

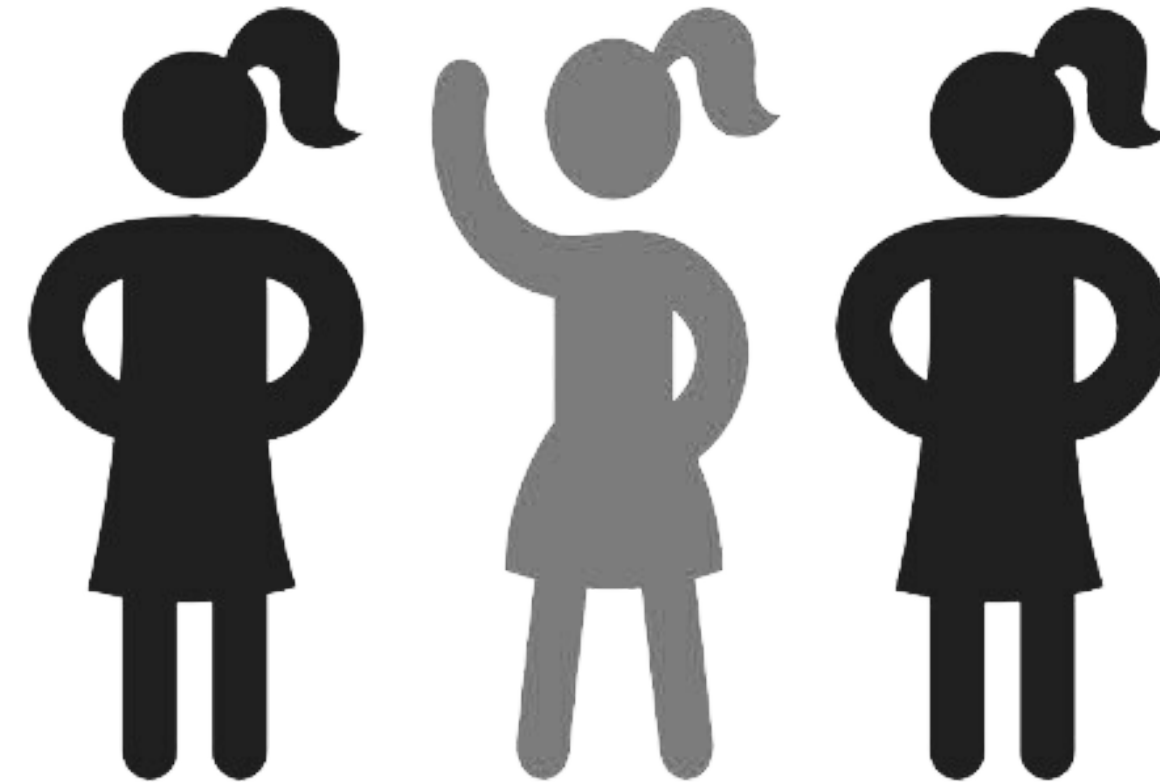
SIKH FAMILY CENTER'S

SEHJ SERIES, WORKSHOP 2

A workshop on Communication, Self-Awareness, & Relationships



Why This Workshop is Needed



One in three girls in the US is a victim of physical, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

We asked Sikh teens & youth what they would tell adults in their life about teen/youth dating violence (including emotional, physical, verbal, psychological, cyber abuse).

Here is the wisdom they share with us:

"First, I would try to make them understand that teen/youth dating happens. Some parents don't believe that it happens or that other parents allow their teen to date during this time. For me, I would try to make it clear that dating at that age is prevalent and inevitable. Then, I would share that dating violence also exists and that it is wrong."

"I would tell them that it's a big deal and that it often goes undetected so it's important to always check up on teens who are dating."



Group Agreements



- What is shared here stays here; what is learned here leaves here
- Respect different experiences; “Try on” different ways of thinking
- Maintain an inclusive space
- No expectations, No assumptions
- Assume best intentions

Objectives

1. Build an appreciation of what healthy relationships entail.
2. Cultivate self-awareness and understand our personal style of communication.
3. Consider the role of culture and power in relationships.
4. Develop an understanding of healthy masculinity.

