



MUM & DAUGHTER EMPOWERMENT THROUGH SELF-DEFENCE WORKSHOP

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

Violence Against Women and Girls in the United Kingdom:

- 1 in 5 women in the UK will be raped in her lifetime
- 9 women and girls are raped every hour of every day - approximately 85,000 per year
- Every day of the year a girl is raped at school
- 2 women are murdered by their intimate partners every week
- 31% of young women (nearly 1 in 3) young women report having experienced sexual abuse in childhood
- It is estimated that less than 15% of rapes are reported and that conviction rates for rape are far lower than for other crimes - only 5.7% of reported rape cases end in a conviction for the perpetrator
- Approximately 90% of those who are raped know the perpetrator prior to the offence.

About Action Breaks Silence:

Action Breaks Silence is an educational charity, established to create a world free from the fear of Violence Against Women and Girls (VAWG) and the threat of such violence. To achieve this, a multi-pronged approach is adopted and actioned through the delivery of the Action Breaks Silence Community Intervention.

Our Founder and CEO, Debi Steven has worked alongside an international community of activists, academics and youth to design the Community Intervention aimed at profoundly changing the narrative on VAWG. A "Whole Schools Approach" (developed by AVA) is used to engage, educate and empower "all members of the school's community, including school governors, senior management, staff, students and parents" to end VAWG in schools and the surrounding communities.

The Action Breaks Silence Community Intervention, which tackles sexual harassment and sexual violence, also includes strategies to address gender equality and toxic masculinity that underpin this behaviour. The design and delivery of the intervention is guided by the Social Norms and Active Bystander Theories.

Action Breaks Silence became a registered charity in the United Kingdom in 2014. Action Breaks Silence is separately, a fully recognized charity in South Africa and India. All funds raised from this workshop will enable us to continue to deliver our community interventions, free of charge, at disadvantaged Primary Schools in London. Since 2013, Action Breaks Silence has engaged, educated and empowered over 100,000 beneficiaries.



What happens in the Empowerment Through Self-Defence Workshop?

For the first hour parents and youth will be taught separately. This gives the trainers an opportunity to really be honest with both groups in an age-appropriate way. The next section will involve learning tools 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 is needed.

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The Workshop aims to:

- Break down myths around sexual violence and “stranger danger”
- Lead participants to an understanding of the continuum of violence and how that impacts women’s lives
- Discuss core values and boundary settings
- Dispel the “monster” myth and understand who the real perpetrators are
- Empower participants to own their bodies and explore their dynamic strength
- Promote a positive attitude and unleash the “inner warrior” in all participants
- Build confidence in each participants’ individual capability
- Reframe victimization and fear
- Educate around fear, the adrenal dump and intuition
- Identify target points on the perpetrator’s body and teach physical self defence

Venue Requirements:

An empty, medium-sized meeting room with sufficient space. A larger venue is required for groups of more than 40 participants. No fitness requirements necessary. We require participants to advise us of any medical condition they feel may require consideration during training. All participants are required to sign an indemnity form. Action Breaks Silence will provide all necessary training equipment such as focus mitts, punch and kick bags. Participants are required to wear comfortable clothing, exercise shoes and face masks. Please email georgina@actionbreakssilence.org to get a personalised quote. The workshop is between 3-4 hours in duration, depending on the number of participants.

About Action Breaks Silence:

All workshops are designed by Action Breaks Silence Founder, Debi Steven. As a survivor, Debi is driven by the belief that all girls and women should live a life free from the fear of sexual violence. She holds a master’s degree in Women and Child Abuse from London Metropolitan University and has worked in South Africa, India, the United Kingdom and Curacao delivering Train the Trainer workshops and teaching individuals, schools, universities and blue-chip companies. Debi won the European Diversity Award for the most Inspirational Role Model and was voted as one of the Top 100 International Trailblazers. Action Breaks Silence won the National Diversity Award for Gender in the United Kingdom.

For further information, please visit: www.actionbreakssilence.org or contact the charity via our email: info@actionbreakssilence.org

