

Action Breaks Silence 16-hour Primary Schools Programme Theory of Change

SUPER
IMPACT

Women and girls are free from all forms of male violence and from the threat of such violence.

OUTCOMES

Students know how to combat sexual harassment within their peer groups and how to become active bystanders when they recognise an example of VAWG	Violence against Women and Girls is an open topic of discussion between students, staff and caregivers within the partner schools	Girls are empowered to recognise different forms of VAWG and to resist.
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INTERVENTIONS

Upskill community members to become trainers to deliver the ABS programmes and to ensure multiplication of knowledge	Empowerment through Self-Defence Workshop	16-hour primary school intervention: The girls 'Empowerment through Self-Defence and Active Bystander' programme; Boys 'Hero Empathy and Active Bystander' programme and Teachers/Care-givers 'Self-Love and Self-Competence programme'	Youth Ambassador Programme to encourage education, mentoring and activism within schools	Undefining Masculinity Workshop
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INPUT

Students are shown how to break down gender stereotypes and understand gender equality	Students are encouraged to develop self-esteem and taught how to express their emotions in a healthy way	Schools introduce VAWG as a topic of discussion amongst staff, students and caregivers	Students are taught what it means to become an active bystander to resist end VAWG	Girls are taught resistance and empowerment self-defence
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BARRIERS

Insufficient programmes/classes that discuss VAWG in primary school environments	Reluctance to engage with the topic of VAWG within communities	Low levels of empathy and difficulty in expressing a range of emotions in a healthy way	Belief systems which support gender stereotyping and gender inequality	Girls are not encouraged nor supported to resist VAWG
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PROBLEM

Violence against Women and Girls and the threat of such violence, exercised through individuals, communities and institutions in both formal and informal ways, violates women and girls' human rights. It constrains their freedom, their choices and negatively impacts on their ability to achieve their dreams both personally and professionally.