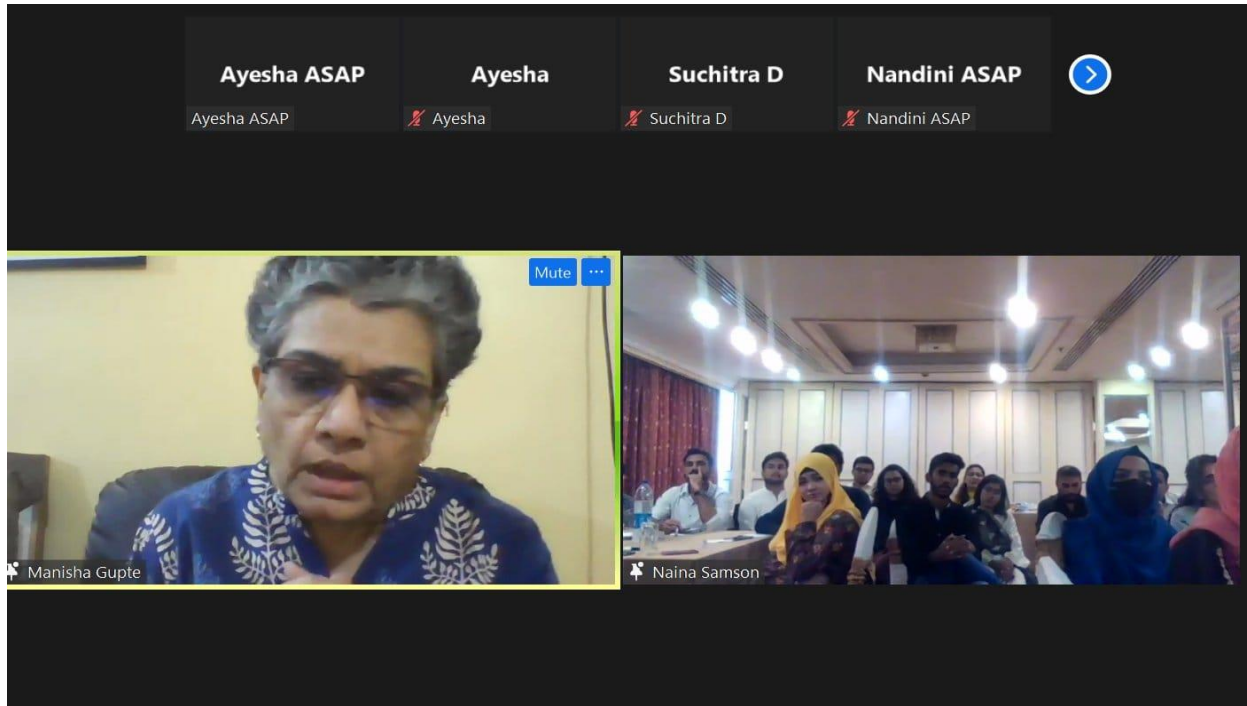

National Youth Advocacy Institute (NYAI)
Organized by Asia Safe Abortion Partnership (ASAP) and
Pakistan Advocacy Institute (PAN)