SHE

HE

YOU

THEM

ਉਹ

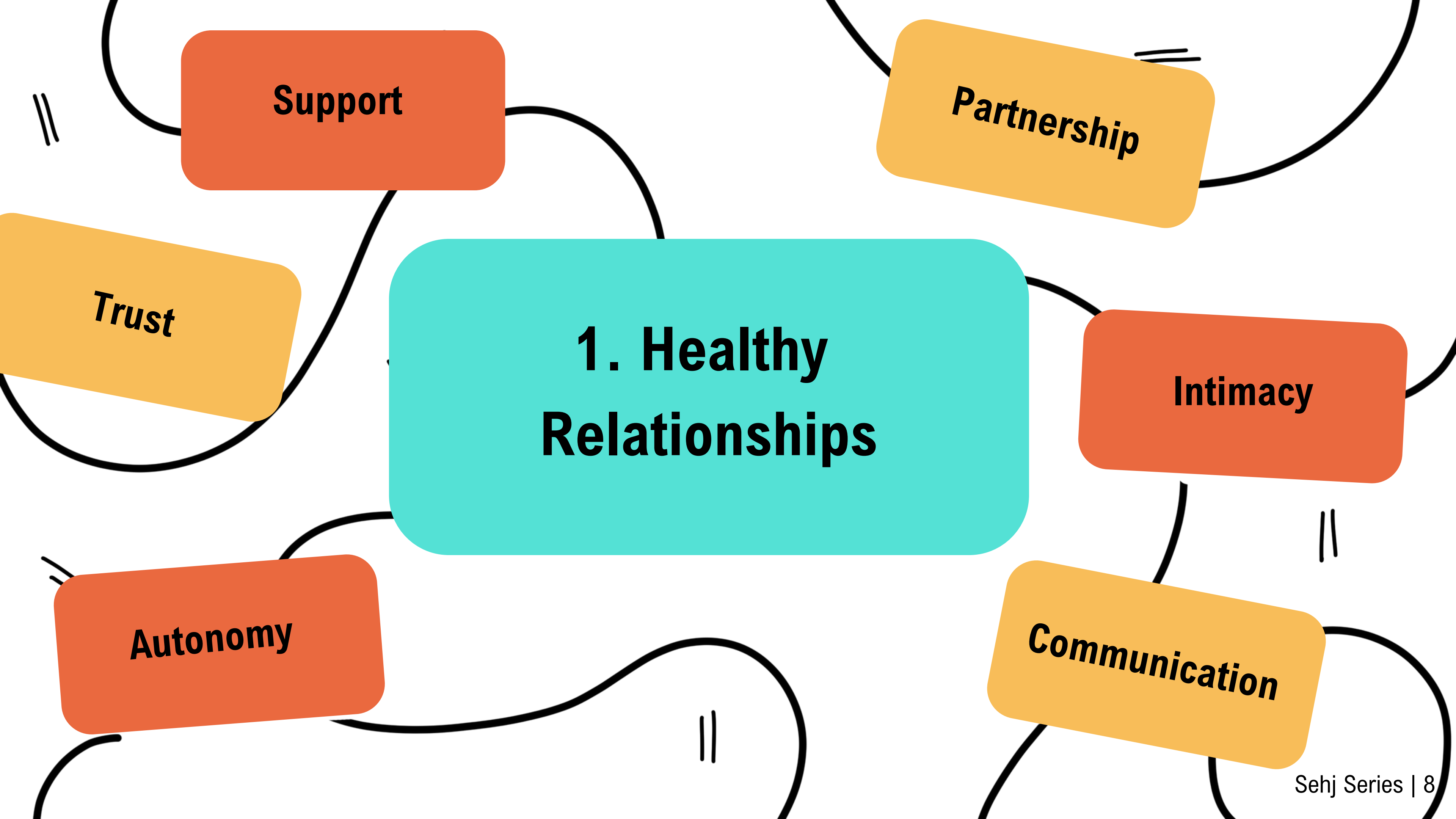
Ice Breaker

- What is the best show you've watched all month?
- What is the best book you've ever read?

Raise your hand if...

- You would rather spend a Friday night relaxing at home, or out with friends?
- You are more likely to text your friends, rather than call them?
- You regularly turn to the internet for the info you need?





Support

Partnership

1. Healthy Relationships

Intimacy

Communication

Autonomy

Trust

What makes a healthy relationship?

Respect
Learning about the other person and valuing what's important to them.

Communication

It is how we show our respect, trust and honesty.

Trust
Trust is earned over time and it can be lost with a broken promise.

Honesty

It is the "Real Me" that your partner wants to get to know.

Key Takeaways

Communication is at the heart of forming our interpersonal relationships. It allows us to test and be tested by those we are/want to be in relationships with.

Our ability to communicate clearly and honestly is enhanced by a greater sense of self-awareness.

Cultivating self awareness and acceptance form a solid foundation for healthy relationships.

Cultivating Self-Awareness

ਪ੍ਰਭੁ ਅਿਬਨਾਸੀ ਘਰ ਮਿਹ ਪਾਇਆ ॥

Prabh Abinaasee Ghar Mehi Paaeiaa ||

I have found the Immortal Lord within the
home of my own self.

Radical Self Love

When we can see ourselves as we truly are and accept ourselves, we build the necessary foundation for self love.

