

# Action Breaks Silence Empowerment Through Self-Defence Workshop Theory of Change

SUPER  
IMPACT

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

OUTCOMES

**Think:**  
Girls are able to understand self-defence is not just physical but is a belief that you have the right to stand up for yourself, and understand that VAWG is never their fault and is always unacceptable

**Feel:**  
Girls are confident and empowered to disclose violence/abuse and seek help and feel safe and heard when doing so. They have an improved sense of self-esteem and act on the feeling of empowerment.

**Do:**  
Girls recognise the different forms of violence and recognise the characteristics of an unhealthy relationship. They become active-bystanders and learn strategies to respond and resist VAWG.

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/Self-Competence workshop; and Women Empowerment through Self-Defence Workshop

Youth Ambassador Programme to encourage education, mentoring fundraising and activism within schools

Undefining Masculinity Workshop

INPUT

Myths of what self-defence is and who are the perpetrators are broken down

Gender stereotypes are broken down, and a belief in gender equality, empowerment and healthy self-esteem are built

Girls are taught what a healthy relationship looks like and what consent means

Positive role models are provided through both male and female facilitators

Girls are given a forum to talk safely and openly about sexual violence

BARRIERS

Societal understanding that martial arts and self-defence go hand in hand

Gender stereotypes and gender inequality belief systems

Lack of healthy relationships and consent shown in the media and within porn

Lack of physical empowerment for girls from a young age to counter VAWG

Absence of a safe space for girls to discuss VAWG within society and schools

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.