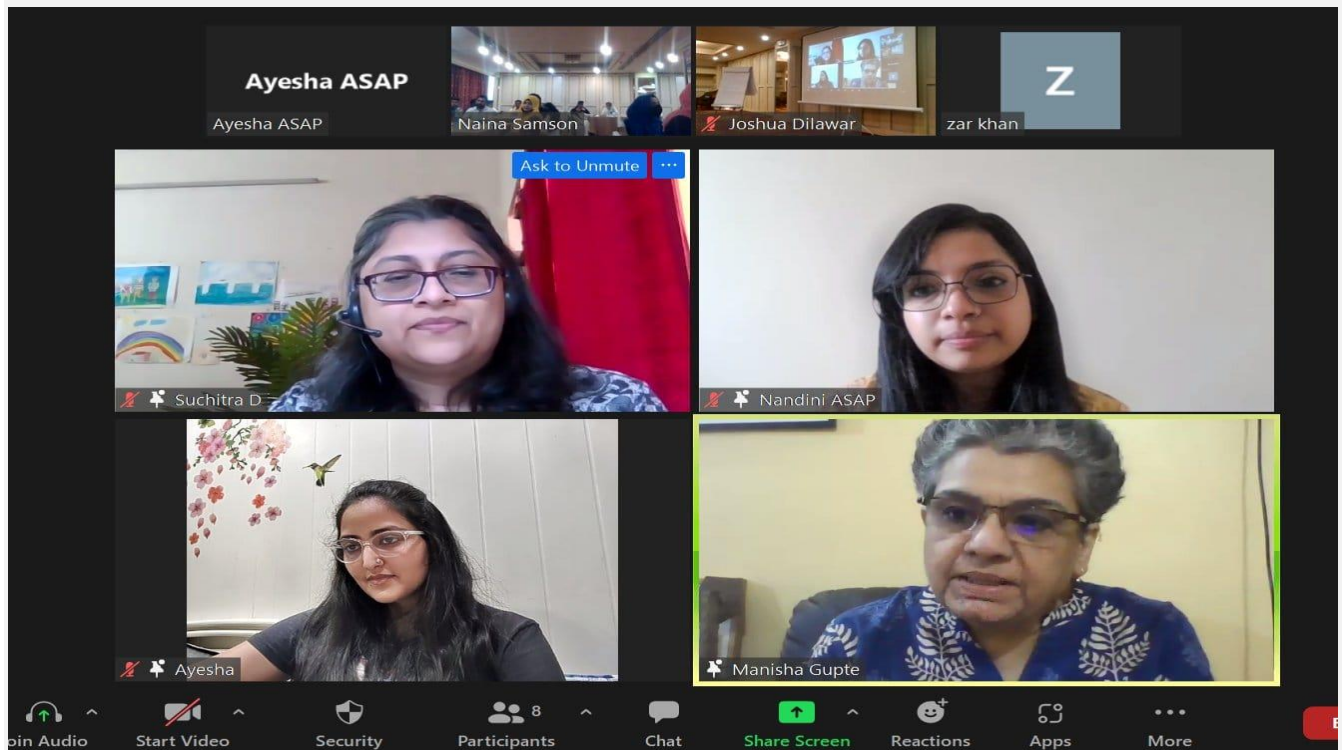
13th to 15th May, 2022

KARACHI, PAKISTAN





“All human beings deserve equal treatment, no matter their gender identity or sexuality”



Objectives of the Institute

1. To create a community of trained and sensitized youth champions who have an understanding of access to health care as a gender, sexual and reproductive rights, as well as human rights issues.
2. To facilitate the utilization of social media and other community-level networking and communication by the youth champions through capacity building and ongoing mentoring.
3. To support the ongoing engagement of the youth champions, within and outside their community to ensure implementation of the above strategies in order to advocate effectively for improved access to health care services, including medical abortion.

DAY 1

The National Youth Advocacy Institute was organized in Pakistan for the very first time in a hybrid form. The day started off with the welcome note of Dr. Suchitra Dalvie, Coordinator, ASAP. Dr. Dalvie welcomed all the participants and initiated the National Youth Advocacy Institute in Karachi and introduced the team of ASAP and PAN. The session started with the general introduction of all the participants and then noting down the expectations participants were having from the 3 days of the National Youth Advocacy Institute.

