
तारों की टोली
तेरी जीत मेरी जीत!
VOLUME 1
TAARON
ki Toli
WORKBOOK FOR ADOLESCENTS

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VOLUME 1

TAARON ki Toli

WORKBOOK FOR ADOLESCENTS

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We extend our heartfelt gratitude to all those who contributed to the creation of **'Taaron ki Toli - Workbook for Adolescents'**, a collaborative initiative between the **Directorate of Education, Union Territory of Dadra and Nagar Haveli and Daman and Diu** and **Breakthrough Trust.**

Our sincere thanks to the **Directorate of Education** for their vision and unwavering support in promoting gender-transformative education and for their commitment to creating a more inclusive and equitable learning environment for students across the Union Territory.

We are deeply grateful to the **team at Breakthrough** for their expertise, dedication, and relentless efforts in designing a curriculum that empowers young minds to challenge stereotypes, embrace diversity, and foster equality.

Special thanks to the **educators, subject experts, and field practitioners** who provided invaluable insights and feedback during the development process. Your contributions have ensured that the curriculum is relevant, impactful, and rooted in real-world experiences.

To the **students, researchers, facilitators, and community members** who participated in consultations shared their perspectives, and enriched the content with their voices—thank you for inspiring us with your passion and commitment to creating a just and equitable society.

Lastly, we acknowledge the unwavering efforts of everyone involved in the publication and dissemination of this workbook, ensuring its reach to every corner of Dadra and Nagar Haveli and Daman and Diu.

Together, let us continue to champion the cause and empower future generations to build a society founded on equality and mutual respect.

Jatin Goyal
Director of Education
Directorate of Education, Dadra & Nagar Haveli & Daman & Diu

Sunita Menon
Chief Thematic Officer
Breakthrough Trust

Name of the Student

_____

About TAARON KI TOLI (TKT)

What children learn in school stays with them for the rest of their lives. The attitudes, beliefs and understanding they display as adults are to a very large extent, shaped by the stimuli they receive within the four walls of their schools.

It is with this understanding that Breakthrough created 'Taaron ki Toli' (TKT) – a school-based, gender equity curriculum aimed at gender attitude change for adolescents. TKT provides a safe platform and facilitative environment, where adolescents can participate in decision making on issues affecting their lives. By building their knowledge, adolescents can adopt positive practices and enhance their skills and participation within their environment.

The curriculum is tested for its effectiveness through a Randomised Control Trial (RCT) research by Abdul Latif Jameel Poverty Action Lab (JPAL). TKT was started in 2012 in Haryana and is currently being implemented in 4 states in India - Uttar Pradesh, Delhi, Haryana and Jharkhand.

The learnings from TKT are currently being scaled up by Breakthrough with the Punjab State Education Board and Odisha School Education Programme Authority as part of its- 'Gender Transformative Education System Program' and is expected to reach over 4 million adolescents by 2028.

Know the Change!

Here, you will learn more about yourself. You will explore questions like: What do you aspire to be when you grow up? What are your goals, and how can you achieve them? How can you contribute to a better future? What values do you have? And, how does your gender influence your life?

Be the Change!

Here, we will guide you on how to talk about challenging topics like gender discrimination and your goals to others in an effective way. During this journey, you will join your friends, classmates, and teachers to indulge in play, arts, and new ways of competition and learning, to bring about a change within yourself and become an inspiration for others.

Shape the Change!