– bell hooks



perception

speaking

2. Communication

How humans relate to one another

listening

written

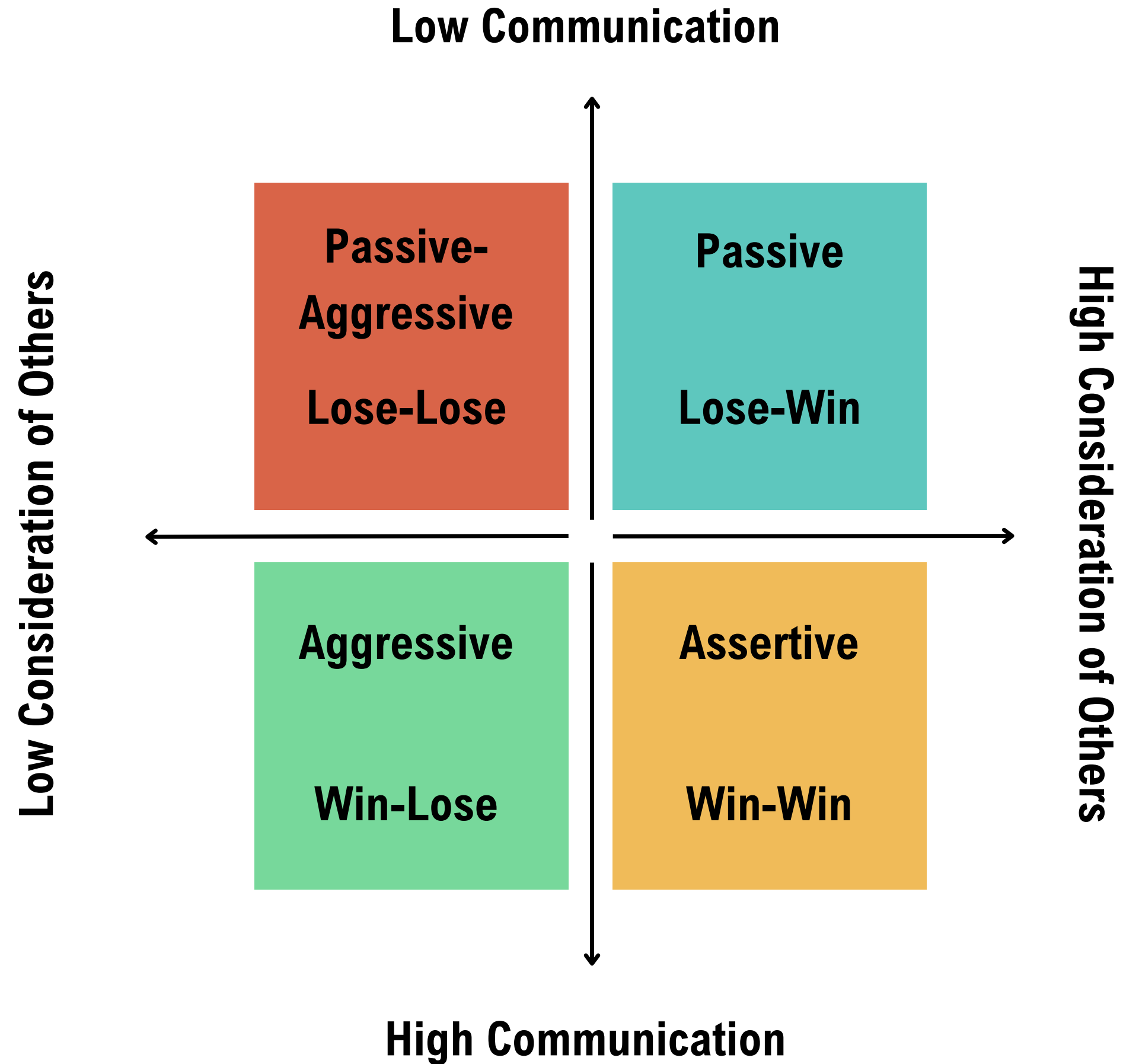
**Non-verbal
communication**

Poll: How do you prefer to keep in touch?

- Text Messaging
- Phone calls
- Video calls/FaceTime
- Social media (i.e. Instagram, TikTok, Twitter, FB)
- Face to Face
- Other?



Communication Styles



Name that style!

“I’m disappointed we missed the movie because I really wanted to see it. Next time, let’s choose a time that works for your schedule.”
...

The silent treatment.
...

“I’m okay with whatever you wanna do.”
...

“I need for you to do...”
...

“Raundey kyo payo?”
...

“Duffa ho!”
...

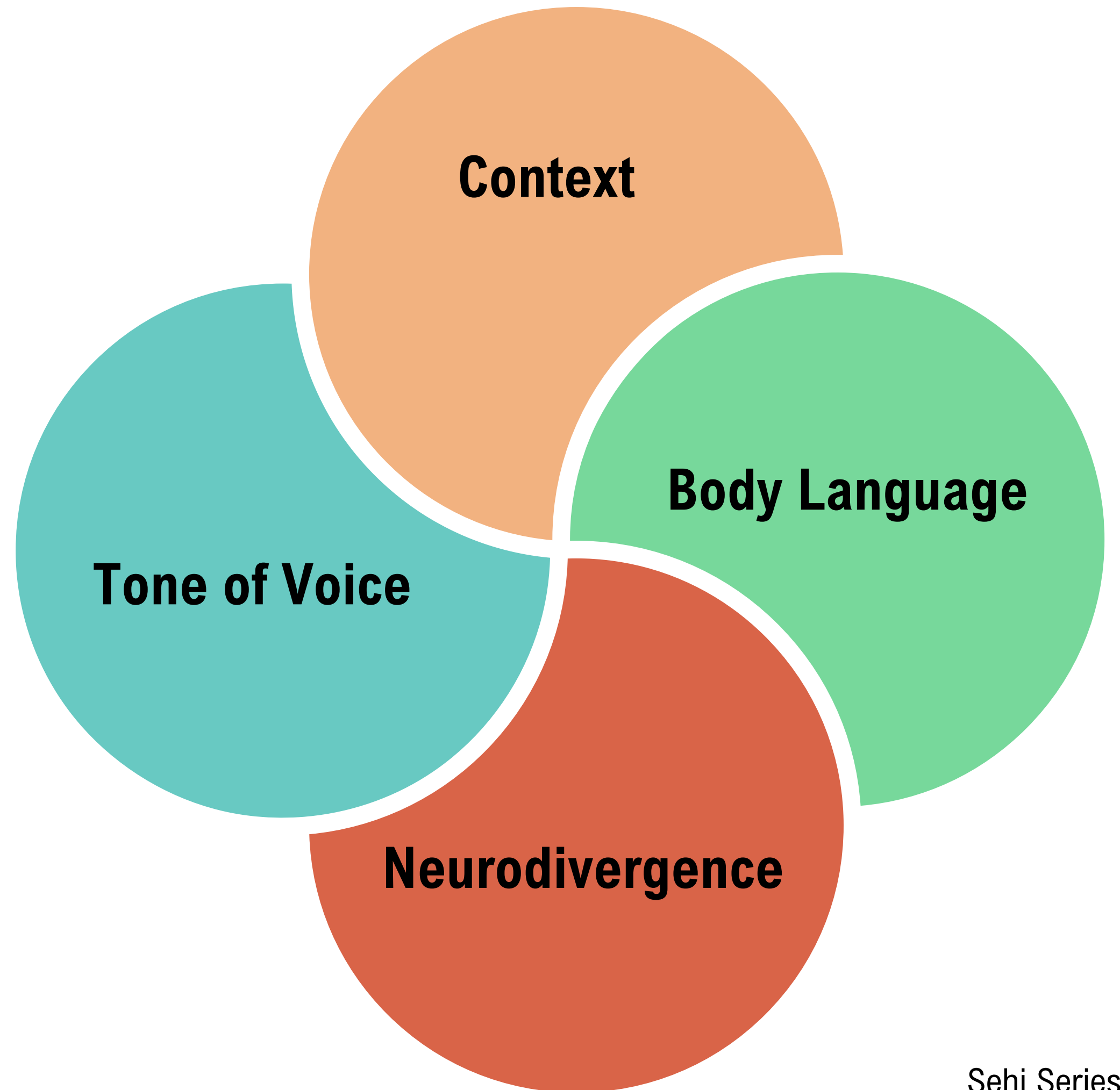
“It’s fine, I didn’t wanna see the movie that much anyway.”
...