EXPECTATIONS:

They were here to enhance their knowledge regarding health and wellbeing and the issues they and the other young people are facing related to SRHR

- Umar said, “Most of the time, we are in need of counseling male patients related to certain diseases, in which they should not initiate childbirth and they get aggressive, so we want to learn how we can deal with such issues”.
- Gaurav said, “According to my personal knowledge, I feel that not only medical students but all the people should get age-appropriate knowledge around health and well-being”.
- Waqar said, “In Pakistan, menstruation cycle is in such a way that even girls are not aware of this topic, so I have a great expectation that even men should have this knowledge so they may be prepared to help females if needed”.
- Waqar said, “My expectation is to learn about the medical abortion and its side effects”.
- All the participants were interested to be familiar with cultural diversity and enhancing their knowledge of the health and well-being of young people, especially girls and women.
- Group of journalists was interested to gain more understanding of health reporting + health issues (religious, ethnic cultural norms).
- Participants were also interested to enhance their knowledge around Reproductive health among youth, US abortion studies – Bench Mart, Organizational and Individual Networking, Reforms, Cultural barriers, and transformations.

After the expectations, the floor was given to Dr. Suchitra and she took forward the session while setting a few house rules for the participants in order to create a safe and conducive space for all the participants to feel comfortable and safe throughout the Institute.

Afterward, Dr. Dalvie, introduced the 1st speaker of the NYAI, Manisha Gupte, and requested her to lead the session.

Session 1: Gender & Patriarchy:

Dr. Manisha shared the difference between intersex, and biological sex, and also how we don't have spaces to understand the differences in a very unexpected situation, she opened a platform where participants were able to think and decide how we ourselves are responsible that we still are unaware to support the intersex and we talk about rights, child rights, women right We need to understand that, no one is aware that he/she had been intersex at some stage of life because you cannot decide immediately whether the body belongs to male gender or female gender while observing genitals. Previously people use to take kids to religious leaders and they would counsel them ok this is from God, but now since the power is in the hand of the doctor they not only diagnose intersex but also offer reversible surgery's to replace genitals, With this statement she allowed participants to imagine when we stand for child rights yet we accept a surgery of a newborn just because we don't want a child that is not normal under the definition of social normal child constructed by the society by themselves. We even are not brave enough to commit that we will change the world's perception regardless of this reversible surgery. This is one of the biggest examples of child abuse. She elaborated that there could be chromosomal issues as well, there is the possibility that the level of estrogen and tetragon is less in the body, having no periods or irregular periods can also be one of the problems, so the conclusion is that intersex is not of one kind and you may not diagnose at the time of birth most of the time intersex child disappear.

We, humans, have normalized social construct that those men who stand for women's rights and feminism moment are also not considered normal. Humans by themselves are not allowing other humans to follow their hearts to decide whether they want to be a male or a female or whether anyone wants to follow socially constructed norms or not. Dr. Manisha raised the question that how do we come to know that a newborn is a male child or a female; to which participants responded at the time of puberty and through attitudes and behaviors of a child, like the way a child plays, the way you like colors and wear clothes.

Zehra: Yes, these social constructs are enforced by society, we don't have many options, what dress to wear, what to play, what profession to choose. So, a child is completely a blank slate. Dr. Manisha agreed with the statement; Yes, we are not born with any religion, caste creed, or race. There is no problem with a difference, but differences should be diverse and equal. The way we have enforced games is not a clear example of discrimination. For boys, they play bat and ball and can go out and gain diverse experiences, and girls play inside the home with dolls and we only teach them, how to manage the kitchen and how to be a good mother. The problem is not a girl playing with a doll, the thing is, no one should be refrained to choose what they like to do and what they should do, even girls should be allowed to go out and play. If someone initiate family would say you are going alone. Contrary boy playing with the doll is much

more threatening. Our family grooming structure is very much responsible for making these constructs and patriarchy strong, the way we groom creates assertiveness and violence among boys, and since childhood baby boys try to control girls while saying this is my house and not yours. Even the very educated people who are a very respected part of society and nation; have less sense of this learned patriarchal language and behaviors while dealing with others. She gave an example of Sania Mirza that how one of the famous and well-known journalists when he was taking her interview asked her that it had been three years of her marriage and when will she get settled? And she responded I have done a lot for my nation more than a man could do yet you are asking me when will I get settled; so, with this, the media person realized the patriarchal language and immediately apologized to her. Consciously or unconsciously such questions come to mind.

