

CARE Social Suppers Toolkit

Stand with us for International Day of the Girl



#SOCIALSUPPER

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Dear CARE Social Supper Host,

Thank you for bringing to the table your passion for social justice around the world! By hosting a CARE Social Supper in honor of International Day of the Girl, you're turning that passion into action — while rallying your friends and family to do the same over good food and good conversation. Recognized annually on Oct. 11, International Day of the Girl spotlights the challenges girls face every day around the world and promotes the fulfillment of girls' human rights as a necessary path to overcoming them.

CARE observes International Day of the Girl because we believe fighting for gender equity is the centerpiece in our fight against global poverty. Our more than seven decades of experience have shown us that women and girls aren't just the face of poverty. They hold the key to defeating it, too. Simply put, empowered women and girls lift up themselves, their families, their communities — their nations.

So we hope CARE Social Suppers like yours will raise awareness of the issues surrounding gender inequality in our world, creating opportunities for guests to learn, collaborate, reflect — and *act!* — together.

Hosts like you are vital to the success of CARE Social Suppers — the main ingredient for a dynamic evening of dinner and dialogue. We've prepared this toolkit to help ensure that yours goes off without a hitch. Thank you again for stepping up on behalf of girls everywhere — and for making your Social Supper one to remember. Please stay in touch with questions or simply to tell us how everything goes.

Best,
Your friends at CARE

care.org

PREPARING FOR YOUR EVENT

This toolkit will make hosting your Social Supper as easy as possible. It includes a to-do list that will lead you every step of the way to an enjoyable, worry-free Supper, and a discussion guide to ensure exciting and meaningful conversations. Let's get started.

While we can't help you prepare the dinner, we will help you prepare for the discussion. If you have questions about how to run the program, contact usasocialsupper@care.org

What's at every CARE Social Supper?

- Fun, food, drinks
- Discussion topics related to the challenges girls face around the world
- Passionate guests ready to make an impact through fundraising and/or advocacy

GETTING STARTED

CARE has compiled some tips and tricks for planning your event from start to finish:

Pick a time and location for your dinner: If you're new to hosting a dinner party, keep things simple. If you don't feel comfortable inviting attendees to your house, or lack the space, pick a quiet restaurant for dinner, or find a nearby park where you can host a picnic.

Create your attendee list and send out invitations: Decide how many people you'd like to attend — we suggest 8-10 people, but any number is fine as long as it's small enough for guests to interact with everyone at the table.

Think of friends, family members, colleagues or acquaintances you'd like to invite to your dinner. Invite a mix of people who are great conversationalists and have an interest in supporting opportunities for girls. Also, try to include people who may not be familiar with CARE. Send out invitations via email, over text or by creating a Facebook event for your attendees.

Begin donation requests: When you send out your invitations, consider asking your attendees to make a donation on the CARE Social Suppers website using the personalized URL, included in the welcome email that you received after registration. Or rather than bringing a bottle of wine or a dessert, suggest that your guests bring a donation to CARE to support our poverty-fighting work around the world. Remember, no amount is too small.

Sample Invitation:

Hey (name)!

I'd love to have you over at (location) on (date) at (time), for a dinner party.

You have a great point of view and I thought you'd be perfect for a little dining and dialogue. I, along with CARE, am celebrating International Day of the Girl, a day to recognize the issues that girls face around the world.

We'll gather together for some fun, and to discuss these issues, with an opportunity for you to take action afterward.

I will provide dinner and drinks, and in return, please consider making a small donation of \$20 or more to CARE, a global poverty-fighting organization that works in 94 countries around the world at (unique donation URL).

Let me know if you can make it!

(Sign off)

Assign a social media manager or “guru” before your Supper: Ask one of your guests to be the social media manager for the night. She will share photos, inspiring tidbits of conversation and fun event updates on Twitter, Instagram and/or Facebook, tagging CARE's accounts and using **#SOCIALSUPPER**.

- Follow CARE on social media:
 - Twitter: @CARE
 - Instagram: @careorg
 - Facebook: @CARE, [facebook.com/carefans](https://www.facebook.com/carefans)
 - Use: #SOCIALSUPPER for all of your posts across platforms

Plan your menu for the evening: The real star of your dinner will be the thoughtful conversation, so keep your menu simple. Take a look at our recipe ideas on the Resources page of the [CARE Social Suppers website](#) for some fun suggestions and make a shopping list, use a meal delivery service or decide to order takeout. If you are having a potluck, assign a meal item to each guest.