“Thanks for thinking of me, but I’m going to say no this time.”
...

“You’re always late and never think of anyone but yourself!”
...

Read Between the Lines

Communication is more than just the words that are said.



Mastering Assertive Communication

Most of us do not exclusively use one style of communication in every interaction. It depends on where and who we speak to.

Assertive communication is most likely to lead to respectful and longer-term relationships, so that's the style to strive for in most situations.

Being mindful of our communication cues, we can master an assertive communication style.

What does assertive communication look like in the Punjabi-Sikh community?

How is it different for men/male-identifying versus women/female-identifying people?



Assertive or Aggressive?

How gender bias shapes communication

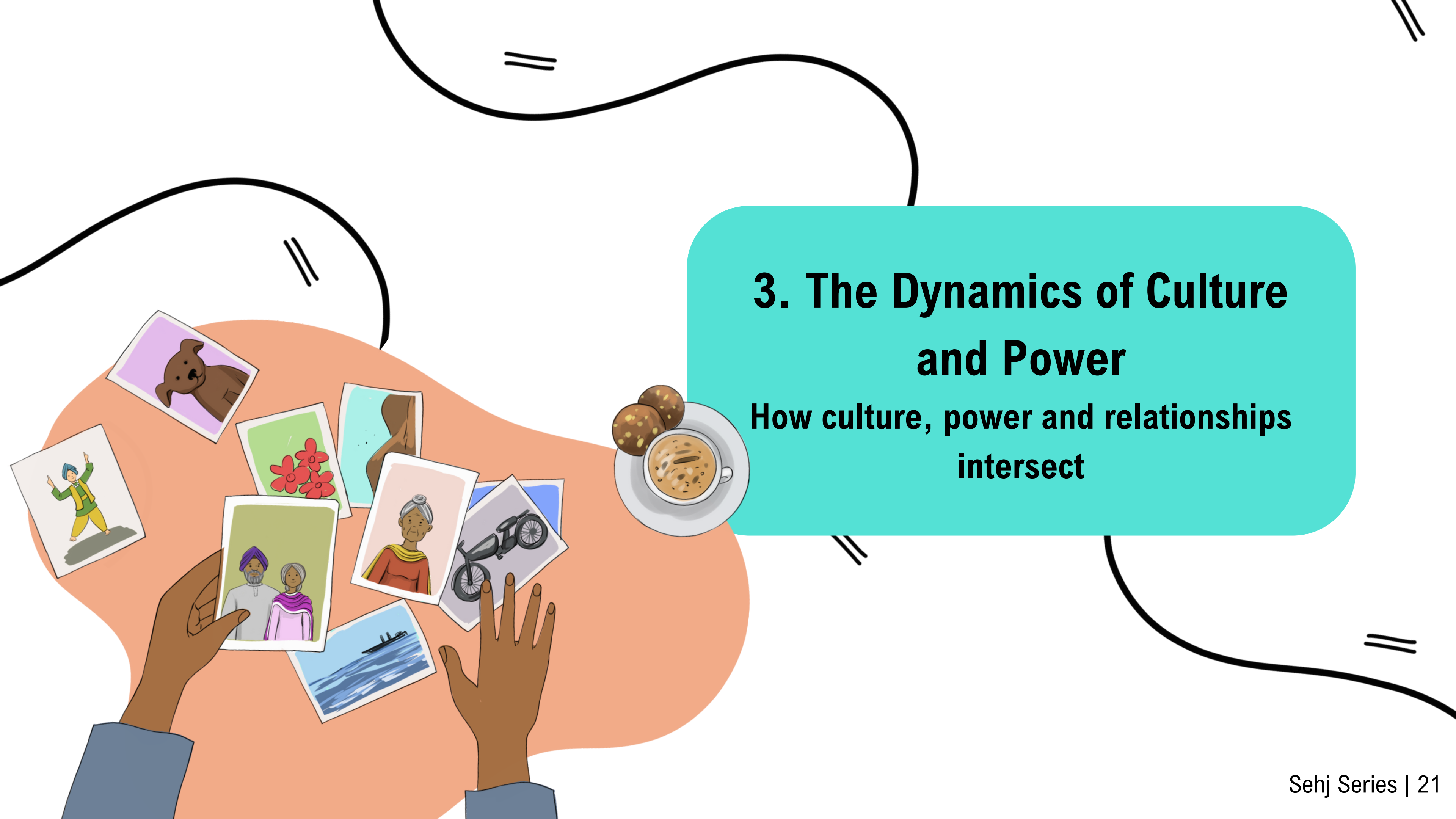
There is both conscious and unconscious gender bias against assertive women, and it exists across genders.