While we talk about the labor force that is also constructed under gender roles, the whole system is affected by patriarchy whether it's a political, social, or economic system. This is very important that we should give people space to enjoy their gender identities and follow their hearts, so heteronormativity (getting attracted to different gender) and homogeneity is equally important in this case. Due to social construct, we have made one thing superior and the other inferior. Homosexual people are people who are attracted to same-sex or gender but we have made this not accepted because in our culture people getting attracted to other genders are considered normal and the others as not normal. And this is not about men, women, or trans, even though we see people with disability the same way as not normal ones, unfortunately, we still don't accept them as normal. In simple words, we can say that patriarchy is a social organization and it's not a biological organization that teaches us how the family will continue with the father or Clan.

Question/Answers

- Waqas: When a man is dominating, insist women allow women or a girl to have a sexual relationship with her; is it not an example of Rape too?
- Dr Manisha: Well can be said as rape but it's more of seducing form, where consent seems to be informed consent somewhere. Sexuality is one area where consent is considered more problematic than force because then people say that what a shameless girl is she accepting that I had sex with my own consent. With this, she concluded her first session.

Session 2: Gender and sexism in mass media + FB/ social media

This second session was led by Ayesha Bashir; the session went very Interactive. Initially, she connected everything with Dr. Manisha's first session, to develop an understanding of what Mass media is and what is the importance of mass media when we stand for reproductive health rights. Mass media is having a great power now, because language barrier, as there is subtitle now. Ms. Ayesha through participants' involvement tried to deconstruct gender stereotypes, as this word is commonly used in our conversation today but how much we are conceptually clear about the exact terminology. Common examples of Gender stereotypes were shared focusing on girls and boys. These stereotypes are around us everywhere that is always induced in us, we are not born with them. Marriage and women will only be considered settled if they are having babies, not before that. In other words, stereotypes are constantly enforcing Gender roles so that we may not be able to question Patriarchy.

The reason knowing the impact of social media is very important as it is influencing our generations badly. Everything we see and follow through Mass Media represents our patriarchal psyche. Most of the books, TV shows, Dramas, and Disney movies only show that women need to be weak, fearful, and sensitive, and should know how to groom their home, dream to get married, and wait for their prince charming. Where is marriage in actuality is not a fantasy, you need to be more practical, most of the girls feel emotionally challenged and face violence because the family doesn't develop their practical mindset that marriage is a contract and is a mixture of different facets of like including good things, difficult things and challenging things.

Unfortunately, more than half of women live their lives in fantasies. In today's world, we can see the women's body is sexualized, whereas in men's magazines masculinity is more focused. Yes, there is a change now but still not up to the level of expectations.

Two of the famous movies e.g., Dabang and Kabir Singh were made part of the discussion so that participants could understand the contribution of media in depicting fallacious gender roles. The dialogues were very violent but yet they were famous and became the source to normalize the violence as a part of love, so if someone is aggressive in the relationship that is love. We need to question if hitting a partner is a form of love and does both the partner are having the equal right of hitting a partner. Mr. and Mrs. Shamim telefilm was recommended to watch, yes, we have very few positive examples of such stories that we see on mass media, but being human rights defenders, we can take steps to promote these positive series.

At last few advertisements were shared on screen for the participants to be clearer about Marketing strategies, so that they would realize that there is no such thing as vagina tightening or breast enlargement, yet people are doing so much to market their products because there are people who are not sensitized and who are ok to buy, insane enough to buy. Therefore, we need to be aware that if such products are effectless and it's not even possible then we can raise our voices against such products. All the participants participated well in the discussion overall.

Session: 2 Human Rights & SRHR (Dr. Manisha)

This session was started with pre-KAP

Question/Answers

- Rohan: If we say patriarchy is not a good option then what is the alternative to it with its advantages or disadvantages, particularly for both gender?
- Malika Maab: What do you have to say on Johnny Depp Trial against Amber Heard on domestic violence?

