



United Nations
Peacekeeping



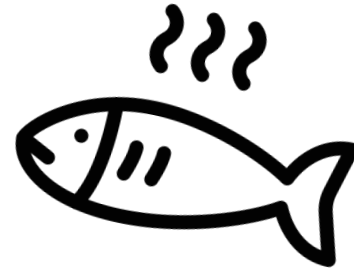
unitar

United Nations Institute for Training and Research



- Objective: To explore and share individual thoughts or fears and begin to confront or overcome them.
- Take 2-3 minutes to write down your stinking fish describing an experience you regret not having done, not having done differently, or not having been more involved.

The stinking fish, that thing you carry around but don't like to talk about, but the longer you hide it, the more it stinks.



Objective 1: Reflect on the importance of emotional reactions, curiosity, and self-connection.

Objective 2: Co-create best practices to support the work of MGA with survivors of CRSV.

Objective 3: Analyse opportunities to replicate the impact of civil society, INGOs, and local NGOs as agents for change to prevent CRSV.

Objective 4: Design effective communication and rapport with their target audiences to mobilise them in preventing CRSV and supporting survivors.

Objective 5: Assess the critical information required from the military component to support the early warning system to prevent CRSV and support survivors.

Objective 6: Identify the value and importance of the concept of resilience in challenging situations.



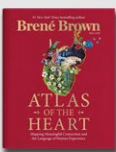

In teams, take 5 minutes to illustrate with emoticons what you have learned from the video.

To identify your emotions, you can use Brené Brown's Emotion Atlas.

You will then have 5 minutes to express them to the class.

78 Émotions & Expériences Humaines

Basé sur la recherche de *Atlas de la Cœur* par Brené Marron

<p>ENDROITS OÙ NOUS ALLONS QUAND Les choses sont incertaines</p> <ul style="list-style-type: none">• Stress• Accabler• Anxiété• Souci• Évitemment• Excitation• Terreur• Peur• Vulnérabilité	<p>ENDROITS OÙ NOUS ALLONS QUAND Les choses ne se passent pas comme prévu</p> <ul style="list-style-type: none">• Ennui• Déception• Attentes• Regretter• Découragement• Démission• Frustration	<p>ENDROITS OÙ NOUS ALLONS QUAND C'est au-delà de nous</p> <ul style="list-style-type: none">• Crainte• Se demander• Confusion• Curiosité• Intérêt• Surprendre	<p>ENDROITS OÙ NOUS ALLONS QUAND Les choses ne sont pas ce qu'elles semblent être</p> <ul style="list-style-type: none">• Amusement• Douceur amère• Nostalgie• Dissonance cognitive• Paradoxe• Ironie• Sarcasme	
<p>ENDROITS OÙ NOUS ALLONS QUAND Nous souffrons</p> <ul style="list-style-type: none">• Angoisse• Désespoir• Tristesse• Dépit	<p>ENDROITS OÙ NOUS ALLONS QUAND Avec d'autres</p> <ul style="list-style-type: none">• Compassion• Pitié• Empathie• Sympathie• Limites• Souffrance comparatif	<p>ENDROITS OÙ NOUS ALLONS QUAND Nous ne sommes pas à la hauteur</p> <ul style="list-style-type: none">• Honte• Auto-compassion• Perfectionnisme• Culpabilité• Humiliation• Embarras	<p>ENDROITS OÙ NOUS ALLONS QUAND Nous recherchons une connexion</p> <ul style="list-style-type: none">• Appartenance• S'adapter• Connexion• Déconnexion• Insécurité• Invisibilité• Solitude	<p>ENDROITS OÙ NOUS ALLONS QUAND Le cœur est brisé</p> <ul style="list-style-type: none">• Amour• Manque d'amour• Crève-cœur• Confiance• Confiance en soi• Trahison• Défensive• Inondation• Faire mal
<p>ENDROITS OÙ NOUS ALLONS QUAND La vie est belle</p> <ul style="list-style-type: none">• Joie• Bonheur• Calme• Contentement• Gratitude• Joie inquiétante• Soulagement• Tranquillité	<p>ENDROITS OÙ NOUS ALLONS QUAND Nous nous sentons lésés</p> <ul style="list-style-type: none">• Coïlere• Mépris• Dégoût• Déshumanisation• Haine•	<p>ENDROITS OÙ NOUS ALLONS QUAND Auto-évaluer</p> <ul style="list-style-type: none">• Orgueil• Vanité• Humilité		 <p>© 2022 Brené Brown, LLC Tous droits réservés www.brenebrown.com Page 1 de 2</p>