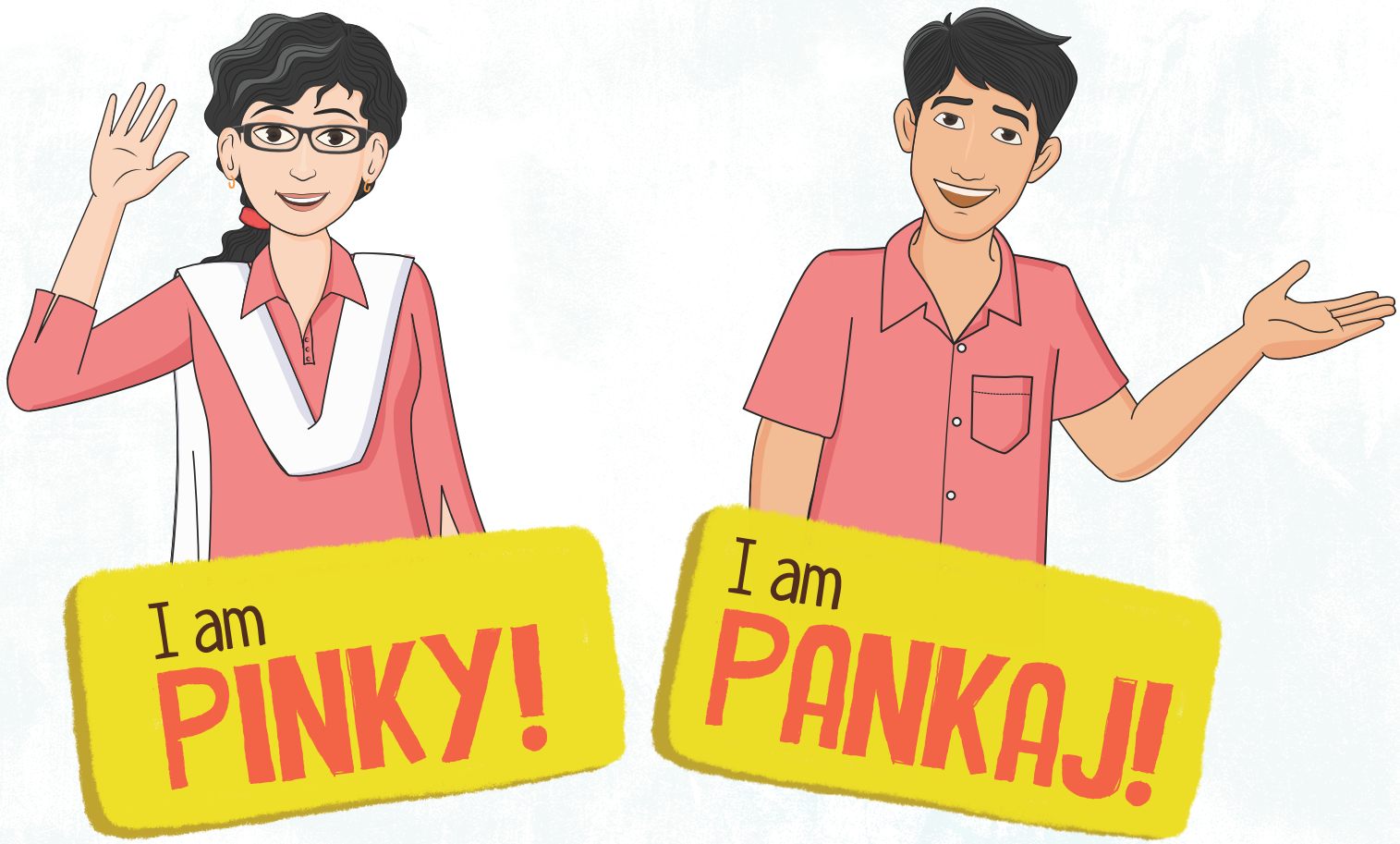
Not limiting this new identity to yourself, you will be able to change your surroundings in a way where you will be able to transform your school and village/town into a model school and a model village/town.



We invite you to an incredible journey, where you will be an important part of Taaron ki Toli.

You must have noticed that girls and boys are treated differently in our homes and schools, but have you ever wondered why? Is that right? If not, then what can you do?

During this journey, through various fun ways and activities, you will understand yourself deeply as a person and will become an agent of change at your home and school, where everyone gets equal rights and opportunities.