To which, Dr. Manisha answered that we need to understand cultural hegemony, we cannot use violence all the time, we need to take the consent of people, we need to understand patriarchal women we need to identify, obviously, there are advantages and disadvantages to everything so as patriarchy.

After question-answer session

A film was shown to participants regarding what is human rights, in that movie it was clearly observed that very few people knew about the actual meaning and definition. Initially, there were only natural laws, then natural law became natural rights, in 1945 United Nations was established in response to all the

violations of all human rights. Human rights are the choices we make every day to help each other, to support each other through any means.

The second video was shared regarding the universal declaration of HUMAN RIGHTS so that participants would know the definition of sexual and reproductive rights and the linkages with other rights in upholding them. Also, it was discussed that through a visual approach, it becomes easy for people to understand and memorize information for a long time. She took forward the discussion by giving examples of individual rights, the basic meaning of human rights was explained, and also attributed the principle of Human Rights, which clearly explained that Universal, Intrinsic, Indivisible, Interdependent, interrelated, and non-Hierarchical are linked to each other if one falls the other falls too. Dr. Manisha with her diverse experience emphasized the difference between Needs and Rights and engaged participants in a group activity, which helped them spot the difference between the need for an abortion and, the right to abortion.

Session 3: Values Clarification and Case Studies

In this session, Reproductive health meaning was explained in detail by Dr. Dalvie. She said that reproductive health is not related to reproduction but also having safe sex because having good reproductive health but facing marital life is violating your right and hence it will not complete the meaning of Reproductive Rights and then understanding of Sexual Reproductive Rights were given. With this, one group activity was given to participants, in which Fatima's case study was given to all of them, one group was given the task to identify why should Fatima get an abortion under the right-based approach the other group needed to identify why Fatima should be given abortion under the need-based approach in your country. Both groups tried to decide and judge why should Fatima be given an abortion. This group activity was one of the insightful activities that brought each of them to realize that who are we to decide whether Fatima should or should not be given an abortion under certain circumstances, it's Fatima who actually knows her situation and should better decide whether she should or not.

Along with this, we also discussed the difference between stress and violence? Imagine, why would men having stressed cannot hit the boss at the office but is comfortable beating wife very easily, if we will allow ourselves to think from a different perspective, we will get an idea that it is not stress only if it is women should also get a chance to hit men back in stress.

Day 2

The second day started off with the feedback and learning from day 1 from all the participants, which are shared below.

Feedback:

- Zehra: Most of the time, we bring religion in between, therefore we need to use wisdom before judging an abortion. We don't counter-argue when people say that baby is from Allah and Bhagwan because, at the cost of saving a life, we risk another life
- Danish: The role of Patriarchy had made things a little difficult for us to understand because our thinking is a pound. We don't even observe what benefits can bring to society while thinking in

a little different manner. All the stereotypes in the society like if my sister is 22 and I am five years old how will I defend and protect her

- Komal: When we say a male is dominating, we could clearly see the driving force to allow men to be dominating are females by themselves, and with the passage of time, this thing becomes normal for the next generation. Because we don't raise questions and accept things as it is. She belongs to the Hindu faith and according to her faith, it is been said that women need to be obedient to men, but being obedient doesn't mean that women should be overruled under his self-created family rules that although in pain she can't complain.
- Amber: Our perspective we have regarding a few things make us stuck and it really does not allow us to think that we are unable to reach any of the targets.
- Rohan: Asked that he never gets is that how true equality is possible when power is ruling as part of nature, how can one create balance. To this Dr. Dalvie replied the goal is equality and the path is equity, so positive discrimination is mostly followed to keep the balance, there are power structures but still there had been evolution too. Also, she recommended the theory of Golden Arches.