JE ME SENS BIEN

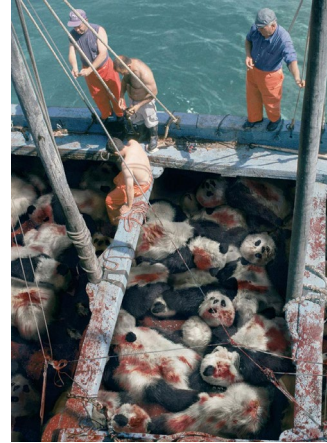


JE ME SENS MOYEN

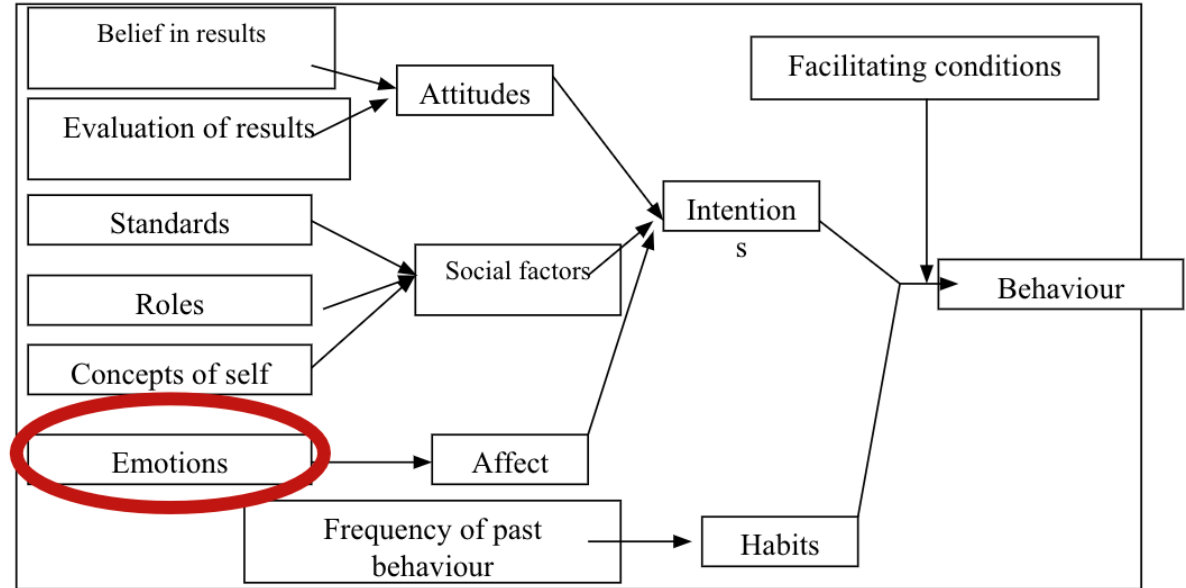
JE ME SENS MAL

Emotions influence:

- Perception
- Attention
- Inference
- Learning
- Memory
- Choice of objectives
- Motivational priorities
- Physiological reactions
- Motor behaviour
- Behavioural decision-making



- Behaviours are not always rational.
- Behaviour in any situation is a function
 - partly of the intention ,
 - partly of the habitual responses , and
 - partly of the situational constraints and conditions.
- The intention is influenced by social and affective factors and by rational deliberations.



