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Autore	Cislaghi Beniamino
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Nota di contenuto	1. Introduction -- 2. Community Values and Aspirations as the CEP Arrives -- 3. Tostan's Instructional Strategies -- 4. Learning and Values Deliberations During the Democracy and Human Rights Sessions (DHRS), 2010 -- 5. One and a Half Years After the Democracy and Human Rights Sessions, 2011 -- 6. Long-Term Program Results -- 7. Analysis: How Values Deliberations Lead to Community Empowerment -- 8. Conclusion -- 9. References -- 10. Appendices.
Sommario/riassunto	This book describes how a program of values deliberations--sustained group reflections on local values, aspirations, beliefs and experiences, blending with discussions of how to understand and to realize human rights--led to individual and collective empowerment in communities in rural Senegal. The study explains what happens during the deliberations and shows how they bring about a larger process that results in improved capabilities in areas such as education, health, child protection, and gender equality. It shows how participants, particularly women, enhance their agency, including their individual and collective capacities to play public roles and kindle community action. It thus provides important insights on how values deliberations help to revise

adverse gender norms.