Plan for setting the scene: Check out the Resources area of the CARE Social Suppers website for tips on decor and music.

Do a little homework: Before your dinner, learn a bit more about the issues you plan to discuss with your guests. Then, plan some questions around topics related to girls' empowerment and the issues girls face around the world to start off your conversation. Check out some sample info for inspiration within this toolkit in the section entitled CREATING CONTEXT: CARE AND GIRLS AND WOMEN'S ISSUES.

Watch this video: Make sure you share this quick video with your guests. Girls in Malawi share their dreams and the results are beautiful, inspiring and heartbreaking. Dream With Her:

<https://www.youtube.com/watch?v=pGJJYik9o1Q&t=2s>

ALMOST THERE: ONE WEEK OUT

Reach out: Contact your guests with a reminder about your Supper and donation ask. Follow up with any non-responders.

Find a printer: Print the Discussion Questions and CREATING CONTEXT information.

Shopping: Purchase food and decor items or remind friends of what they will bring for a potluck.

Home prep: Prepare your home for your guests — are there enough seats at the table? Secure all equipment you'll need at the event, including tables and chairs, music player, etc. Finalize your soundtrack. Check out CARE's playlists on the Resources page of the CARE Social Suppers website.

Out of Home: Confirm any reservations or prepare picnic materials.

DAY OF THE DINNER — WHAT TO DO AT YOUR EVENT

Organize your supplies: Queue your music playlist, arrange nametags and table settings for guests, and gather any other party materials you'll need. Focus on making your table an inviting and comfortable space that fosters a sense of community.

Kick it off: Once your guests have arrived, invite everyone to get settled. Introduce your intention for gathering everyone for the evening by sharing why you have decided to host a dinner for International Day of the Girl. Include brief fundraising and advocacy asks.

Begin introductions: Invite your attendees to introduce themselves. Have them answer the following:

- Who are they?
- What unique talent or perspective are they bringing to the table?

Dig in: Start your meal and begin tackling the questions and conversation topics you prepared or use those provided in this toolkit.

Document your dinner: Remember to have your social media manager take lots of photos throughout the evening, and post them on Facebook, Twitter and Instagram, tagging CARE and using #SOCIALSUPPER. Make sure to also tag @CARE so we can push out your social content collectively to trend on social media.

- Follow CARE on social media:
 - Twitter: @CARE
 - Instagram: @careorg
 - Facebook: @CARE, [facebook.com/carefans](https://www.facebook.com/carefans)

AFTER YOUR DINNER

- Remember to celebrate your event on social media by posting pictures and event highlights on Facebook, Twitter, Instagram, etc. and use **#SOCIALSUPPER**. Send any stories or photos to usasocialsupper@care.org
- Thank guests via email and encourage them to visit supper.care.org to donate, take action or sign up to receive information from CARE.
- Help us improve the experience: Complete the post-event survey sent to your email account or email the survey included in this toolkit within one week of your Supper.
- Thank guests who made donations to CARE via your dedicated fundraising URL found in the welcome email.
- Send your attendee and contact information list to CARE so we can thank them too!

CREATING CONTEXT: CARE AND GIRLS' AND WOMEN'S ISSUES

Before your dinner, try to learn a bit more about the issues you plan to discuss with your guests. Then plan some questions around topics related to girls' empowerment and the issues girls face around the world to start off your conversation.

Check out our sample questions for inspiration to get started. Share with your guests before your Supper if you want to specifically discuss any of the content.

Watch:

- [Power of a Box](#)
- [Navigating adolescence is hard: the challenges that girls](#)
- [Educate a Girl, Change the World](#)
- [Education Over Marriage: One Girl's Journey](#)
- [#DreamWithHer: A Girl and Her Goats](#)

Read:

- [Why Women and Girls](#)
- [CARE and Education](#)
- [Child Marriage](#)
- [Gender Justice](#)
- [The Tipping Point: Virtual Photovoice Gallery](#)