For more information:

<http://psykologimanusia.blogspot.com/2010/02/triandis-theory-of-interpersonal.html>

Break

Cultivating our inner life: developing and deepening our relationship with our thoughts, feelings, and body helps us to be present, intentional and non-reactive when faced with complexity .

Inner compass : Having a strong sense of responsibility and commitment to values and goals related to the good of the whole.

Integrity and authenticity : A commitment and ability to act with sincerity, honesty and integrity.

Openness and learning mindset : Having a basic mindset of curiosity and willingness to be vulnerable, embrace change, and grow.

Self-awareness : The ability to be in reflective contact with one's own thoughts, feelings and desires; having a realistic self-image and the ability to regulate oneself.

Presence : The ability to be in the here and now, without judgment and in a state of open presence.

As an MGA, how will emotions impact your behaviour, how will you analyse a situation, and how will you contribute to operational planning?

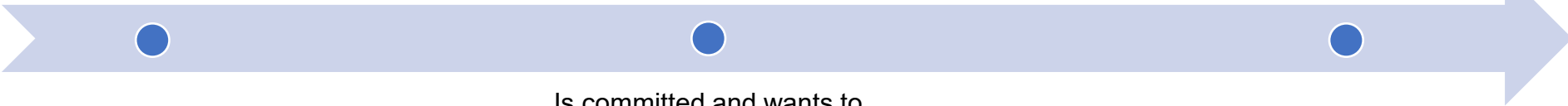
- Define each "being" component by describing extreme and moderate behaviours.
- Identify what to consider if an MGA is at one of the extremes.

Inner compass – Having a strong sense of responsibility and commitment to values and goals related to the good of the whole

Little empathy when assessing a situation

Takes the weight of the world on their shoulders and wants to fix everything

Is committed and wants to contribute but has a sense of balance



Break

Brainstorming:

3 words to define connecting and caring for others and the world

Plato Republic



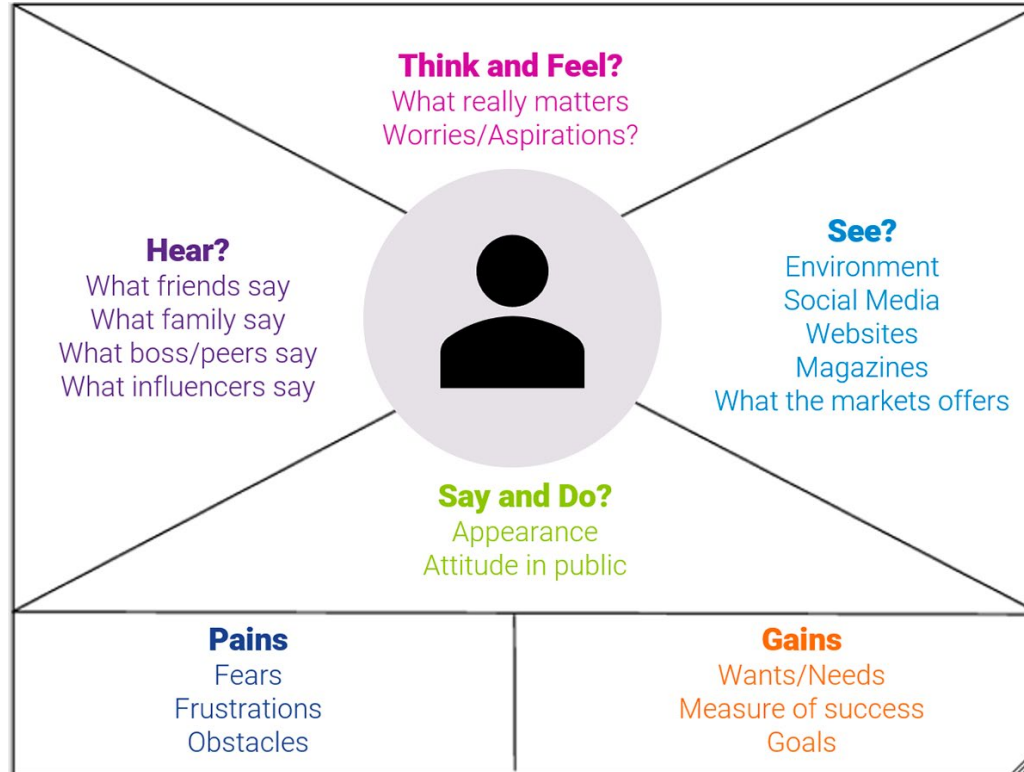
Appreciating, caring for and feeling connected to others, such as neighbours, future generations or the biosphere, helps us to create more just and sustainable systems and societies for all.