Welcome to Taaron ki Toli!

If you are between the ages of 11 and 14 and aspire to make your own life decisions, as well as create a positive change in your family, home, school, or community, you have come to the right place. We are the stars of Taaron ki Toli, and now so are you! We study in class 10th and have been a part of the Taaron ki Toli programme. We want to share our experience with you. This journey has allowed us to discover and learn many things by engaging in numerous activities with our friends, family, and community.

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This programme is an effort to identify, and end gender-based discrimination. As an adolescent, we learn most things from our school, family and friends. They shape our future behaviour and thoughts. Taaron ki Toli is a programme where through various discussions, games and activities, we try to identify and reduce the violence and discrimination against the adolescents around us. The program aims to affect attitudes, behavior, and aspirations such as:

Attitudes: Education attitudes, employment attitudes, women's role attitudes, fertility attitudes. For e.g., If you were the head of the family whom would you have sent to the town for further studies? A woman's most important role is to take care of her home, feed kids and cook for her family.

Behaviors: Interaction with the opposite sex, participation in classrooms, extracurricular activities, choice of subjects, household chores, girls' decision making, girls' mobility, supporting female relatives' ambitions. For e.g., In the past week, did you cook/clean/wash dishes? Are you comfortable talking to children of the opposite gender who are not related to you inside and outside school?

Aspirations: Specific education goals and occupational aspirations for girls. For e.g., What is the highest level of education you would like to complete if finances and opportunities of the school college are available? What occupation do you expect to have when you are 25 years old?

Through two Taaron ki Toli workbooks, you will be undergoing 20 sessions, over a two year period.

This workbook is an integral part of your journey and will act as your companion the whole time. It will be like having a best friend – a buddy and guide!

02

Develop the courage and confidence to express ourselves more confidently. We'll learn how to communicate better, share our thoughts effectively, and understand when and with whom to share them.

03

Question social norms, express different perspectives, understand our rights and demand for them.

04

Investigate and question conservative outlooks and gender norms prevalent in society against the needs and human rights of today.

05

Understand gender based discrimination, create an environment of support and empowerment for everyone, especially for girls.

01

Identify the violence and discrimination in our behaviours and as well as in our community.

Now,

Here are some of our learnings from the programme that you can learn as well!

06

Build stronger relationships with parents by having open conversations with them.

We are a part of Taaron ki Toli and we discover the star within ourselves, nurture it, and shine our brightest! We try to make sure that people around us understand this! We have understood that no matter what our gender is, we are equal. Together we discuss gender-related issues and, at the same time, try to bring change by talking about them with our friends, family, and other members of the society – without any hesitation or fear!



Come, let us join this programme and empower ourselves!

Session 1
Meet and Greet with the Stars!

Time Required: 40 – 45 Minutes

Let's Learn

01 **Introduce ourselves and acknowledge our family, who gave us this identity.**

02 **Build friendship with each other and identify benefits of being a part of the 'Taaron ki Toli' programme.**



Let's Do It!

Welcome, everyone!

Since we are meeting for the first time today, let us get to know each other and sign a consent form to show our commitment to the programme.

Instructions

- All the students have to introduce themselves by sharing whose daughter or son they are. For example: "My name is _____ and I am the daughter/son of _____"
- The students have to be quick so that everyone gets to speak.
- The facilitator(s) will also introduce themselves.

Let's Think

See what happened! Most of the time we are generally known by the name of our father whereas our mother takes the major responsibility of our upbringing. Why do we not give importance to the contribution of women, why do we forget that our identity is not only with men but also with women. Let us acknowledge the contributions of women, starting with our own mother. Share two things that your mother does for you.

The facilitator will introduce the 'Taaron ki Toli' Programme, where we will discuss the issues which we see in our everyday lives but do not acknowledge or question. It's time we do that. We will meet twice a month and talk about everything that concerns us.

