



موضوع طاولة شمس Shams Table Topic

الرجولة الإيجابية Positive Masculinity

خلال الحظر بسبب وباء الكورونا، واجه الناس في جميع أنحاء العالم تحولاً في تجاربهم و أدوارهم ومسؤولياتهم اليومية. وبينما تضمن ذلك زيادة مؤسفة في العنف القائم على النوع الاجتماعي، خاصة ضد النساء، كان هناك أيضاً اتجاه إيجابي يتمثل في تولى الرجال الأدوار والمسؤوليات التي عادة ما تتولاها النساء. في هذه الجلسة، سنستكشف التغييرات الإيجابية في ديناميكيات النوع الاجتماعي (أي "الذكورة الإيجابية") التي نشأت نتيجة لوباء الكورونا

During the COVID-19 lockdown in Jordan, people around the world faced a shift in their daily experiences, roles, and responsibilities. While this included an unfortunate increase in gender based violence, especially, towards women, there was also a positive trend of men taking on roles and responsibilities usually taken on by women. In this Shams Table hosted in partnership with the UNDP Accelerator Lab, we will be exploring the positive changes in gender dynamics (i.e. "positive masculinity") that have arisen as a result of the COVID-19 pandemic.



نبذة عن الميسرين About the Hosts

Saeed Abu Alhassan: Saeed is a social entrepreneur and Founding Partner of Shams Community, he's committed to advancing change by bringing people together around social issues and innovation. Saeed enjoys cooking, hiking, and traveling. What motivates him is his passion for working with youth and helping them live their dreams and building a better place to call home.

Hala Sabbah Hala Sabbah Hala is Palestinian-Jordanian and is based in London. She runs coaching sessions and corporate wellness workshops in English and Arabic. She did her masters in Middle Eastern Studies with a focus on feminism and is passionate about health, refugee rights and feminism. Recently she launched her business called Healthy Feminist aiming to increase access to healthy and sustainable lifestyles for all women.

Amjad Saleh: Born and raised in Jordan, Amjad is very curious when it comes to learning about new things and discovering new depths. He is a Math teacher who holds a bachelor's degree in Civil and Environmental Engineering from Jordan University of Science and Technology. From working with the European Union to volunteering with different social and environmental organizations he is still very curious about the complexity of society and the part each of us plays in it.

Mutasem Al-Abweh: Mutasem is a fresh master's graduate from Spain with an exchange year experience in Germany as well. He studied Industrial Processes Management, but his love for humanity, human rights and freedom of speech are what he cares about in his free time. He is committed to always learning more about himself and to give back to society.

Joud Al-Hawamdeh: Joud is a freshman at university and is passionate about meeting new people and discovering humanity in new ways. She strives and aspires to help loosen the chains through effective communication and conversation. Joud loves exploring languages and their mechanics, poetry, vocabulary, and just every bit.

Sam Sykes: Sam is a digital creative from the U.S. and is Managing Partner of Shams Community. She has a background in international relations and business development and is passionate about philosophy, science, boxing, and cross-cultural engagement. She loves gathering people in community and asking questions that push us to further explore humanity.

الأجندة Shams Table Agenda

بداية الجلسة Opening	
15 دقائق	مقدمة عن الفعالية والاجندة تقديم الموضوع وتقديم الفريق والشركاء والحملة في الغرفة الرئيسية
10 دقيقة	توزيع الغرف
10 دقائق	التعارف وكسر الجمود
5 دقائق	التذكير بالقواعد الرئيسية للجلسة
الحوار The Dialogue	
10 دقائق	السؤال الافتتاحي
70 دقيقة	بدأ الحوار مع المجموعة وتبادل الآراء
الختام Closing	
10 دقائق	شو استفدنا من طاولة اليوم

القواعد الأساسية لطاولة شمس Shams Table Ground Rules

القواعد الأساسية لطاولة شمس Ground Rules	
نحن نمثل أنفسنا، عند الحديث استعمل "انا" بدل "نحن"، "هم"، او "انتم".	صب تركيزك على التعلم و التفهم و تقبل وجهات النظر المتنوعة
افترض النوايا الحسنة، إذا كان لديك شك فاسأل.	لا تتردد بطرح الأسئلة للمجموعة
خليك منفتح: ناقش، اعترض، و ابدى رأيك باحترام	شارك بالحديث و اعطي مجال لغيرك يشاركوا و ساعدنا على عمل مساحة آمنة للبقية
قاعدة طاولة شمس: الي بصير بطاولة شمس بضل بطاولة شمس	دير بالك على حالك و على المجموعة
لستم مجبرين ولكننا نرحب بمشاركة التجارب الشخصية	اهم اشي: حب الخير للجميع و احترام الكل و نبذ أي نوع عنف تجاه أي كائن حي



Questions



The questions are divided into three levels of depth, beginning with lighter introductory questions at Level 1, mid-range questions at Level 2, and deep and most difficult questions at Level 3.

