Tool #3

From Theory to Action:
Gender and Waste Recycling

Autonomy Tree

Objective:
Discuss what autonomy means more comprehensively

Time: 1 hour

Materials: Cardboard, cut out tree trunk, cut out tree leaves and markers

During this activity, the group was broken into smaller groups of 4-5 participants and each group had to discuss one of the following topics: autonomy at home, autonomy over one's body/sexuality, autonomy in the movement and/or association, and economic autonomy. One of the team members also joined in on each of the groups. After the discussion, they listed some examples of autonomy on their cut out leaves. The activity ended with a presentation of these ideas to the entire group.

This activity was important for building upon the ideas that circulated in the previous activity. First, this activity was useful for making sure that everyone's voice was heard and opinion expressed. Second, taking time out to discuss autonomy in a more in-depth manner allowed room for challenging more socially ingrained views on gender relations. In some workshops, there was tension due to different perspectives on autonomy over one's body and sexuality, but even these moments had value as they allowed for a more broadened discussion on autonomy and women's roles in overcoming traditional viewpoints and beliefs that even women reproduce. Overall, interaction among the groups during the presentations was significant, and fulfilled the objective of creating an environment based on respect and solidarity.

Workshops in the metropolitan region of Belo Horizonte (L), May 2013, and Itaúna (R), October 2013. Photos: A. C. Ogando and S. Dias

Notes