Look at the image

WHAT DO YOU SEE?





Here you see a Domino in action. The Domino Effect illustrates that every action or event is connected to another. Even if one link is toppled, it can set a chain reaction causing long lasting change. As Taaron ki Toli, all students will recognise their hidden potential, develop leadership skills and be able to identify discriminatory behaviour and challenge them. Your actions will set in motion a series of changes within your home, schools, community and larger society in the same way as the domino chain does.

The Story of UBUNTU



A psychologist once visited a village in Africa and invited the children to play a game. He placed sweets and candies in a basket by a tree and asked the kids to stand 100 meters away from the tree and said whoever got there first could have the basket of goodies. But when he said, "Ready, set, go!" Something surprising happened. Instead of racing each other, all the kids joined hands and ran towards the tree together. When they reached it, they shared the sweets and candies equally and enjoyed them together.

When the psychologist asked the children why they did it, the children said "Ubuntu!" which means "How can one person be happy, when everybody else is sad?"

I am because we are.....







Your Victory is My Victory...



CONSENT FORM

Class: _____

Name of the Student: _____

Together, we will have a lot of fun and also learn! We will fully participate in every game and activity. We will give equal opportunity to everyone in Taaron ki Toli.

We will openly share our views first within Taaron ki Toli, then among friends, teachers and our family members.

Student's Signature

Let's Think

Every student should feel like they belong in the session. They need to know what they will be doing in this programme. Explain to them that this is like a trip where we will chat about various topics, ponder some ideas, learn a few things, and talk a lot! Ensure everyone agrees with this.





Let's Remember

Through Taaron ki Toli, we aim to establish an environment where everyone receives equal rights — neither less nor more — and equal opportunities to pursue their dreams.

Join us in building a world where everyone is respected and regarded as equals, while making violence and discrimination unacceptable.

Let's Share

How did you feel while doing this activity? Tick all the options that apply to you.

☐ **I liked it!**



☐ **I did not like it**



☐ **I am confused**



☐ **I am excited!**



Use this space to take notes, write or draw something about this class!

We are meeting next on

Date: _____ **Time:** _____



Session 2
KNOCK KNOCK

Time Required: 40 – 45 Minutes



Let's Learn

In the previous session, we learnt about the Domino Effect and how even one action can bring about change. We also understood the importance of equal distribution of resources for everyone for a thriving society!

01 **Does our gender impact our behaviours and qualities?**

02 **Understanding that discrimination is not acceptable.**

Let's Do It!

Listen carefully and write the answers in your notebooks.



A Tale of TWO FRIENDS



Once upon a time, there were two close friends named Jaja and Baja. They shared a strong bond and enjoyed spending time together, always seeking out fun activities to do.







Eventually, they settled on playing cricket together.

Suddenly, a commotion erupts in the playground





They eventually compromised and headed back to class.





After school, walking home together







Now can you tell, out of the two friends,

WHO IS A BOY AND WHO IS A GIRL?

Who is the boy?

☐ **Jaja** ☐ **Baja**

Who is the girl?

☐ **Jaja** ☐ **Baja**

Why do you think so?



Let's Think

- Although it may go unspoken, we all hold different assumptions about different genders. It is commonly assumed that girls will behave one way in a given situation, while boys will behave differently.
- There is a belief that girls and boys inherently possess different qualities. For instance, boys are often seen as brave while girls are thought to be easily scared; boys might gravitate towards cricket while girls are expected to stick to indoor games or kho-kho.
- However, it's important to recognize that differentiating between individuals solely based on their behaviours or qualities and accepting it as natural to any particular gender is unfair. Both boys and girls and people of any other gender are capable of displaying the same qualities and reacting differently in various situations—boys can feel fear, girls can exhibit bravery, anyone can participate in any sport, and everyone can excel academically, regardless of gender.
- One must refrain from discriminating against girls and boys based on preconceived notions about their qualities or behaviours.



