



MUMS & DAUGHTERS EMPOWERMENT THROUGH SELF-DEFENCE FUNDRAISING 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.

Gender-Based Violence in the United Kingdom

- 1 in 5 women in the UK will be raped in her lifetime
- 1 in 4 girls will be sexually abused before they turn 18 years old
- An average of 109 rapes are recorded each day (it is estimated that less than 10% of rapes are reported).
- 90% of women that have experienced sexual violence knew their perpetrators
- Around 85 000 women and girls report being raped in the UK each year (only 15% of rape survivors actually report their rapes)
- Every day of every year one girl is raped at school in the UK
- 2 women a week are murdered by their intimate partners in the UK

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; and 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 instructors 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?

The workshop is designed to provide women (and girls) with empowerment and physical self-defence training. The workshop is very practical in terms of advice and physical self-defence taught. No prior experience is needed and all the content derived from the context of the world we live in today.

The workshop aims to:

- Breaks down myths around sexual and gender-based violence and 'stranger danger'
- Dispel the 'monster' myth and understand who the real perpetrators are
- Reframe ideas of femininity and girls and women's bodies
- Empower participants to own their bodies and explore their dynamic strength
- Promote a positive attitude and unleash their 'inner warrior'
- Build confidence in their own individual capabilities
- Reframe victimisation and fear
- Educate around fear, the adrenal dump and verbal diffusion skills
- Identify target points on the perpetrators body 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

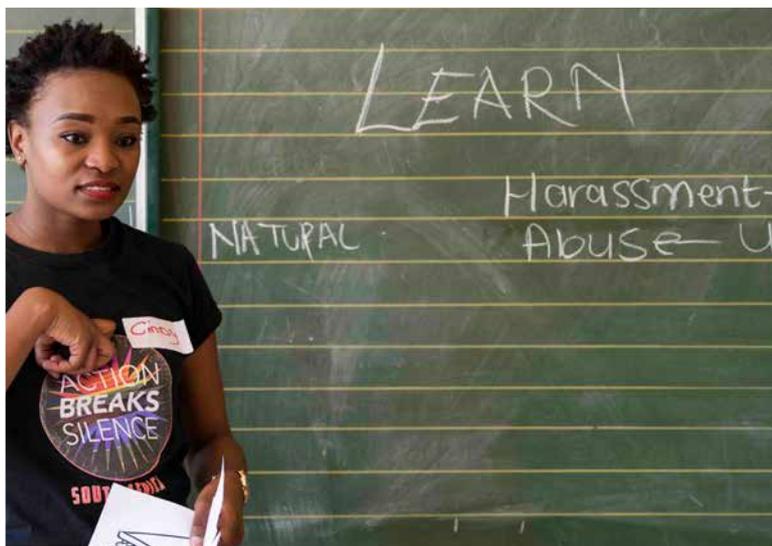
Mums & Daughters Workshops

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)



REGISTRATION AND BOOKING FORM

Date of workshop you are booking for:

Name of parent/adult attending:

Name of young person attending:.....

Telephone (H/mobile): (W):

Young Person's Age:

Email Address:

Venue of workshop:

1. It is my responsibility to advise the instructor(s) of any physical ailment or medical condition that may require consideration during training.
2. I understand that my absence from attending the workshop will in no way entitle me to a refund.
3. I undertake to adhere to the training rules that may be applicable during the course.

Signature (parent/guardian):

Date:





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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

Title:First name or initial(s):.....Surname:.....

Full home address:

.....Postcode:.....

Date:.....

Signature:

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.