



Gender Responsive Shelter Homes

Training for Shelter Staff

A Work Book

~ LCN Network ~



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LCN (Lam-Lynti Chittara Neralu):

In Khasi, Lam-lynti means 'to lead the way.

Chittara is a Telugu word that means 'star' and Neralu in Kannada refers to 'shelter'. Together, the expression means 'to lead the way to shelters under the vista of stars'.

This assortment of words reflects regional diversity and collaboration within the network, and an aspiration to assist in making shelters positive and empowering spaces offering rights-based support systems for women and trans persons.





Sex and Gender – Beyond the Binaries

1. We discussed different spectra in this session. Please take a few minutes to think and mark where you might be on each of these spectra.





Who is the Survivor?

2. Please put yourself in the shoes of a survivor you know. Write a similar "Survivor's Voice" based on the life of that person.





The Needs of Survivors

3. Imagine that the survivor from your case study is coming to this shelter home for admission. What all are the different things you would do to support the survivor?

a.

b.

c.

d.

e.

f.

g.

h.





The Impact on Children of Survivors

4. Imagine you are the child in the story. Please write in detail the feelings you would be going through.





Who Am I?

5. Who am I?

6. What all privileges do I have?

a.

b.

c.

d.

e.





7. What dis-privileges and constraints do I have?

a.

b.

c.

d.

e.

8. Why do I work in the Shelter Home?

9. What is my role in creating a safe and inclusive environment for survivors?





Responding Sensitively to Mental Health

10. Please note down all your thoughts on how you should respond to a person living with mental ill-health.

a.

b.

c.

d.

e.

f.

g.

h.

i.

j.





Self-Care of Staff

11. Please write 5 things you will personally do for your self-care.

a.

b.

c.

d.

e.

12. Please write 5 things you will do to support the self-care of others

a.

b.

c.

d.

e.





Notes





Notes





LCN ILAM-LYNTI CHITTARA NERLU IS AN INTERNATIONAL NETWORK THAT WORKS TOWARDS IMPROVED AND RIGHT-BASED SHELTER SERVICES FOR SURVIVORS OF VIOLENCE