







WhatWorks
TO PREVENT VIOLENCE
A Global Programme To Prevent Violence Against Women and Girls

UKaid
from the British people

Preventing VAWG through Sports and Play , Pakistan

THE AGA KHAN UNIVERSITY

RIGHT TO PLAY

INTERVENTION AREA | HYDERABAD, 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 INTERVENTIION | 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 INTERVENTIION | OUT REACH



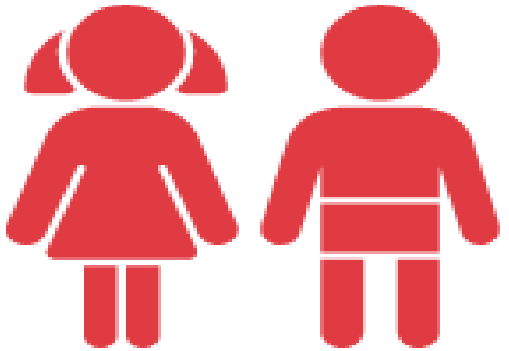
40 (50% F)
20 control &
20 intervention)



8000 children (50%F)



Teachers
Trained
100 (50% F)



Junior Leaders
150 (50% F)



Coaches: 20(50% F)

OUR METHODOLOGY | EXPERIENTIAL APPROACH

RIGHT TO PLAY

120 Regular Play based learning Sessions for 2 years







OUR METHODOLOGY | EXPERIENTIAL APPROACH

Play based learning Activities are:

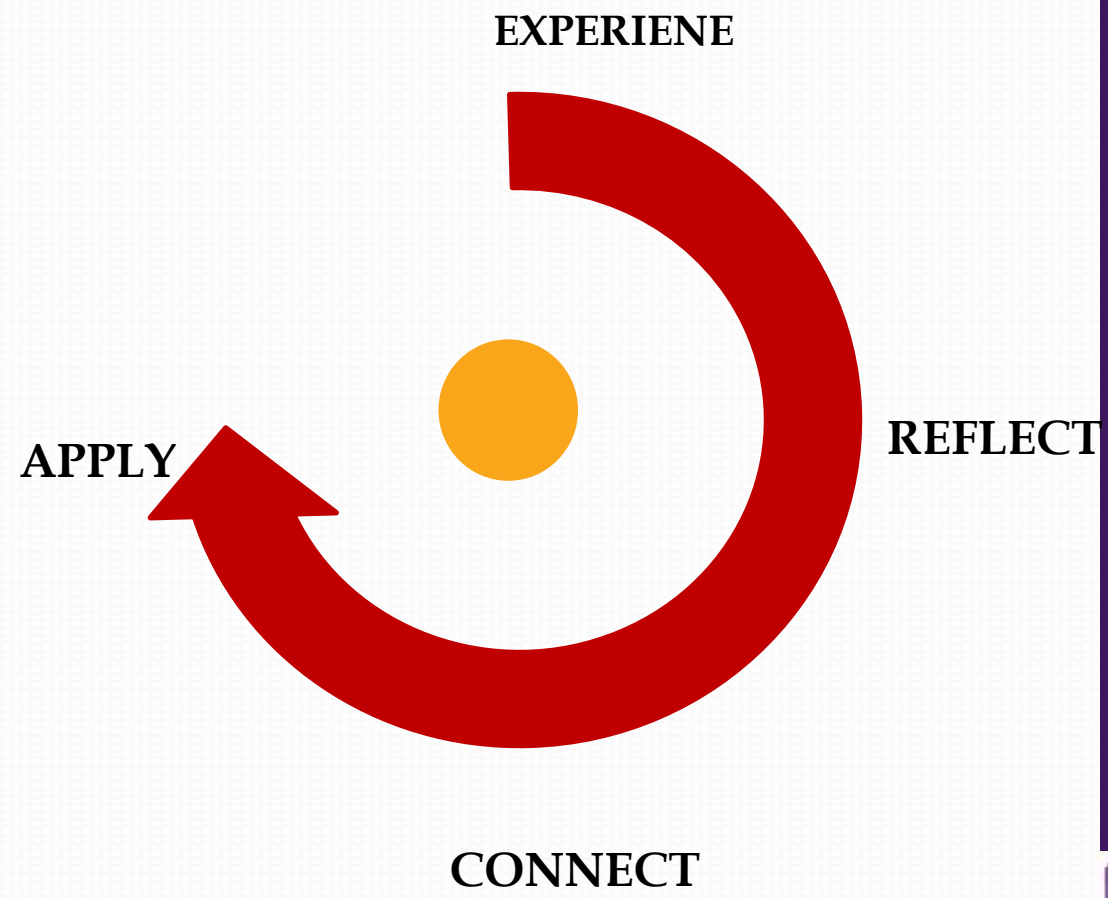
Experiential,

Structured,

Age-specific,

Developed by multidisciplinary experts, and

Followed by three step discussion



RIGHT TO PLAY

Development and Skill-Building Areas Addressed by PCYD Activities by "Ball"

Ball Name	Symbol	Development Areas	Skill-Building Areas
Red Mind		Thinking and Intellectual Development	Awareness, Perception, Concentration, Memory, Insight, Understanding, Learning, Numeracy, Literacy, Knowledge, Strategy, Organization
Black Body		Physical Development	The Senses, Aerobic Capacity, Strength, Flexibility, Coordination, Development of Healthy Lungs, Bones, Muscles and Heart
Yellow Spirit		Feelings and Emotional Development	Self-Esteem, Optimism, Fear, Hope, Security, Humor, Coping Skills, Self-Expression, Expression of Positive and Negative Emotions
Blue Peace		Relationships and Social Development	Communication, Cooperation, Teamwork, Leadership, Empathy, Trust, Relationships With Peers, Family, and Community
Green Health		Development of a State of Well-Being	Dangers of Drugs and Infectious Diseases, Dealing With Aches, Pains, and Strains, Importance of Physical Activity, Hygiene, Diet, Sleep and Healthy Environment

Play Based Activity: Hope in the air

Key Learning:

To deepen understanding of the importance of gender equality





LET US EXPERIENCE | OUR METHODOLOGY

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?

