

# Changing Political Masculinities



A Program of the National  
Democratic Institute

# TOOL D1: ACTIVE LISTENING

## AIM

By the end of the session, participants will have:

- A better understanding of the importance of men listening to women's experiences, requests and demands as a first step in taking action in support of women's political participation.
- Practiced their skills in active listening, in order that they can better support and collaborate with women in their struggle for greater political participation.



# Questions for Speakers

- What did it feel like to not be able to see the person you were talking to?
- To what extent did you feel heard or not heard?
- In the face-to-face part of the exercise, what did it feel like to see and be seen by the person listening to you?
- What did they do with their eyes, and their whole body, to show that they were listening to you?

# Questions for Listeners

- What did it feel like to not be able to see the person you were listening to?
- In the face-to-face part of the exercise, what did it feel like to see and be seen by the person speaking to you?
- What did you do with your eyes, and your whole body, to show that you were listening intently to them?