Session 5: Contraception and Abortion from the gender and rights perspective

Dr. Dalvie started the session with an interesting activity to draw male and female reproductive organs, initially, everyone got confused but then they realized that we are here to talk about reproductive health but we even don't know about the anatomy of the body.

Views about Drawing

- Zehra: I had been a bio student, so I have some idea, but yeah there is a whole cycle of the sperm system and my request is to please share that with us.
- Zunaira: It was awful that I made the reproductive organ just like a handle - Dr. Dalvie explained the functioning of the Reproductive Organ system in detail, and why it is important to understand the anatomy for knowing the working or functioning of it.

Dr. Dalvie continued the session while drawing the female reproductive organ, she explained about periods cycle, how pregnancy happens, when anyone is not willing to have a baby but is not aware of the timings, when to have sex during 28 days and when to avoid if one is not using a contraceptive. The time period of seven days of early pregnancy taking place was explained. Moreover, the ovarian cycle and the menstrual cycle were shared conspicuously

Methods of Contraceptives

- I. Pills – Hormonal Method
- II. Condoms
- III. Vaginal Rings
- IV. IUD Cu- Mirena
- V. Vasectomy
- VI. Female sterilization
- VII. Withdrawal
- VIII. Patches
- IX. Implant

She continued explaining the breeding cycle for animals happens when food is enough in that season, whereas humans have sex for reproduction and also for pleasure, it's also used as a weapon of power. Human has sex for reproduction and also it is used to show war power, also the transition nature also includes money for which we have sex. In 1920 woman got arrested in the USA, who stood forward and talk about birth control and distributed Pamphlets, after her bail she continued to advocate again until they saw a change. Also, one mathematics professor named Raghunath Dhondu, who was an Indian, realized that women were suffering from unending fertility and they were having more children, so he started talking as a pioneer to aware people of the methods to control unwanted pregnancy.

Natural Method of Contraceptive

- I. Abstinence
- II. LAM
- III. Withdrawal
- IV. Billing Method
- V. Calendar Method

These methods were not very supportive in protecting from STIs and STDs. Pearl index chart was recommended to develop more understanding regarding contraception. So, Dr. Dalvie concluded this session that we have been through research about the male pill for 20 years, but we still have not got it.

Session 6: Abortion laws and policies

At the beginning of this session, Dr. Dalvie opened a platform for all the participants to think about and discuss some of the reasons for unwanted pregnancy. To which participants identified social issues, health issues, personal issues, rape and incest, unsafe pregnancy, and timing of pregnancy as the reasons for unwanted pregnancy. After identifying issues, brainstorming was made, that if this is the issue, what needs to be done. With this statement, she explained how it all started, how patriarchy emerged from agriculture so that men would be able to control their females (wife, daughter, etc) in order to be assured that the baby in the womb of his wife belongs to him and not to someone else. At this point in history, virginity became important, as if I want a virgin daughter-in-law for my son, I will control my own daughter, so with these control systems, patriarchy came into existence. Women are gatekeepers of monogamy, in order to keep control. Humans create things in order to protect the inheritance of private properties.

There are two ways of abortion one is medical and the other is surgical. In surgical abortion when needs to be in hospital for anesthesia, and medical abortion can be done at home also. Now the causes due to which most women died during abortion are heavy bleeding, infections, eclampsia, unsafe abortion, and obstructing labor, there could be other reasons as well.

Methods of Safe Abortion:

- **Vacuum Aspiration (Electric and Manual) –Surgical Abortion**
- **Mifepristone/ Misoprostol (Pills) –Medical Abortion**

While continuing these advantages and disadvantages of medical and surgical abortion were shared in detail.

