

by Sexuality&Disability 3 years ago

# Celebrating Puberty

For the very first time we conducted workshops in Gujarat. The blind girls from Blind People's association, Ahmedabad and C. Usha Pragnya Chaksh Mahila Seva Sasthan, Surendernagar participated enthusiastically in the three day workshops. Here are the storify's of the three day workshops in Gujarat



**smriti**  
@smriti264

For the next 3 days stay tuned for the interesting stories from Ahmedabad. [#sexdia](#)  
[@dis\\_sexuality](#)

3 YEARS AGO

The day of 27th March, 2016 we did workshops with 22 Blind and Deaf-Blind Girls. We started with the interesting ice breaking session where th girls had to introduce themselves with a one desire they always wanted to fulfill. The desires from wearing good clothes to study hard and get job was intorduced.



**Nidhi Goyal**  
@saysnidhigoyal

blind girls and also deaf blind girls making a brilliant group [#sexdis](#)

3 YEARS AGO



**Nidhi Goyal**  
@saysnidhigoyal

i want to get a job because after that everyone asks... asks for marriage! giggles the participant  
[#sexdis](#)

3 YEARS AGO



**Sexuality&Disability**  
@dis\_sexuality

A speech & hearing impaired girl shares that she wishes to earn lots of money to by an AC.  
[#heartwarming](#) [#wishes](#) [#SexDis](#) [#workshop](#)

3 YEARS AGO

After the interesting introductory session, Dr. Neha Muliya from Baroda conducted the session on 'Understanding Body'. During the session interesting body models, condoms were used to explain the reproductive process and discuss more about safety and contraceptive measures.



**Nidhi Goyal**  
@saysnidhigoyal

Physiotherapist Neha Muliya takes off the session on body and reproductive processes... making the participants comfortable #sexdis

3 YEARS AGO



Dr. Neha Muliya talks about menstruation & cleanliness to be maintained. #SexDis #workshop #puberty #tips #Ahmedabad pic.twitter.com/aZgf1maziJ

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO



**Sexuality&Disability**  
@dis\_sexuality

Dr. Neha Muliya's session on menstruation & reproductive process through body models, safety & contraception through condom training #SexDis

3 YEARS AGO

During the discussion of menstruation, Dr. Neha, with the flow of conversations Dr. Neha explained the concept Menstruation. During the discussion, the girls shared their own experiences and their thoughts at the time of their periods.

 **Sexuality&Disability**  
@dis\_sexuality

Girls share their experiences of how they were scared when they hit puberty for the first time.  
[#SexDis](#) [#workshop](#)

3 YEARS AGO

 **Nidhi Goyal**  
@saysnidhigoyal

participant:i didnt know about menses when i got them. my friend took me to her hostel room and explained it then. it was scary [#sexdis](#)

3 YEARS AGO

During these conversations, girls discussed their rituals from home where they celebrate the onset of puberty by preparing sweets to offer needed nutrition. In these conversations, doubts like menstruation, how to take care during that time, number of times one should take bath etc. were raised.

 **Sexuality&Disability**  
@dis\_sexuality

There is a ritual of making sweets on the day the girl starts menstruating to offer her needed nutrition & celebrating her puberty [#SexDis](#)

3 YEARS AGO

 **smriti**  
@smriti264

Participant mentions: many people remove the uterus of women with disability [#sexdis](#)  
[@dis\\_sexuality](#)

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

Doubts on what routine should women follow during that time of the month. [#SexDis](#)  
[#workshop](#) [#puberty](#) [#stories](#)

3 YEARS AGO



Uterus models & charts do rounds as participants get detailed knowledge on Fallopian tubes, ovaries & anatomy #SexDis [pic.twitter.com/PNFe46s8nw](https://pic.twitter.com/PNFe46s8nw)

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO



Difficult to imagine how one would understand their own reproductive system just by touching it! #sexdis #workshop [pic.twitter.com/2cXuqleauH](https://pic.twitter.com/2cXuqleauH)

ERRORIST @MELLOWSUNSHINE · 3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

Cleanliness is important during periods. Do not be shy to dry menstruation cloth in the sun. Proper waste disposal is a must. [#SexDis](#) [#tips](#)

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

Giggles and laughter around as the girls touch a male genital model for the very first time!  
[#SexDis](#) [#workshop](#) [#stories](#) [#sexeducation](#)

3 YEARS AGO

 **smriti**  
@smriti264

[@saysnidhigoyal](#) explains about male erection. Participants: shi shi (way of shying) [#sexdis](#)

3 YEARS AGO

 **smriti**  
@smriti264

Nidhi: Pregnancy pappi lene se hoti hai kya? Participants: nahi! Nidhi: fir kaise hoti hai ye sabko pata hoga. Everyone giggles! [#sexdis](#)

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

Sex Education #1 Not necessary to bleed while having the 1st intercourse. Masturbation is not wrong for girls. [#SexDis](#) [#workshop](#) [#Ahmedabad](#)

3 YEARS AGO

After, an interesting session on 'BODY', Nidhi Goyal divided the girls into 4 groups provided them 4 situation on choices, consent, rejection and trust for role-plays to initiate discussion on relationships.

The discussion after role-play went on to discuss about 'Normality and Abnormality', 'Is disability a shame?' 'Consent', 'self-reliance' etc. to initiate reflective thoughts.