“Being diplomatically assertive doesn't mean backing down. It means you know how to present what you believe in a way that others will hear, understand and hopefully, align with your thinking. When enough of us model this behavior, the name-calling might stop, or not. But at least leading change will be easier.”

(Reynolds, 2010)

3. The Dynamics of Culture and Power

How culture, power and relationships intersect

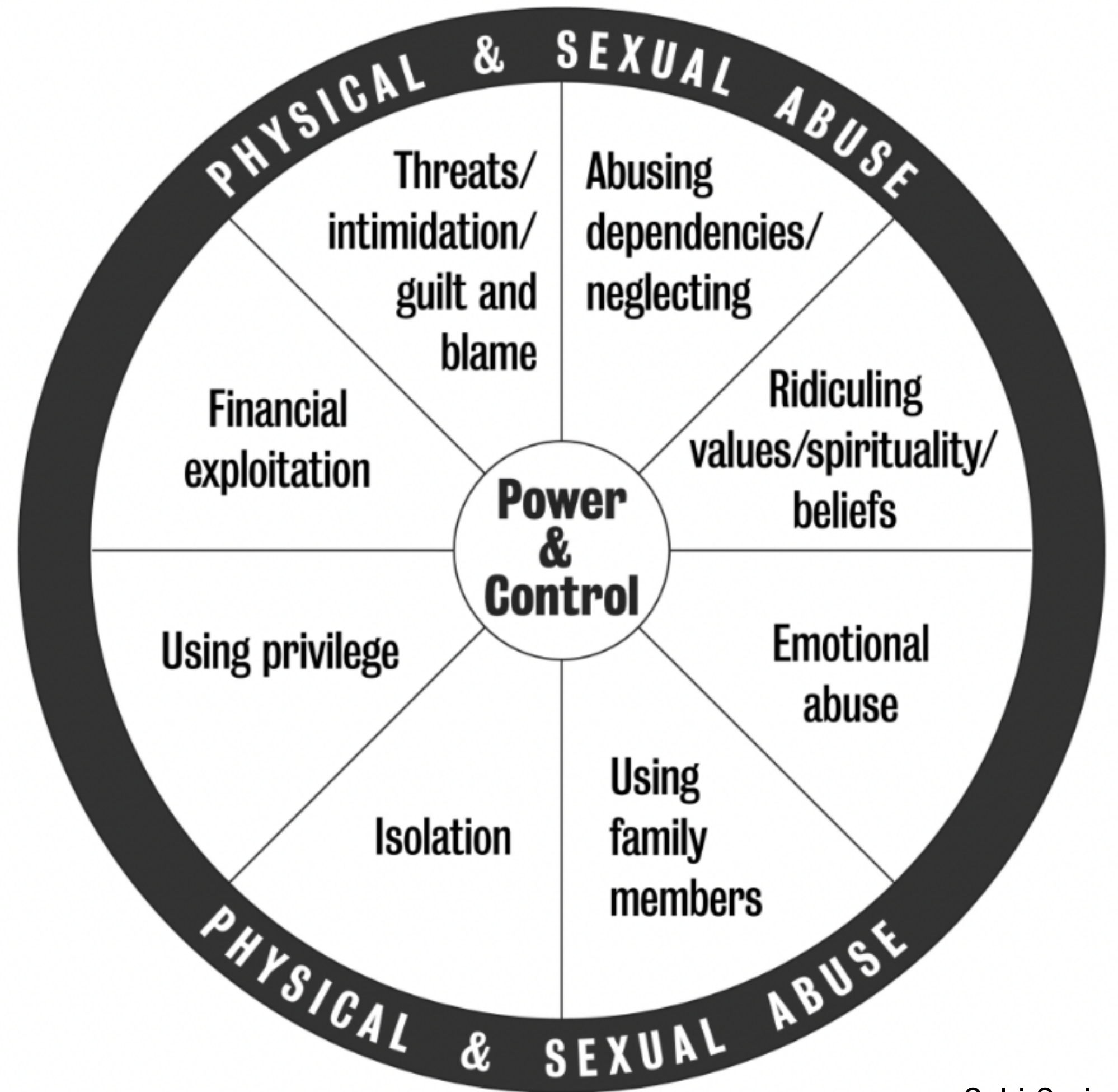




What do we learn about **relationships** and **intimacy** from our families?

From the Punjabi-Sikh community?

Understanding Power & Control



Power & Control Discussion



Let's discuss different scenarios and evaluate how the power and control wheel can help us unpack what happened.