Questions/ Answers

- Zehra: Out of both the method, which one is more painful, and is any limit to the month specifically in which we can go for abortion – Dr. Dalvie, in surgical abortion anesthesia, is given so the pain is not that felt, and in medical abortion, the pain is similar to period pain, also there is no limit to abortion, but yes there is a limit when you can do self-abortion and also there is a limit when you need doctor's assistance.
- Malika Maab: Is it okay to have sex during periods, what are the consequences of having sex during periods- Dr. Dalvie, as long as the female is consenting and comfortable there are no such issues in doing that. There are no medical reasons.
- Komal: Does vasectomy effects ejaculation or not, I guess not, then why still the ratio of vasectomy is less than expected- Dr. Dalvie, because there is no responsibility, women getting pregnant should deal with the baby

A ranking activity was initiated by Dr. Dalvie afterward. In this activity, participants had to prioritize 3 women out of six who are in more need of an abortion and present the best scenario to the president as the technical advisors. This activity opened up an understanding that how can we prioritize any case on our own if we don't know the person's condition personally. It is so easy for us all to make the decision for someone else when you have power, and the decision does not affect you personally, so when the power is added no one bothers or feels like questioning authority.

To make participants familiar with Abortion laws, the discussion was made around laws, so that while deconstructing these terms participants may develop a better understanding. Taking this point forward discussion revolved around how people usually follow the need-based approach and ignore the right-based approach. Whereas, when we talk about right, we will fulfill what's right, contrary needs and desires are very personal and we cannot take equal decisions while choosing a need-based approach. Also, the Right-based approach can only be successful when you will not put conditions on it. At the conclusion of this session, an amazing and powerful activity named **Power walk and Intersectionality** was led by Zarghoona and Joshua. Zargoona kept on giving instructions and participants kept on following that and took one step ahead according to the role that was assigned to them. Every participant was given a chance to share their identity and also explain why he/she is stepping forward and the rest stayed behind.

Session 7: Theatre for advocacy

The theater session was led by Ms. Ayesha Susan very energetically, this session started with a chicken song where all the participants were engaged in contemporary dance to experience how art is having the power to advocate positively. Another activity was silent movement in which participants were supposed to make shapes and images in groups without discussing or talking, this activity was an ice-breaking activity for the participants to become familiar with the theatre. This session had been very energetic and participatory as it gave a clear picture of how even though we believe we are the advocates of human rights yet patriarchy and masculinity are affecting us in many ways, overall, most the masculinity revolves around power and dominancy, and feminism revolves around caring and serving others, and it's not for one country, the situation is same globally. Theatre is more effective in development and advocacy space because it may not have linguistic issues or geographical boundaries, also with strategic curation, complex

power dynamics can be communicated easily. Theatre had been commonly used in Conflict or war zones, for awareness (health, social, educational), very uniquely it takes place in the prison system. Perhaps most of the time clowning is used as a tool. Theatre is a fun way to communicate and understand what is right and what is wrong. After that, the difference between a theatre-with and theatre-for was explained with the help of practical examples. Theatre is more sensory because all of our senses are involved in it. At the conclusion of this session, she added to follow safety precautions, there is a need to add mental health professionals as well, so that while doing theatre it may not affect your mental and emotional health by any means. The confusion was made clear by Ayesha.

Core TFD Techniques

- I. Street Theater
- II. Play Back Theater
- III. Forum Theater
- IV. Invisible Theater,
- V. Myth Theater,
- VI. Newspaper theater

3rd Day

The Third day started off with the feedback and learning from day 2 from all the participants, which are shared below.

Feedback:

- Amber: Women have Rights yet she is being enforced directly or indirectly to fulfill the will and desires of the family; Dr. Dalvie: exactly when you challenge power such things happen to negotiate for gender power.
- Danish: being a law student I never have heard and experienced such topics being discussed commonly while making a drawing of a figure of the male organ, we couldn't make it, we actually did not have an idea how to do so.
- Malika: Knowledge of different contraceptives and its method was new to me. This brought me the point to analyze that when we don't have laws for heart surgery, why are we bound to have laws for abortion. Malika shared that she had been through a lot of bullying in a different manner but after coming to this institute she gained a lot of confidence while listening to others.
- Muhammad Tabriz: We did have information but it was never the right information, as I was listening to the conversation, I came to know that a 5-year-old boy knows about pornography very well but he/she is not clear about Gender
- Raj: Female cannot decide whether she can take family planning or abortion. This is very encouraging that we have holidays in Spain for women during their periods. But we don't have them in Pakistan.
- Sanjay: Ranking activities were very insightful, that we never thought about how can we make decisions if the problem is being faced by others.
- Sameer: There is a strong need to work on academia