ABOUT CARE

CARE believes poverty is an injustice, poverty is solvable, and that together we have the power to end it. For good. Working shoulder to shoulder with communities, we build relevant, sustainable solutions to defeat poverty, respond to humanitarian crises, ensure social justice and create a world where all people live with dignity and security. By investing in women and girls, our goal is to help end extreme poverty around the world. [care.org](https://www.care.org)

- CARE is an **international nonprofit organization**, focused on **fighting poverty in countries all over the world**.
- CARE was founded in 1945 just after World War II, shipping the original **CARE Package®** to people who needed food and lifesaving supplies in war-torn Europe.
- CARE **fights poverty for all by focusing on women and girls** because they are most affected, but also most effective in creating change in their communities.
- CARE USA is headquartered in **Atlanta, GA**, though CARE has programs and offices all over the world.
- Last year, CARE worked in **94 countries and reached more than 80 million people through 1,033 poverty-fighting projects** in Latin America and the Caribbean, Africa, Asia / Pacific regions, Europe and the Middle East.

CARE's programs focus on education and dignified work for women and girls, health and safety, access to sustainable and nutritious food, and emergency and disaster relief.

CARE AND WOMEN AND GIRLS

Women and girls make up the majority of the more than 800 million people living in extreme poverty. At CARE, we are committed to ending poverty — by attacking its root causes, not only its consequences. This means working to transform the political, social and economic relationships at the heart of poverty.

In practice, this means that we can't just build a school — we must ensure girls' rights to education. It means not only providing reproductive health information, counseling and care, but also fighting for every individual's right to be free from abuse or violence.

CARE places special focus on working alongside women and girls because, equipped with the proper resources, they have the power to lift whole families and entire communities out of poverty. That's why women and girls are at the heart of CARE's community-based efforts to improve education and health, create economic opportunity, respond to emergencies and confront hunger.

Some Examples

- CARE's **SOAR Schools** provide an intensive nine-month curriculum to help girls return to school, with a 95 percent success rate. Girls who attend school are less vulnerable to disease, tend to delay marriage and pregnancy, and are more likely to increase lifetime earning power.
- In Ethiopia, CARE's **Healthy Unions** program promotes the human rights of girls and women by decreasing the harmful traditions of bride abduction, bride price and early marriage.

The **TESFA project** worked to improve economic and sexual and reproductive health outcomes for the highly marginalized population of child brides – married, divorced and widowed adolescent girls – in the Amhara Region.

- Through **Village Savings and Loan Associations (VSLAs)**, CARE works with more than 5 million members (nearly 80 percent of whom are women) in 46 countries across Africa and in parts of Asia and Latin America. CARE pioneered the program in 1991 in Niger.
 - In Niger, 25 percent of women in Parliament are VSLA graduates.

Unlock Powerful Potential

Women and girls in the developing world are hit hardest by poverty. We deliver the knowledge and support they need to forge new opportunities.

ABOUT CARE ACTION!

CARE Action! is CARE's sister organization that influences policymakers and mobilizes citizen advocates in support of CARE's mission to fight poverty and empower women and girls globally.

To learn more visit careaction.org.

TIPS FOR DISCUSSIONS

A working definition of dialogue: We are here to engage in dialogue, which can be a more difficult and nuanced form of discussion. Please keep in mind that dialogue is not debate, which involves defending a particular position and trying to prove that the opposite position is wrong. In contrast, dialogue is about understanding people with different beliefs through the respectful exchange of ideas and views. In a successful dialogue, there are no losers. It is important to remind ourselves of the attitudes required to realize this kind of success. These are civility, collaboration and respect.

The guidelines:

- Everyone contributes
- Take no more than two minutes
- Share from personal experience
- Listen respectfully to the person speaking

Set expectations for your conversation: At your dinner, you'll be discussing big issues that can't be solved all at once. Be sure to set expectations with your attendees, letting them know that it's okay to spend time just getting to know the issues and figuring out what role they can play in creating lasting change.

Have just one conversation: Try to keep your table united in a single discussion, rather than a dinner with lots of individual side conversations. Sharing all of our ideas together can foster a more productive and interesting conversation.

Keep it civil: Your dinner isn't the place for a heated debate. Rather, acknowledge the value of various opinions and treat disagreements with respect, but continue to move the conversation forward.

Encourage everyone to use his or her voice: Everyone is different, and not all of your attendees will be extroverts. Be sure to encourage everyone to participate in the conversation in whatever way he or she feels most comfortable. Design activities for your dinner that encourage individual participation.

