

## Action Breaks Silence Undefined Masculinity Theory of Change

SUPER  
IMPACT

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

OUTCOMES

<p style="text-align: center; color: red; margin: 0;"><b>Think:</b></p> <p style="text-align: center; margin: 0;">That they can be their own best friends Sexual abuse works on a continuum All forms of violence against women and girls in unacceptable</p>	<p style="text-align: center; color: red; margin: 0;"><b>Feel:</b></p> <p style="text-align: center; margin: 0;">Confident &amp; empowered to discuss their emotions Confident to show up as their authentic selves Safe and heard to share lived experiences</p>	<p style="text-align: center; color: red; margin: 0;"><b>Do:</b></p> <p style="text-align: center; margin: 0;">Recognise the characteristics of a healthy relationship Identify the different forms of VAWG Identify core values and set boundaries</p>
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INTERVENTIONS

<p><b>Train the Trainer:</b> Upskill community members to become trainers to deliver the ABS programmes and to ensure multiplication of knowledge &amp; skills</p>	<p><b>Undefined Masculinity Workshop</b></p>	<p style="text-align: center;">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</p>	<p style="text-align: center;">Youth Ambassador Programme Unite youth through education, mentoring activism and</p>	<p style="text-align: center;">Empowerment through Self-Defence Workshop</p>
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INPUT

<p>Myths of what self-defence is and the difference between martial arts and Empowerment Self-Defence.</p>	<p>Gender roles are broken down, and a belief in gender equality, expression and healthy self-esteem are built</p>	<p>Participants are encouraged to explore core values and understand what a health relationship looks like and what consent means</p>	<p>Positive role models are provided through both female and male facilitators</p>	<p>Participants given a forum to talk safely and openly about toxic masculinity and how patriarchy negatively impacts boys/men</p>
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BARRIERS

<p>Societal understanding that martial arts and self-defence go hand in hand</p>	<p>Gender stereotypes and gender inequality belief systems</p>	<p>Lack of healthy relationships and consent shown in the media and within porn</p>	<p>Lack of physical empowerment for girls from a young age to counter VAWG</p>	<p>Absence of a safe space for girls to discuss VAWG within society and schools</p>
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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.