

# ***SPORT AGAINST GENDER INEQUALITY***

## ***Background Reading Material for Activity Workbook 2***

### ***Leadership***

This background reading material is a component of Activity Workbook 2 part of the Sport Against Gender Inequality (SAGI) online resource pack. Instructors must ensure that they read this document in detail before planning and delivering the session.

Developing leadership capability among young people is important in ensuring they internalize several important soft skills in order to gain the ability and confidence to engage with their peers, families, communities and local institutions to resist and take action in order to prevent gender-based stereotyping and violence.

A youth leader should have the capability to:

- Raise awareness and motivation of peers.
- Encourage peers to accept responsibility.
- Develop group work and group morale.
- Convince peer groups that they can affect change.



# Leadership

***'The ability to motivate, inspire and lead individuals and/or groups in various circumstances towards positive outcomes'***

Leadership involves focusing the efforts of people towards a common goal and to enable them to work together as one. In a group, the leadership function is not necessarily static, but is performed by different members at different times. For example, one member may provide leadership with respect to achieving the goal while a different individual may provide leadership in maintaining the group as a group. These roles can also switch and change.

## **From Participant to Community Leader: The Story of Mohit from Haryana**

**Mohit Chabbra is a 20-year old youth from Namunda village, Panipat District in the north Indian state of Haryana. He is currently pursuing his Bachelor of Commerce degree. Mohit was part of Martha Farrell Foundation and Pro Sport Development's youth-led Kadam Badhate Chalo programme in 2016, which empowers and educates youth, both girls and boys, in ending violence against women and girls in their communities. As part of this programme, sport-based approaches are utilised to achieve various objectives.**

**While being a part of the Kadam Badhate Chalo programme, Mohit learnt a great deal about gender stereotyping, gender-based discrimination and violence against women and girls. Moreover, he also displayed exemplary leadership capabilities, which were observed especially during his participation in the sports-based activities.**

**Life came full-circle for Mohit. While being a student pursuing his Bachelor's degree, Mohit has been selected as one of the facilitators for the 2019-20 cohort of the Kadam Badhate Chalo programme in Panipat District in Haryana. Along with utilising sports as a tool to teach youth about ending discriminatory practices, Mohit is also an avid rapper, composing rap songs in the local language to create awareness against gender-based stereotyping and violence.**

**Watch a short video on Mohit Chabbra's journey from participant to the facilitator.**

**Video Link: <https://www.youtube.com/watch?v=3lcY9KYUssc> (Length: 4:10)**



Instructors must make themselves familiar with how they can ensure that they encourage young people to imbibe the concept of leadership during the activities they implement.

### *Helpful Tips for the Instructor*

- Ensure participants take responsibility for themselves and others during the activities and encourage them to take appropriate decisions.
  - Give the participants opportunities in the games to make decisions for their group/team.
  - Ask questions to the participants about whether the decisions they made in the games were appropriate for the situation.
- Encourage participants to set an example for others and ask participants how their actions affected others on their team or the entire group.
- Encourage participants to inspire others through verbal and non-verbal communication.
- Provide opportunities for different participants to lead the games and encourage them to set an example for their team through their words and actions.
- If choosing leaders for specific teams or within the game, ensure that you change leaders frequently as everybody should get a chance; provide participants of different genders the opportunity to become leaders.



- Provide opportunities for leaders to express themselves, and guide those leaders who are shy/low on confidence.
- It is important to discuss the learning outcomes of the activity with the whole group as part of the de-brief by linking them to their behaviours in and outcomes of the activity.

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***Activity Workbook 2***  
***Reading Material***



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