Appreciation : Relating to others and the world with a basic sense of appreciation, gratitude and joy.

Connectivity : Having a strong sense of being connected with and/or being part of a larger whole, such as a community, humanity or global ecosystem.

Humility : Being able to act according to the needs of the situation without worrying about your own importance.

Empathy and compassion : The ability to relate to others, oneself and nature with kindness, empathy and compassion and to deal with related suffering.



Discussion in teams of 2.

Ask each person to take back their stinking fish.

Use the empathy card and try to understand better why this is a stinking fish for the other person by asking questions. (10 min)

Give feedback to the owner of the stinking fish to explain what you have grasped from using the empathy card. (5 min)

The owner of the stinking fish gives feedback on: (5 min)

- How confident they felt when talking to the person?
- How the approach or questions could have been different?

Lunch

Preventing Conflict -Related Sexual Violence (CRSV) and Supporting Survivors

- Each group is asked to consider how a non-governmental organisation addresses conflict-related sexual violence.
- You need to identify how the NGO applies empathy and creates a connection and sense of trust with survivors.
- What good practices could you replicate in your work as an MGA?
- What good practices could infantry battalions replicate?

→ Develop a page to illustrate your findings to present to Military Gender Focal Points (MGPFs).



Prévenir
les violences sexuelles
liées aux conflits



Lutter
contre l'impunité



Répondre aux besoins
des rescapé(e)s
de violences sexuelles

Break

Here is what the battalion commander says about CRSV:

Group 1: It's not part of my mandate.

Group 2: It's normal in this country; it's part of the culture.

Group 3: It's the national police and military who are committing these acts, and I have to work with them; it's written in the mandate.

Group 4: I do not have the capacity to intervene.

Group 5: It's because of how they dress or their activities - they just need to stop going to dangerous places like the forest to collect wood; they know it's dangerous.

Group 6: It's normal during a conflict.

What is an early warning indicator?

- Indicates increasing insecurity or risk of violence and conflict

Types of indicators:

- Structural indicators (e.g. number of women in parliament)
- Context-specific sub-national indicators (e.g. fluctuating livestock bride prices)
- Dynamic indicators (e.g. increase in trafficking in women)



Percentage of women present in designated public places.

Number of male gatherings and presence of non-local men.

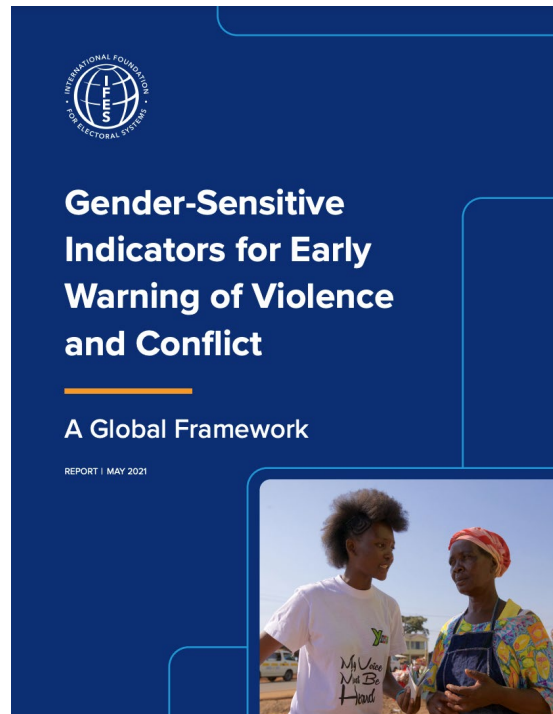
Number of violent arrests by police or security forces.