Note: *The following hypotheticals refer to sexual and other forms of intimate partner violence. While they deliberately avoid any graphic descriptions, it is perfectly normal for some small detail that is innocuous for one person, to trigger or distress another. Please refer to the resources shared at the beginning—and available in the handout—should you feel the need to reach out for support.*

Scenario A: Benevolent Kaur

During Kaur's second semester at college they feel pressured to meet with a classmate alone. They don't know who gave their number away, but the classmate's persistent phone and 20 text messages in the past two days were getting intense. The messages read: "I can't believe you don't trust me we are the only two Sikhs in this dorm, we naturally should be friends. You think you are too good for me?" Kaur tells a senior they met through the Sikh Student Association about it and doesn't want to hurt the other person's feelings.*

**Kaur identifies with the pronoun they.*



Breakdown



- What do you think Kaur should do?
- What do you think Kaur might be feeling?
- What should the senior do?
- What resources can the senior share with Kaur?

Resources

RAINN: National Sexual Assault Hotline

800.656.HOPE (4673) 24-hour, Crisis line

Live chat (<https://hotline.rainn.org/online>)

Sikh Family Center National Helpline

866.SFC.SEWA | 866.732.7392

Free, private, Punjabi-English, non-emergency support line

contact@sikhfamilycenter.org

Technology Safety

<https://www.techsafety.org/>

Your University/School Resources

Always first ask is it *Confidential?

A school's resource may not be confidential.

You have a right to ask any limits to their privacy or confidentiality policies.



Scenario B: The Tough Singh

Singh and Kaur are good friends. On the surface, in front of friends, He acts tough, but when Kaur starts talking about family, his demeanor shifts. The truth is, he has been working to save money so his mom and siblings can leave their father. For the time being, things are not that bad—ever since warning his father that he would call the police. He worries a lot when he is away from home, though his mom says everything's okay. He has seen what his father can do, especially after a drink.

Breakdown



- What do we know about Singh?
- Does Singh fit into our image of what a 'man' is?
- What role does alcohol play in family violence?

Scenario C: Testing the Limits

Kaur and Singh are dating. On several occasions they are physically intimate, but within limits set by Kaur. One night, when they are being intimate within their mutually agreed upon boundaries, Singh begins to cross them. Kaur expresses concern, but Singh is encouraging, saying, "It will be okay just this once." Kaur replies, "We shouldn't do this," but continues. Kaur says, "This is a bad idea." and begins to cry, but embraces Singh.



Breakdown

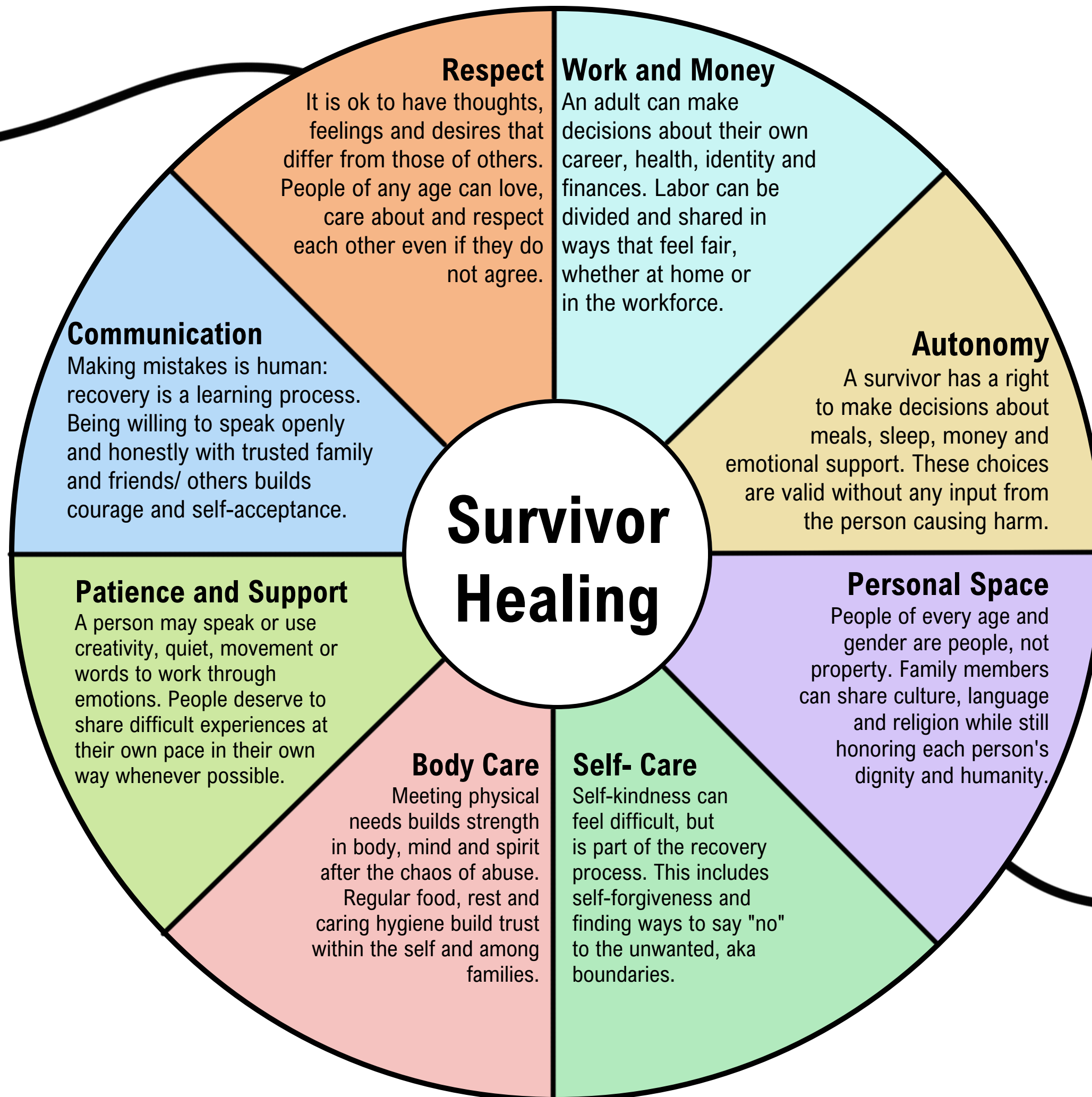


- What does this scenario tell us about personal boundaries?
- Was consent given?
- What should Kaur and Singh do?



