



UK YOUTH AND PARENT EMPOWERMENT THROUGH SELF-DEFENCE WORKSHOP

Action Breaks Silence: Educates, engages and empowers to create a world free from the fear of gender-based violence.

This workshop is designed to include both youths and parents. As with most things in life, violence and abuse has evolved and, since the parents were teenagers, much has changed. When we held focus groups with young people in the UK, we realised that it was vital to involve the parents to help 'update' the safety strategies they discuss within their families. We firmly believe if schools, Action Breaks Silence and parents join forces, we will have a significant impact on our young people's safety.

Youth Violence and Abuse in the UK

- 47,600 reported muggings a year in London
- 1 in 3 girls and 1 in 4 boys will be sexually abused before they are 18 years old
- Both knife and gun crime increased by over 20% in 2018
- 93% increase in young people targeted by knives
- Half of all young people (irrespective of gender) reported emotional abuse, most often being shouted at or being called names
- One fifth of young people are exposed to physical violence (a greater proportion are female)
- Young people experience as much relationship abuse as adults

About Action Breaks Silence

Action Breaks Silence was registered as a charity in the United Kingdom in 2014 and became a recognised NPO in South Africa in January 2017. Action Breaks Silence delivers a community intervention that educates, engages and empowers communities to reduce sexual and gender-based violence. Action Breaks Silence engages primary schools as a micro-community and offers: The Empowerment through Self-Defence programme for girls; the Hero Empathy active bystander programme for boys, which challenges gender stereotyping and builds feelings of empathy and respect towards women and girls; an Gender Based Violence and Self-Love Educational Workshop for teachers and caregivers. We then engage the community surrounding the schools by upskilling and training young people that live in these communities to become Action Breaks Silence instructor and community role models.

All All funds raised from this workshop will go to Action Breaks Silence and will enable us to continue to deliver our community intervention, free of charge, at disadvantaged primary school in South Africa, as well as launching the community intervention at schools in London. Since 2013, Action Breaks Silence has engaged, educated and empowered over 55 000 beneficiaries in South Africa, India, the UK and the Dutch Antilles.

What happens in the workshop?

For the first hour parents and youth will be taught separately. This gives the instructors an opportunity to really be honest with both groups in an age appropriate way. The next section will involve learning tool and targets and finally all participants have an incredible opportunity to be 'attacked' by one of our highly trained and well-padded instructors. The workshop is very practical in terms of advice and physicality. No prior experience needed.

The workshop aims to:

- Educate, engage and empower both the youth and their parents
- Break down myths around violence and 'stranger danger'
- Empower participants to own their bodies and explore their dynamic strength
- Promote positive attitude and unleash inner warriors
- Build confidence in individual capabilities
- Reframe victimisation and fear
- Educate around fear, the adrenal dump and verbal diffusion skills
- Teach the 'fence position'
- Identify target point and ways to inflict pain





Venue Requirements

An empty, medium-sized, meeting room. A larger venue is required for groups of more than 40 participants.

Fitness Requirements

None. We only require attendees to advise us of any medical condition they feel may require consideration during training. All participants are required to sign an indemnity form.

Training Equipment

Action Breaks Silence will provide all necessary training equipment such as focus mitts, punch and kick pads as well as headgear but participants are required to wear exercise shoes.

Costing, Timings and Numbers Required

Community Workshops

Minimum charge of £1,125 per workshop (or £37.50 per person with a min of 30 participants).

3 to 4 hours in duration depending on numbers.

About Action Breaks Silence Founder and CEO, Debi Steven

All workshops are designed by Action Breaks Silence Founder, Debi Steven, who is driven by the belief that all girls and women should live a life free from the fear of sexual violence. She has a UK Master's Degree in Women and Child Abuse and has worked in South Africa, India, Curacao delivering Train the Trainer Workshops and teaching individuals, schools, universities and blue-chip companies. In 2018 Debi won the European Diversity Award for Inspirational Role Model and was voted as one of the Top 100 International Trailblazers. In the same year Action Breaks Silence won the National Diversity Award for Gender in the United Kingdom.



For further information please email

Debi Steven, CEO, at debi@actionbreakssilence.org

or visit actionbreakssilence.org (UK)

or actionbreakssilence.co.za (SA)



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GIFT AID DECLARATION

For past, present and future donations

Name of Charity: Action Breaks Silence

Please treat as Gift Aid donations all qualifying gifts of money made:

today [] in the past 4 years [] in the future []

Please tick all boxes you wish to apply.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Donor's Details

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Please notify the charity or CASC if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return this completed form to: debi@actionbreaksilence.org or post it to:

Att: Debi Steven, Action Breaks Silence, c/o Alex Redmond, 12 Hallmark Trading Centre, Fourth Way, Wembley HA9 0LB.