Let's Remember

- In our society, we're taught from a young age that girls and boys are vastly different. We're led to believe that their thoughts and behaviours are completely distinct, reinforcing the idea that they have many differences. It's commonly assumed that boys are limited to certain activities while girls are confined to others.
- This mindset influences our thoughts, comprehension, and actions, leading us to presume our capabilities and limitations. These assumptions, however, lack a basis in reality, yet we hold onto them so strongly that they shape our perceptions of those around us.
- It is important that we examine and challenge these assumptions to ensure that everyone receives equal opportunities and respect.

Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ I liked it! ☐ I did not like it ☐ I am confused ☐ I am excited!



USE THIS SPACE TO TAKE NOTES, WRITE OR DRAW SOMETHING ABOUT THIS CLASS!

We are meeting next on

Date: _____ **Time:** _____



Getting to know our FAMILY



Discuss today's session with your family members when everyone has a moment, and discuss the following questions:

- **What is the most memorable incident from your childhood?**
- **What is your favourite thing about your best friend?**
- **When you were my age, what was your life like?**

Mother

Father

Instructions

Come! Let's sit with our parents and discover their favourite travel destinations. Colour the images and write about your parents' favourite place in the space provided below:





Paste your photo here

How did you feel after talking to your parents?



Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

- ☐ I liked it!



- ☐ I did not like it



- ☐ I am confused



- ☐ I am excited!



SOME MEMORABLE STORIES

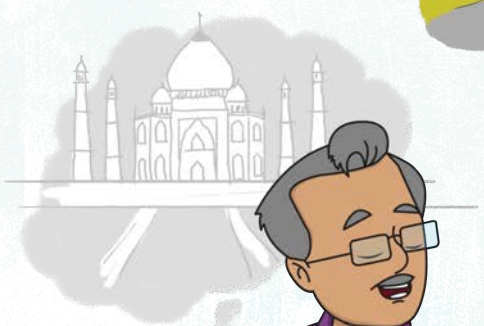
My Fun CORNER

Pinky, Pankaj and their parents are wondering if they get a one-day holiday, where would they go?