How do you balance power dynamics in a relationship?

It involves trust, communication,
and vulnerability from both
partners.





4. Expressions of Masculinity

The Man Box

- ❑ Do not cry or openly express emotion with the exception of anger
- ❑ Do not show weakness or fear
- ❑ Demonstrate power and control especially over women
- ❑ Do not be “like a woman”
- ❑ Tough, Athletic, Strong, Courageous
- ❑ View women as property/objects

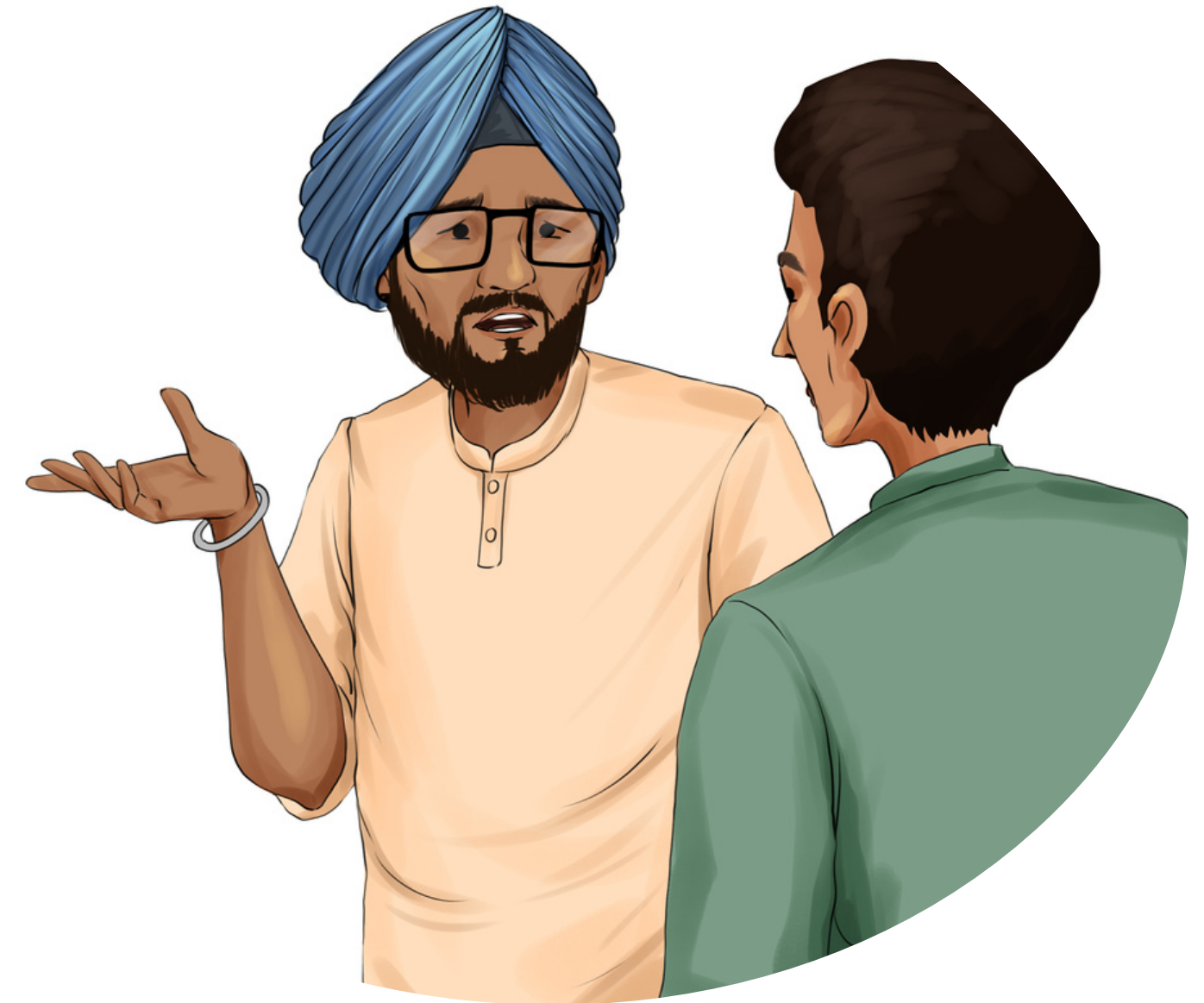
More info: www.acalltomen.org

Where do men learn the “rules” of what it means to be a man?