Team up to continue the conversation: Encourage your guests to work together to tackle the next steps you identify during your dinner. It can be as simple as exchanging contact information or setting a time to meet up for coffee — anything that will keep your conversation and your action moving forward.

Take time to brainstorm: Thoughtful conversation is great, but be sure to save time during the evening for your attendees to think about or write down what they plan to do following the discussion. This can foster collaboration and personal reflection, and will help your attendees take the conversation with them when they leave.

Have fun: Your supper discussion will include some serious topics, but that doesn't mean it should not be fun. Our suggestions aim to help create an atmosphere full of laughter, good company and delicious food.

DISCUSSION QUESTIONS

WATCH: If you haven't yet, watch this short video along with your guests, just to set the tone of the evening before you jump in.

Girls in Malawi share their dreams and the results are beautiful, inspiring and heartbreaking.

Dream With Her:

<https://www.youtube.com/watch?v=pGJJYik9o1Q&t=2s>

Please read aloud the Icebreaker, Topics and Questions for each Topic. Make sure that you end your dinner with the Take Action section, even if you miss a question or two. Here we go:

ICEBREAKER

If you could have any famous woman or girl, past or present, join us at the table, who would it be and why?

TOPIC 1: Our Dreams and Aspirations

Take a moment and think back to when you were young. Very young — around middle-school age — maybe 12 or 13. Do you remember where you lived, who you lived with? What was that one thing that made you really happy? Were you worried about anything? What did you dream of becoming when you grew up? Have you been able to live it?

QUESTION: If you are open to it, please share some of your 13-year-old self with us here.

These are aspirations of a few girls from CARE's Tipping Point program in Bangladesh, which is focused on preventing child marriage — let's see how they compare with ours:

- Get the children in the village educated
- Help my family financially
- Build a beautiful home with a garden
- Be self-reliant, become a teacher, police or doctor
- Be respected in society
- Lead a happy life
- Study law and pass the bar in London
- Build a house, buy a car and become a college teacher
- Become a football (soccer) player

QUESTION: How do these aspirations compare with your own? Which aspiration do you most relate to?

DISCUSSION QUESTIONS continued

TOPIC 2: Barriers

In countries where **girls can't go to school, access health care**, move about freely and safely in society, voice their concerns and opinions, **choose if, when and who they marry** and plan their own families, their futures and the wellbeing of their communities suffer.

We have identified a number of important barriers from around the world that critically impact girls' opportunities and development. They include:

- Violence — whether that is from a loved one, acquaintance or stranger
- Hunger and the effects of climate change, such as famine and drought
- Reproductive rights and access to information, care and sexual health services
- The ability to maintain control over their bodies after puberty and experience girlhood
- Restrictive social norms that box girls and boys into narrow gender roles — girls are not valued beyond being wives and daughters
- Emergencies and humanitarian crises
- Access to quality and relevant education

QUESTION: Which critical issue do you think is most important? Which one jumps out at you? Why?

TOPIC 3: Finding Control, Agency and Autonomy

One of the root causes of poverty is women's and girls' lack of control over their lives. But, once empowered by education, economic opportunity or choice, a woman can be a catalyst for positive change in her community.

QUESTION: Think of a time when you felt out of control. What were some barriers to your control? How did that make you feel?

TOPIC 4: Girls in Emergencies

This year's theme for International Day of the Girl is Girls in Emergencies. Girls are more likely than boys to be pulled out of school in crises and less likely to return. Crises have been shown to increase the rates of sexual assault and early and forced child marriage.

QUESTION: Think back to a time in your life when you felt unsafe. What did you do about it? What about the situation made you feel unsafe?

TOPIC 5: Supporting Girls and Women

Women and girls in the developing world are hit hardest by poverty and need access, knowledge and support to forge new opportunities.

QUESTION: Think of a time in your life when you were supported by someone when you needed help. How did that make you feel? Why? What was best about that experience?

DISCUSSION QUESTIONS continued

TOPIC 6: The Root of Poverty

Globally, over 800 million people live in absolute poverty and most of them are women and girls.

Over the past 71 years, CARE has developed a long perspective on what works to eradicate global poverty and promote human rights, and the number one thing we've learned is this:

- Poverty is only partly about money. Mostly, it's about power.
- CARE believes that at its root, poverty is about injustice and the systems and structures that deny the chronically poor access to the resources and opportunities that enable them to improve their lives.