Number of reported incidents of gender -based violence, including sexual violence.

Number of threats, incidents of intimidation or attacks against women in the public sector.

Number of misogynistic, homophobic or sexist references or propaganda in the media, social media and at political rallies or public events.

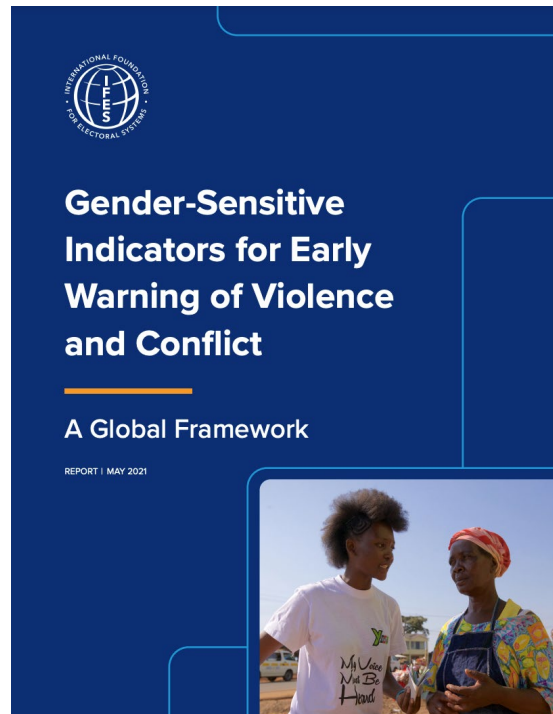
Restrictions on NGOs, especially women's organisations.



Select a cause and effect.

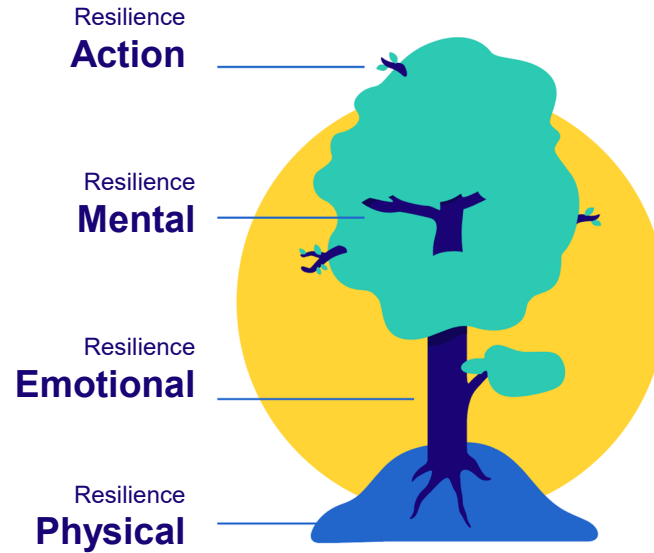
Identify 2 additional indicators to be considered for an early warning system to prevent CRSV:

- **Red** indicators for information that the military cannot monitor, but partners can.
- **Yellow** indicators for information that the military can monitor if U2s perform specific tasks.
- **Green** indicators for information that can be monitored daily.



Resilience is maintaining or regaining psychological and physical well-being in the face of stress or trauma.

What resilience mechanisms do you expect to implement when you become an MGA?



By using the Google form link provided by the facilitators:

- Identify the most important thing you learned today.
- Identify an element you would like to know more about.