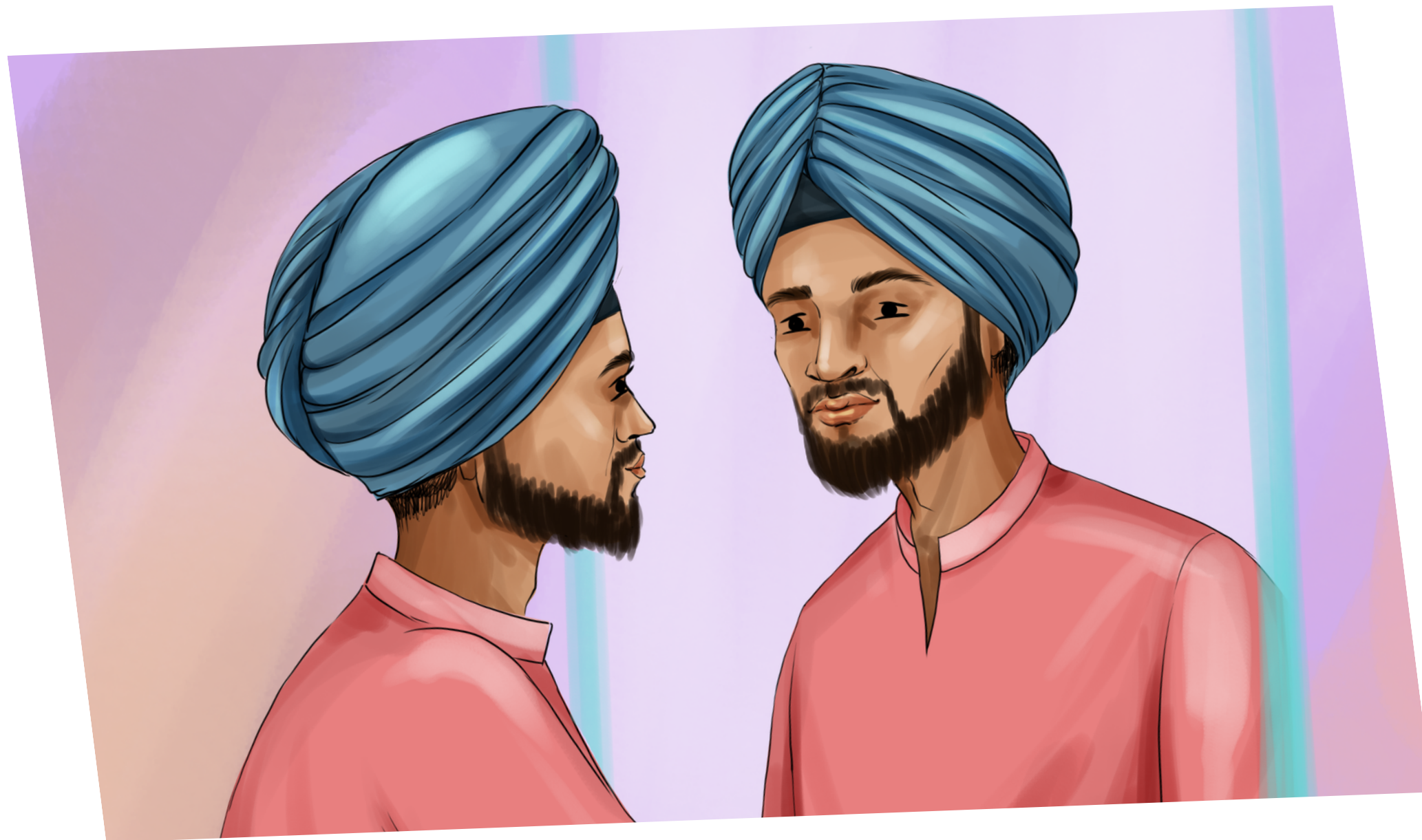


How to break open the Man Box

- Address disrespect by calling people in/out who engage in disrespectful or aggressive behavior.
- Ask for help.
- Develop healthy relationship skills, like active listening, communication, non-judgmental support, and seek out consent.
- Think critically about the images and messages we receive everyday about masculinity. Ask yourself if what you see/hear is healthy or not?
- Check in with friends that look like they are struggling.
- Encourage all people, regardless of gender, to demonstrate nurturing, compassionate, and caring behaviors.



Healthy Masculinity is about respecting and valuing oneself by striving to live authentically.



Centering your mental health and emotional needs as a masculine person can feel like the direct opposite of what you've been taught. But doing so is vital for everyone, regardless of gender, gender identity, or sexuality.

ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਆਪਣਾ ਮੂਲੁ ਪਛਾਣੁ ॥

man too(n) jot saroop hai aapanaa mool pachhaan ॥

O my mind, you are the embodiment of the Divine Light, recognize your own origin.

ਮਨ ਹਰਿ ਜੀ ਤੇਰੈ ਨਾਲਿ ਹੈ ਗੁਰਮਤੀ ਰੰਗੁ ਮਾਣੁ ॥

man har jee terai naal hai gurmatee ra(n)g maan ॥

O my mind, Akal Purakh is with you; through the Guru's Teachings, enjoy It's Love.

SGGS, Raag Asa M3, Ang 45

Key Takeaways

1. Healthy relationships entail respect, trust, honesty and communication, among other things.
2. Assertive communication is most likely to lead to respectful and longer-term relationships, so that's the style to strive for in most situations.
3. Developing Self-Awareness helps us to better understand what we need.

Key Takeaways

4. Sharing power in a relationship involves trust, communication and vulnerability.

5. Meaningful culture change can be achieved by: cultivating a healthy, respectful manhood; valuing and respecting women, girls, LGBTQ, and nonbinary people; and, prioritizing mental health and emotional well being.

Conclusion & Evaluation



- What would you change or add to the presentation?
- What are some of your biggest takeaways?
- What do you want to learn more about? What questions do you still have?

<https://bit.ly/3jfA6ej>



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