Question: Understanding this, that poverty most affects women and girls, and that it is mostly about systematic power, what do you think that we can all do to change that? What are your thoughts?

What's the solution?

Invest in girls and women – they can bring about real, effective change!

CARE's work focuses deeply on promoting gender equality as a catalyst for effective, sustainable development. We:

- Empower girls and women to speak for themselves and have their voices heard and acted upon, including promoting inclusive governance.
- Help communities as a whole lift themselves out of poverty and gender discrimination by including men and boys alongside girls and women. We do this by addressing long-held cultural beliefs and social norms.
- Strengthen the capacity of poor people to hold powerholders accountable.

WRAPPING UP

Empowering women, girls and their communities to tackle gender discrimination and move toward more equitable societies is critical to addressing the root causes of enduring poverty.

- How can we be more involved in the fight for girls like the students from The Tipping Point program, or Malawian girls in the Dream with Her video to promote girls' human rights around the world? If you could pledge to take one specific action to help address the issues girls face, what would it be?
- What is your biggest takeaway from tonight's discussion?

ENDING YOUR EVENT: TAKE ACTION!

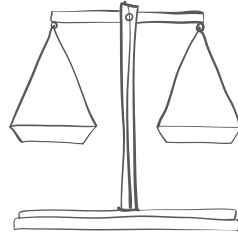
With your help, we can stand as a community to bring the attention needed to enact real, lasting change for the women and girls around the world who are impacted daily by poverty, social injustice and humanitarian crises.



FUNDRAISE

Every day, CARE helps people in the poorest communities in the world survive and thrive. Your gift will help us continue to lift children, women and families out of poverty around the world.

Refer back to the Welcome email that you received for your **unique fundraising URL**.



ADVOCACY

Raise your voice! Join CARE in advocating for policies that will empower women and girls and help to end extreme poverty?

The issues:

[Support Foreign Assistance](#)
[-#DontCutLives](#)

[Invest in Girls' Education](#)

[Support Healthcare for Women and Girls](#)



AMPLIFY OUR VOICE

Using your talents — online and offline — to raise important issues is critical to CARE's success. **Tweet, post, re-post, follow, talk to your community.** However you engage, you are a part of our extended voice.



GUEST SIGN-IN SHEET



supper.care.org | care.org

Name: _____

Address: _____

City/State/Zip: _____

Phone (with area code): _____

Email: _____

Interested in Volunteering

Name: _____

Address: _____

City/State/Zip: _____

Phone (with area code): _____

Email: _____

Interested in Volunteering

Name: _____

Address: _____

City/State/Zip: _____

Phone (with area code): _____

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Email: _____

Interested in Volunteering

Name: _____

Address: _____

City/State/Zip: _____

Phone (with area code): _____

Email: _____

Interested in Volunteering

Name: _____

Address: _____

City/State/Zip: _____

Phone (with area code): _____

Email: _____

Interested in Volunteering

HOST FEEDBACK FORM



supper.care.org | care.org

HOST NAME: _____

EVENT DATE: _____

NUMBER OF GUESTS: _____

Do you feel your event was a success? Please share any special highlights and pictures from your event.

Was CARE helpful to you in planning your event? Were your questions answered completely and in a timely manner? Did you receive requested materials in a timely manner?

Would you consider hosting another event for CARE? Please explain.

Yes _____ No _____

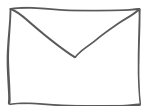
Let's Connect

ABOUT CARE

Founded in 1945 with the creation of the CARE Package®, CARE is a leading humanitarian organization fighting global poverty. CARE places special focus on working alongside poor girls and women because, equipped with the proper resources, they have the power to lift whole families and entire communities out of poverty. Last year CARE worked in 94 countries and reached more than 80 million people around the world. Learn more at care.org.

CONTACT

Got a good story to tell about your CARE Social Supper? Have questions?



usasocialsupper@care.org

SOCIAL



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instagram.com/careorg

CARE Action!

Make your voice heard by getting involved with CARE's advocacy network.

careaction.org

STAY INFORMED

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CARE Social Suppers: supper.care.org

Join CARE's mailing list: usasocialsupper@care.org

#SOCIALSUPPER