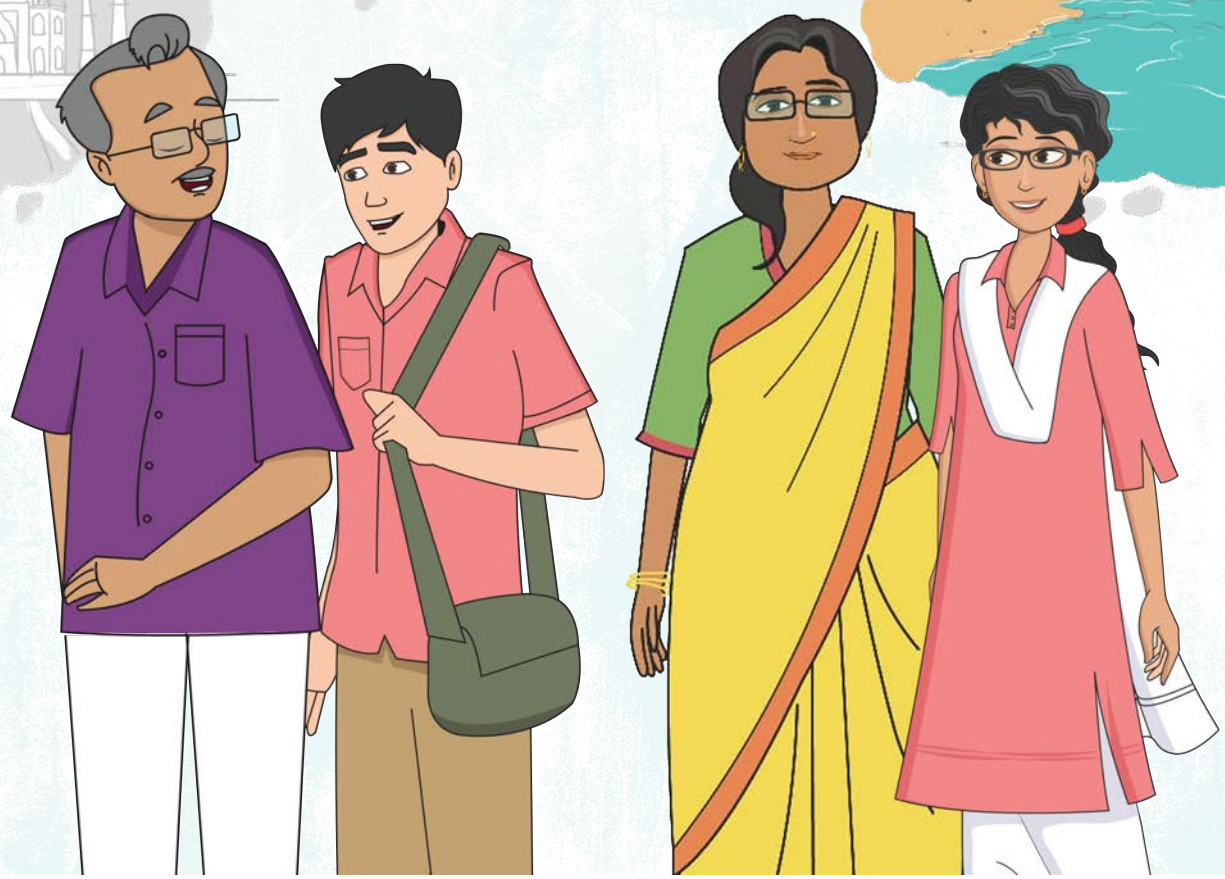
You can do this fun activity with your parents anytime!











Session 3
Whose Work is This Anyway?

Time Required: 40 – 45 Minutes



Let's Learn

In the previous session, we learnt about differences between different genders and understood that all of these differences are assumptions made by us, and are misleading and incorrect.

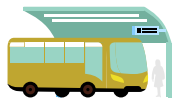
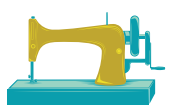
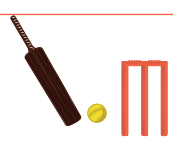
Today we will explore,

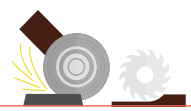
01 **The difference between the work done by girls and boys.**

02 **Improve our understanding on gender-based discrimination and why it is unacceptable.**

Let's Do It!

On the next page is a list of common activities. Check the box next to each activity according to who can perform them: a boy, a girl, or both. Review the list carefully, and mark the appropriate boxes based on the reality within your home and the community.

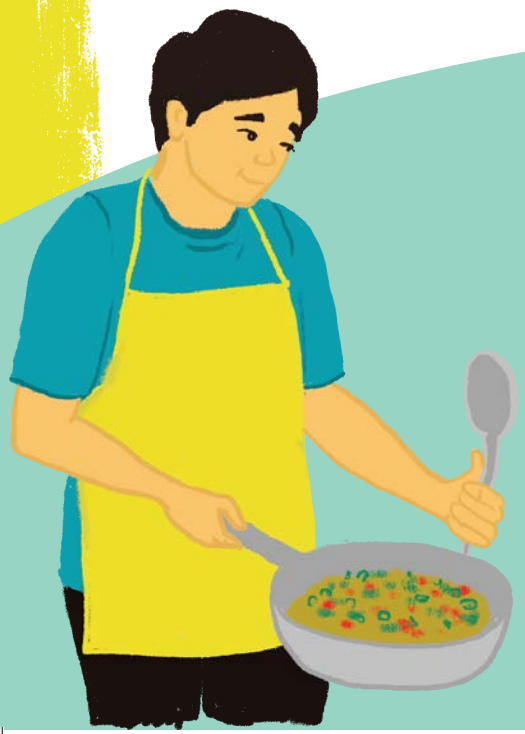
Activity	Male	Female	Both
01. Cooking 			
02. Washing clothes 			
03. Taking a bus 			
04. Cleaning 			
05. Going to office 			
06. Watching TV 			
07. Riding a bicycle 			
08. Going to the market 			
09. Sewing 			
10. Working on the farm 			
11. Playing cricket 			

