

Action Breaks Silence Understanding 'Toxic Masculinity' Theory of Change

SUPER IMPACT

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

OUTCOMES

Think:
Participants are able to understand that toxic masculinity has had a negative impact on their lives and that their struggle to express emotions and address their mental health impacts everyone

Feel:
Participants feel like they can open up about how toxic masculinity has impacted them and their mental health. Participants also feel part of the solution to end VAWG instead of a possible perpetrator.

Do:
Participants recognise that toxic masculinity is a root cause of VAWG and gender inequality. They become active-bystanders and learn strategies to express their emotions and challenges.

INTERVENTIONS

Train the Trainer: Upskill community members to become trainers to deliver the ABS programmes and to ensure multiplication of knowledge

Understanding 'Toxic Masculinity' 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 Unite youth through education, mentoring activism and

Empowerment through Self-Defence Workshop

INPUT

Myths of what self-defence is and the difference between martial arts and Empowerment Self-Defence.

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

Participants are encouraged to explore core values and understand what a healthy relationship looks like and what consent means

Positive role models are provided through both female and male facilitators

Participants given a forum to talk safely and openly about toxic masculinity and how patriarchy negatively impacts boys/men

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.