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- Jaish: We cannot keep this knowledge to ourselves, we need to spread the word because already we are far behind than other countries.
 - Tooba: Even in 2022 patients are not comfortable with male gynecologists.
 - The way a child is conditioned he/she becomes submissive. Stereotypes need to break but in a positive way.

Interpersonal Communication:

Mr. Joshua Dilawar Initiated the activities of communication as ice-breaking activities. He gave a realization that the problem during advocacy that hinders our path of making a change is that we are not able to communicate properly with the right words, strategy, and approach which are culturally appropriate and understood by the community of certain companies easily. A very interesting activity was performed, one of the participants was invited to draw a figure that was instructed by the Joshua, although the participant followed every instruction that was guided yet the figure communicated was not the same, which came up with the outcome that the problem is not that the person who was drawing did not do well, the problem was that the instructor was not able to communicate the exact right information

Accelerating young voices for SRHR and Safe Abortion Movement in Pakistan.

One of the fruitful sessions was led by a very well-known Gender activist in Pakistan, Dr. Yasmeen Qazi. She stated that she is honored to talk to the talented activists who are going to be the future change makers, and as they are here in Karachi today with these sensitive issues, we can see that the change has already taken place.

With this, she gave her views about how young voices are important to advocate for these important issues. It started with young voices that Aurat March is taking place in Pakistan, it was strong support of young fellows that there had been so many successful feminist movements. Today we can see women coming forward in different professions that were only perceived as male professions, now we can see females as judges, pilots, engineers, leaders, and politicians. So, this did not take place in a few months, it took years and generations to see where we are today. Similarly, to advocate for safe abortion and safe spaces in Pakistan, there is a great need for young champions like you to come forward and take a strong role and breaking the stereotypes and helping people enjoy their equal rights. With the concluding remarks, she thanked participants for their wonderful participation and also to PAN and ASAP for creating the opportunities for the young talent to adapt and inhale this information that is very needed of time today.

Understanding and Acknowledging Trans rights

This session was on the importance of SRHR, collaborations between the trans men and their security, and also their safe spaces in Pakistan. Mr. Mani, one of the transmen and activists from Lahore very enthusiastically led the session. He said that imagine a trans going to a doctor and complaining about not having regular periods, they straightly mock at you or either don't listen. It is very difficult to decide whether to reach and consult a doctor just because of a judgmental attitude but if we do, no one actually understands, there had been so many cases where we have heard that a man conceived a baby, that was never a piece of the right information, no men can conceive. but a trans man can, but the problem is people are only curious about creating hypes instead of advocating for the right information. As a human right

defender, it is our responsibility to give space to all genders. There are so many types of gender that we need to know and understand, but the fact is that it is impossible to make people understand all of the gender types and change their behaviors towards them. But the moment we will realize that every gender is a living being is a human, it would be easy for every life to live freely.

Content Creation:

This was one of the concluding sessions of all three days, where all the information that was gained was needed to be created in creative forms, previous work and activities of ASAP were shared with the participants and then they were given time to develop anything they want and come up with the different learnings. All of the participants developed their own working group and then shared their developed material with all the participants and the ASAP team. Some of them made memes, some of them came up with a theatre performance, and some generated vlogs. So, it was a creative learning journey where participants and trainers learned from each other and shared joys.

Closing:

Official closing of the workshop and thank you remarks were given by the ASAP team and shared their overall feelings with the first Hybrid Session. PAN team also thanked ASAP for the support and thanked all the participants for being active for all three days, and also everyone was encouraged to be part of PAN.