Activity	Male	Female	Both
12. Studying 			
13. Looking after animals/livestock 			
14. Spending money 			
15. Going on a trip 			
16. Saying NO to giving or accepting dowry 			
17. Operating a machine 			
18. Talking on the mobile phone 			
19. Not tolerating any hitting or beating 			
20. Going out with friends 			
21. Earning money 			
Total			

Let's Think

Explain to students that

- There's no such thing as exclusively 'girls' work' or 'boys' work.' There's simply work that needs to be done, both within and outside the home. Traditionally, tasks inside the home are often labelled as 'girls' work,' while those outside are deemed 'boys' work.'
- However, any person regardless of gender can handle any task when given the opportunity to learn and practice. With sufficient training and practice, anyone can master any task.
- Discrimination arises when individuals are denied the chance to learn, perform, and practise certain tasks based on their gender.
- Every person deserves equal opportunities and the chance to develop their skills, regardless of gender.
- Household chores and outdoor tasks are equally important and interconnected. It is essential to be skilled in all types of work to care for ourselves and others effectively.



Let's Remember

- Gender discrimination happens when someone is treated unfairly solely because of their gender, disregarding their unique skills and abilities. It includes denying basic rights, opportunities, access to resources, mobility, and services based solely on gender.



- These negative behaviours limit opportunities and hinder growth for individuals of any gender. Society's perception of different types of work often determines the value of tasks typically associated with girls or boys.

- Traditionally, tasks outside the home, typically performed by boys, are esteemed more highly, while domestic work, often assigned to girls, is undervalued and lacks respect. However, all genders are capable of performing both types of work. Yet, due to gender norms, they may not receive equal opportunities to learn diverse skills.

- This unequal treatment leads to unfair judgments about their preferences and abilities solely based on gender, without considering their individuality. Additionally, assuming that all boys or all girls will conform to specific roles overlooks those who break these stereotypes.

Let's Share

How did you feel while doing this activity? Tick all the options that apply to you.

☐ **I liked it!** ☐ **I did not like it** ☐ **I am confused** ☐ **I am excited!**



Use this space to take notes, write or draw something about this class!

We are meeting next on

Date: _____ **Time:** _____



Our Everyday ROUTINE

Instructions

For this activity, we will speak to our parents and find out about their daily routines. You may know it already - but let's ask them and see what they say - how much fun will that be! This way we will also get to see if there are any tasks and activities done ONLY by one family member and what is their gender.

For example, every morning at 5:00 AM, Mom wakes up and gets us ready for school. Papa comes back from work at 8:00 PM. At 7:00 PM my elder sister cooks dinner. At 6:00 PM, my brother goes out to play, etc.



Next, we will write or draw in the timetable given below to show the routines of our parents and siblings. You may write one activity in front of each clock.

My Father's Routine

Now lets draw or write in the timetable below to show our father's day.








My Mother's Routine

Now let's draw or write in the timetable below to show our mother's day.