Opening	What are some words that come to your mind when thinking of masculinity?	ما هي بعض الكلمات التي تتبادر إلى ذهنك عند التفكير في (الذكورة / الرجولة؟
	How men feel about themselves as men and what they believe it means to be a man	للرجال. كيف تشعر تجاه انفسكم كرجال وما يعني أن تكون رجلاً بالنسبة لك؟

1	We have heard a lot about the term toxic masculinity and positive masculinity, which of what was previously mentioned is included under toxic masculinity or positive masculinity, and what is the difference between them from your point of view?	سمعنا كثير عن مصطلح الذكورية السامة والذكورية الإيجابية، أي من ما ورد سابقاً ينطوي تحت الذكورية السامة أو الذكورية الايجابية وما الفرق بينهم من وجهة نظرك؟
	The concept of masculinity is the same in all communities? Does it change by changing history, age, culture, and local situation?	هل مفهوم الرجولة هو نفسه في كل المجتمعات؟ هل يتغير بتغيير التاريخ والعمر والثقافة والوضع المحلي والاجتماعي؟
1	What specific factors contribute to a toxic culture of masculinity or a positive culture of masculinity?	ما هي العوامل التي تساهم في الثقافة الذكورية السامة أو الإيجابية؟
1	What are social roles (in regards to gender)? Why do they exist in society?	ما هي الأدوار الاجتماعية؟ ولماذا هي موجودة وما دورها؟
1	Gender roles in our community are connected with the concept of masculinity and femininity, what is typically the role of the man in the home? How does it differ from the typical daily responsibilities of the woman in the home?	الأدوار الاجتماعية في مجتمعنا مرتبطة بمفهوم الذكورة والانوثة، ما دور الذي يؤديه الرجل والمرأة في عائلتكم؟



2	Have you seen any changes in these roles due to the curfew and men staying home far more than usual? Share these changes.	هل شاهدتم أي تغيير حدث على هذه الأدوار حضر التجول وبقاء الرجال في المنزل لفترة أطول من المعتاد؟ اخبرنا عن التغييرات
	How do you think these changes have impacted the family unit? How about children? Spouses? Grandparents?	كيف برأيك أثرت هذه التغييرات على وحدة الأسرة؟ ماذا عن الاطفال؟ أزواج؟ الجد والجدة؟
2	How does your community view people who "break" social roles between the sexes? What is the effect of their view on you?	كيف ينظر مجتمعك إلى الناس "يكسرون" الأدوار الاجتماعية بين الجنسين؟ وما تأثير نظرهم عليكم؟
2	As a man, how does positive masculinity affect your relationships and the way others look at you? And for women, how do you feel about positive masculinity?	كرجل ، كيف تؤثر الرجولة الإيجابية على علاقاتك والطريقة التي ينظر اليك بها ؟ وبالنسبة للمرأة ، ما هو شعورك تجاه الرجولة الإيجابية ؟



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3	How can the dynamics and positive post-pandemic changes be preserved?	كيف يمكن الحفاظ على ديناميكيات والتغيرات الايجابية التي حدثت لما بعد الجائحة؟
3	How can a more positive approach to masculinity change our society?	كيف يمكن لنهج أكثر إيجابية تجاه الرجولة أن يغير مجتمعنا؟
	What tools are available for men so that they can show more of the positive side of manhood?	ما هي الأدوات المتاحة للرجال حتى يتمكنوا من إظهار أكثر للجانب الإيجابي للرجولة؟

Closing	For men, how did it feel to talk about masculinity? Was it your experience?	للرجال، كيف شعرتكم بالتحدث عن الرجولة هل كانت تجربتكم؟
	What have we learned from today? What are you going to think about more seriously after the session?	شو تعلمنا من اليوم؟! وشو في اشيء رح تفكر فيها بشكا اكبر بعد الجلسة؟ وحاب تعرف عنها اكثر!!



DEC

UNDP Accelerator Lab

2020

UNDP Accelerator Lab #بيتنا مسؤوليتنا Twitter Campaign

UNDP Jordan, through its Accelerator Lab, is looking for new effective ways to do development work and solve local challenges. While often the approach is focusing on negative trends and trying to mitigate their impact, this project is trying to build on some of the positive trends that emerged from the COVID-19 and hopefully be able to sustain and expand them beyond the crisis. One trend we noticed was people becoming more aware of house chores and caretaking duties in the household, and particularly some men playing a more active role as a result of staying home more than usual. As some of you may have noticed, videos and photos of men cooking, cleaning and teaching their kids surfaced on social media during the lockdown.

To capitalize on this, UNDP is running a campaign on Twitter under the name [بيتنا مسؤوليتنا](#), launching tomorrow December 26 and running for four weeks. The overall aim of this campaign is to encourage a discussion about the concept of masculinity and its relation to household duties and caretaking responsibilities, and test the potential of using Twitter to nudge people's behavior in a way that would yield a fairer and more equal distribution of household tasks. This assessment of this "experiment" will identify the most effective content (e.g. video, picture, text, discussion), channels (e.g. influencers, peers...etc.) and audience. Once these factors are identified, they will inform future behavior change development activities in the area of gender equality and beyond. The Shams Tables today will serve as a sounding board that will guide and support UNDP's effort in shaping our work on gender equality and positive masculinity.

Follow the campaign on Twitter at the handle [@7ulool_JO](#) and use the hashtags

[#بيتنا_مسؤوليتنا](#)

[#مسؤوليتنا_كلنا](#)

[#بيتي_أولويتي](#)

[#خَيْرُكُمْ_لِأَهْلِهِ](#)

[#ما_نقصت_رجولتي](#)

And other hashtags you will find on the Twitter account.

We hope today's discussion will continue on Twitter and we look forward to listening to your perspectives.