KEY ACTIVITIES | OUR METHODOLOGY

- Empowering of community young girls and boys to become Coaches
- Nurturing young girls and boys as Junior Leaders





KEY ACTIVITIES | OUR METHODOLOGY

- **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







KEY ACTIVITIES | OUR METHODOLOGY

- **Capacity Building of Teachers and Govt. Officials** (Play based learning, Positive Discipline, Gender Equality, Child Rights)

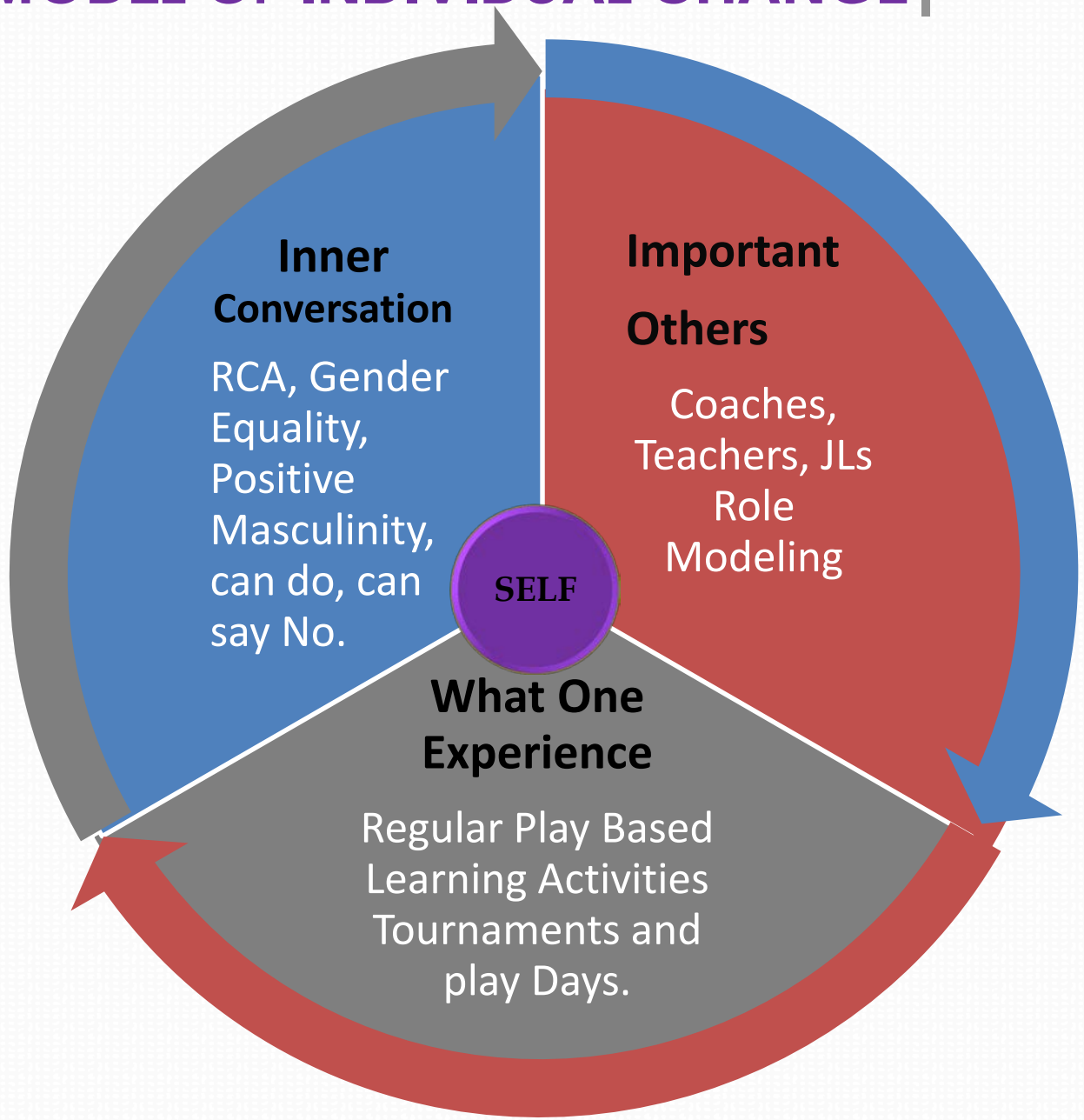
- **Parental/Community Engagement:** rehabilitation of play spaces, parental participation in Play Days, Civil Society Organization trainings







MODEL OF INDIVIDUAL CHANGE



Our program methodology is designed in ways that allow us to positively influence all three elements of the **SELF**

EXPECTED OUTCOMES | PLAY BASED STUDY



Empowering girls and boys through play may be effective in reducing peer violence and VAWG

Reduction in peer Victimization & Perpetration

Improve gender Attitude

Improve Self esteem

Improve Academic Performance

Improve Mental Health

supporting

Life Skills

Cognitive · Social · Physical · Emotional

to develop

Harness the power of

Play-Based Learning

Games · Sports · Free Play · Creative Play

RIGHT TO PLAY