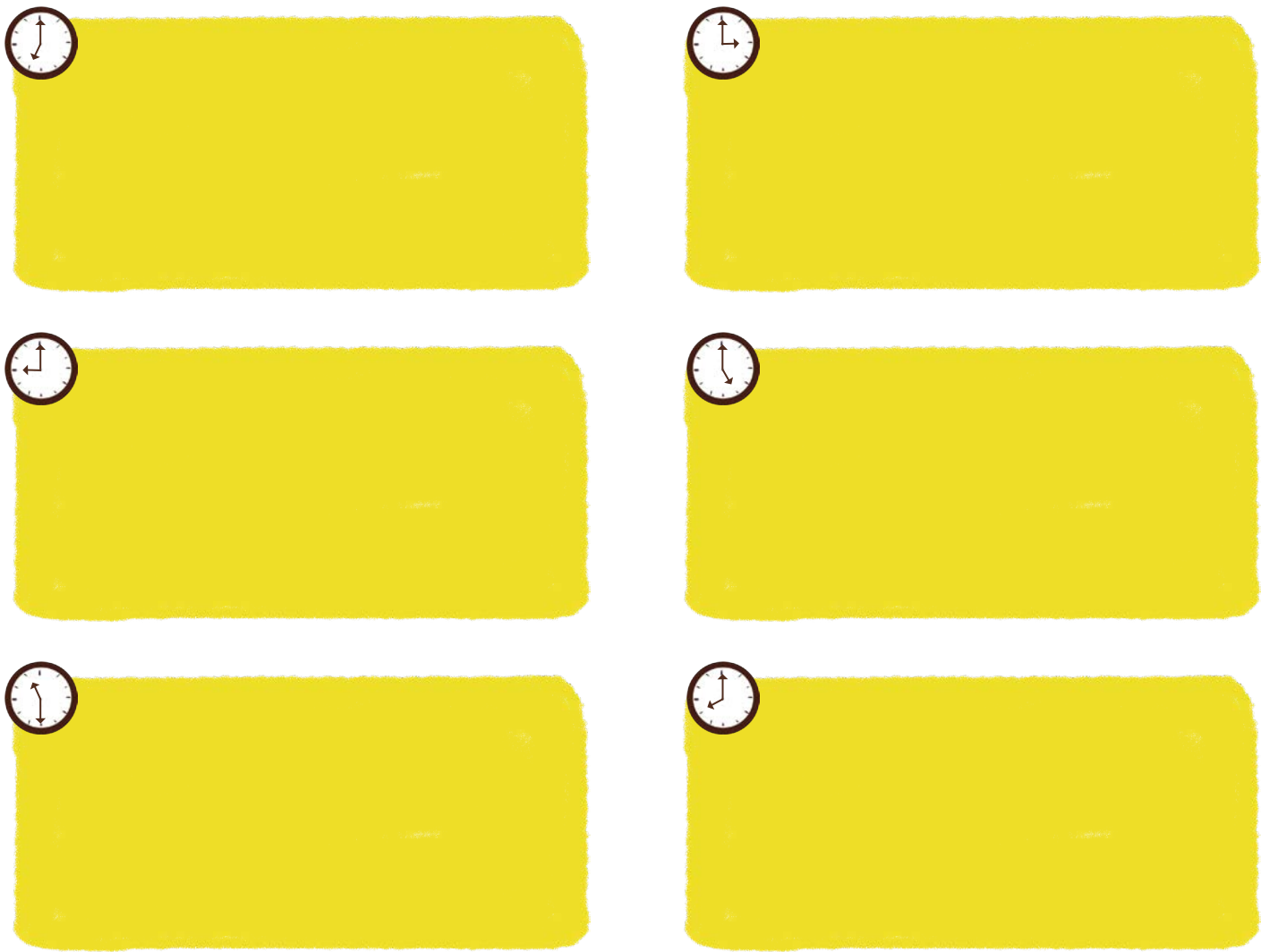







My _____ Routine

Now let's draw or write in the timetable below to show our sibling's day



Did you learn anything new?



Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

- ☐ I liked it!



- ☐ I did not like it



- ☐ I am confused



- ☐ I am excited!



SOME MEMORABLE STORIES

My Fun CORNER

Let us help Pinky and Pankaj clear this room! Colour the things that are not at their correct place.

