create your own script for your outreach activity.

[[INTRO TO INTERVIEW]]

Suggested questions for your interview with someone who knows about healthy relationships, intimate partner violence, sexual and reproductive health, family planning (for example: a social worker, family counselor, doctor, nurse)

- Please describe the differences between equal and unequal power dynamics between partners in a relationship.
- Can you describe how unequal power relations between partners influences decision-making, especially surrounding sexual and reproductive health?
- What are the benefits of partners being powerful together in a relationship?
- How can both people in the relationship take responsibility for their sexual and reproductive health?
- What are ways someone can take care of her/himself while in a relationship?
- How can someone respectfully communicate their needs and feelings with a partner?
- What is the difference between healthy compromise and sacrifice?
- What advice would you share with someone who wants to leave a controlling relationship?

[PLAY IMPACT JINGLE]

Host 1: We've learnt so much about what it means to be powerful together in a relationship! Both partners taking responsibility and supporting each other's personal growth. Sign me up!

Host 2: Yes, it's amazing to learn that relationships can be empowering for partners to learn, grow and make decisions together and as individuals.

Host 1: Now let's hear from you about this topic. We need two brave souls to volunteer for our debate. Do I see any hands?

[[INTRO TO DEBATE]]

[DEBATE]

[OUTRO TO DEBATE]

[IMPACT JINGLE]

INTRO:

Host 1: Hello, welcome everyone! Thank you all for being here at the [NAME OF VENUE] today. My name is [NAME OF HOST 1] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION].

Host 2: And my name is [NAME], and today's show is all about relationships and power - who's got it, who's giving it up - and why.

Host 1: We'll be talking about why it's so important for young people to explore balanced and healthy relationships while growing their sense of power, instead of giving it away. Let's be real people. We are humans and we all have a need to be loved, accepted and feel valuable or attractive in some way. But we can be so hungry for love that we enter into relationships that break down our power. For teenagers especially, we need information to talk about how the power dynamics of our relationships impacts our ability to lead fulfilling and healthy lives.

Host 2: We'll be focusing on what it means for partners to be powerful together in a relationship! This includes conversations about how partners can safely experiment, learn and grow together and as individuals.

Host 1: Let's hear more about what people think it means for partners to be powerful together.

[Outro]

Host 1: I've learned so much today about power in relationships and when it can actually be dangerous. Remember guys, a relationship shouldn't make you feel scared or worthless.

Host 2: That's right! Protect yourself and honour yourself. You're worth it! Don't forget to catch us next month on [DAY] at [TIME] and [VENUE]. We'll be talking all about [TOPIC FOR NEXT SHOW]. Thank you for joining us and we hope to see you next time!

Host 1: Until then, it's bye from us!

Outreach Outline

An outreach outline is a map to help you stay on track during your event. It is a list of the items and the order in which they will happen in the outreach activity. Below is an example of an event that is one hour long.

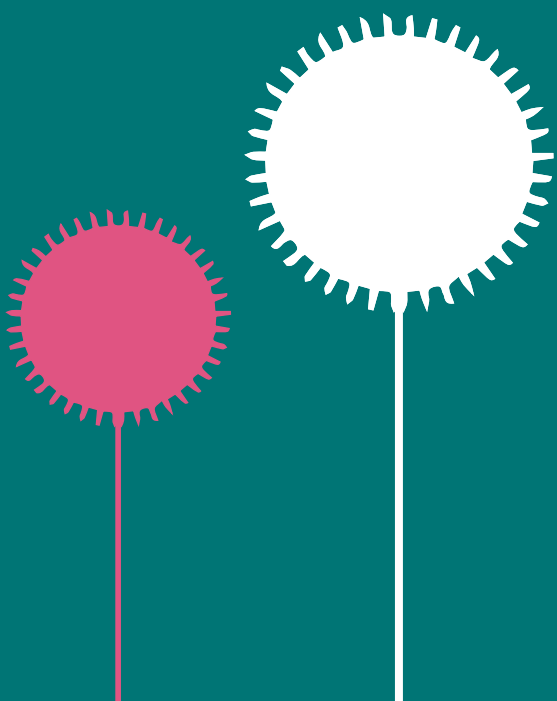
Music
Intro to show
Intro to Interview
Interview
Outro to Interview
Impact Jingle
Intro to Debate
Debate
Outro to Debate
Impact Jingle
Intro Roleplay
Roleplay
Outro Roleplay
Outro to Show
Music/Performance

Ethics and consent

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space

If any incorrect information comes up in any of your formats, like the quiz, role play or panel discussion, you must correct it. Don't let your audience leave with myths

Read your audience and do something to change the vibe when they are not responding or the energy is low



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