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From Personal Change to Community Transformation: Male Champion Training in Rautahat

By Sangeeta Shrestha, Director WAWCAS Nepal and Founder.

"A true Male Champion does not demand change from others; he begins by changing himself."

WAWCAS Nepal (Slisha) conducted a three-day Male Champion Training in Rautahat from 27 to 29 October 2026. Eleven Male Champions participated in the training.

The training aimed to strengthen men's understanding of gender equality and positive masculinity, promote respectful family relationships, encourage shared household and childcare responsibilities, prevent domestic violence and child marriage, and inspire men to become advocates for positive change in their communities.

Change Begins with Ourselves

The training started with an interactive discussion about what it means to be a Male Champion and what changes participants wanted to bring to themselves, their families, and their communities.

One of the key messages was that **we cannot ask others to change unless we are willing to change ourselves first.**

Participants reflected on their personal weaknesses, harmful attitudes, and traditional beliefs about masculinity. They discussed harmful messages such as "A real man never cries," "Men must control women," and "Men must always be aggressive."

Through these discussions, they explored positive masculinity, which emphasizes respect, care, responsibility, emotional awareness, nonviolence, support, and commitment to equality.



Reflecting on Our Behavior and Responsibilities

On the second day, participants reflected on their childhood experiences, the kind of men they had become, and who had influenced their understanding of manhood. They were also encouraged to think about how their actions affect their wives, children, families, and communities.

An important realization emerged: participants had rarely thought deeply about how their own behaviors affected their family members and communities.

Through group discussions and practical activities, participants developed learning sessions on:

- Identifying personal weaknesses and transforming them into strengths.
- Encouraging men's participation in household chores and childcare.
- Creating discrimination-free families and communities.
- Promoting family harmony and mutual understanding.
- Building equal and just homes and communities.
- Preventing violence.

Each group prepared objectives, key messages, stories, discussion questions, and interactive games to make learning more effective.

From Commitment to Action

A significant outcome of the training was the discussion and finalisation of the roles and responsibilities of Male Champions. Participants committed to:

- Change their own harmful attitudes and behaviors.
- Eliminate discrimination within their families and communities.
- Share household chores and childcare responsibilities with women.
- Prevent child marriage and promote equal opportunities for sons and daughters.
- Facilitate and manage two groups to promote positive change.
- Practice daily Sunrise Reflection and evening self-review.
- Remain accountable and fulfil their responsibilities sincerely.

At the end of the training, each participant developed a three-month action plan with specific activities and timelines.



Another important commitment was that **each Male Champion would transfer his knowledge and skills to at least one other person**, multiplying the impact of the training within the community.

After three months, a follow-up three-day training will be organised to review progress, share experiences, address challenges, and strengthen their efforts.

The Journey Ahead

The training was not simply about learning gender equality; it was about encouraging men to look within themselves, challenge harmful social norms, and take responsibility for creating positive change.

Building equal, safe, and peaceful families and communities requires the active participation of men.

When men change themselves, families change. When families change, communities change. And when communities change, a more equal and just society becomes possible.

The real success of Male Champions will be reflected not in what they learned during the training, but in the changes, they bring to their everyday lives and the lives of others.





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