**Nidhi Goyal**  
@saysnidhigoyal

the usual that singing bollywood songs and harassment is the best start to a love confession- role play #sexdis

3 YEARS AGO



**Sexuality&Disability**  
@dis\_sexuality

An amazing activity coming up! Skits & roleplays are in order. This shall be interesting #SexDis #workshop #sexeducation #Ahmedabad #stories

3 YEARS AGO



**Nidhi Goyal**  
@saysnidhigoyal

4 groups 4 role plays around - choices, consent, rejection and trust. show begins in 5 mins #sexdis

3 YEARS AGO



The skit about how a girl is pressurised into marrying instead of choosing education. #SexDis #workshop #skit #story [pic.twitter.com/JipB9UwAFU](https://pic.twitter.com/JipB9UwAFU)

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO



A skit by visually impaired on how a handicapped girl is harassed and eve-teased #SexDis #workshop #ahmedabad #story pic.twitter.com/oF8mXVptD7

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO



A skit on how a blind man leaves a blind fiancée for a sighted girl and the same happens to him  
[#SexDis #skit #play pic.twitter.com/5TDfKemcW5](#)

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO



A skit on a suspicious blind husband who harasses his wife & is troubled by his own insecurities  
[#SexDis #skit #play pic.twitter.com/PC7y0PELAN](#)

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO

 [Sexuality&Disability](#)  
[@dis\\_sexuality](#)

A discussion by [@saysnidhigoyal](#) on how 'abnormal' is the wrong word for impaired people and on relationships, choices & self-esteem [#SexDis](#)

3 YEARS AGO

 [Sexuality&Disability](#)  
[@dis\\_sexuality](#)

What does the future hold for the handicapped people? They say, "a choice between becoming self-reliant or sacrifice & compromise" [#SexDis](#)

3 YEARS AGO

 [Sexuality&Disability](#)  
[@dis\\_sexuality](#)

Self-reliance is not an option. The decision of marrying or not marrying is every person's right including the handicapped. [#SexDis](#)

3 YEARS AGO

From becoming self-reliant to choosing partner, was the next set of conversations to break the common assumptions and myth.

 **Sexuality&Disability**  
@dis\_sexuality

Not necessary that a handicapped person has to have a handicapped life partner. Questioning common assumptions with @saysnidhigoyal #SexDis

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

A interesting session on busting myths and consent around relationships, choices and self esteem to have better informed choices #SexDis

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

#Myth Every handicapped couple or mother gives birth to handicapped children. #Fact This is not true at all #SexDis #discussion #workshop

3 YEARS AGO

With the breaking of myths, we went on to discuss identity. Where definition of good girl, beauty was expressed by participants.

 **smriti**  
@smriti264

Who uses Fair & Lovely? Participants raises hands! #sexdis

3 YEARS AGO

 **Nidhi Goyal**  
@saysnidhigoyal

good girl- cooks, does household work, doesnt loitter, wears decent clothes... we arent saying society says so- participants explain #sexdis

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

Fairness is a mind-block. It is important to let people know that colour does not decide your fate #SexDis #workshop [twitter.com/smriti264/stat...](https://twitter.com/smriti264/stat...)

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

A beautiful discussion by @saysnidhigoyal on what is the idea of beauty. #SexDis #workshop #beauty #darkisbeautiful #Ahmedabad #Gujarat

3 YEARS AGO

After the fun filled session, we welcomed Jasoda Rana, counsellor from Swati Organisation to discuss about legal rights of a woman.

During the session she questioned about Harassment, , types of violence, abuse from the participant and led to a discussion on the rights based perspective.

 **Sexuality&Disability**  
@dis\_sexuality

Counsellor Jasoda Rana talks about harassment & violence - mental & physical - in homes & outside. #SexDis #harassment #violence #Ahmedabad

3 YEARS AGO



Counsellor Jasoda Rana talks about raising voice against domestic violence #SexDis #domesticabuse #domesticviolence [pic.twitter.com/iNCu4J8dKA](https://pic.twitter.com/iNCu4J8dKA)

SEXUALITY&DISABILITY @DIS\_SEXUALITY · 3 YEARS AGO



**Sexuality&Disability**

@dis\_sexuality

Jasoda from SWATI foundation talks about safety & legal laws for women. Informs about safety helplines like 1091 & 181. [#SexDis](#) [#womensafety](#)

3 YEARS AGO



**Sexuality&Disability**

@dis\_sexuality

Call 108 for health, police & fire brigade in times of emergency. [#important](#) [#safety](#) [#health](#)  
[#SexDis](#) [#workshop](#) [#Ahmedabad](#) [#Gujarat](#)

3 YEARS AGO



**Nidhi Goyal**

@saysnidhigoyal

everytime you have sex with ur hubby it may not be with your consent . then is that rape?  
participants confused [#sexdis](#)

3 YEARS AGO



**Nidhi Goyal**

@saysnidhigoyal

cases where elder women in the fly explain that if ur hubby does it forcefully dont shout. bcoz its his right and bcoz u will enjoy [#sexdis](#)

3 YEARS AGO



**Sexuality&Disability**

@dis\_sexuality

Violence has no measure. It can start, maybe on the first day of marriage or after some years.  
Stop it at the first instance. [#SexDis](#) [#abuse](#)

3 YEARS AGO



**Nidhi Goyal**

@saysnidhigoyal

the important thing is to identify abuse but also to decide that just bcoz i am disabled i will not stand it [#sexdis](#)

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

It is very important to recognize the discrimination & harassment & not accept it as a fate because of disability @saysnidhigoyal #SexDis

3 YEARS AGO

 **Nidhi Goyal**  
@saysnidhigoyal

we want to continue this conversation and discuss more - meet again. say the girls #sexdis

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

The willingness to continue such discussions on sex education, harassment, self esteem & making informed choices is our real success #SexDis

3 YEARS AGO

 **Sexuality&Disability**  
@dis\_sexuality

Shweta has a different insight - she says the parents need to be more aware about such situations & need the same exposure #SexDis #feedback

3 YEARS AGO