

SCHOOLS EMPOWERMENT THROUGH SELF-DEFENCE LEVEL 2 WORKSHOP

Violence Against Women and Girls in the United Kingdom:

- Over 900 students in 32 different schools expressed sexually inappropriate behaviour have become 'normalised' in the 2021 Ofsted report
- 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
- 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 unhealthy 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 is a registered charity in the UK. Action Breaks Silence is also 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.

Why are we focusing on secondary schools?

Violence Against Women and Girls including school related violence against girls is a human rights violation that impacts and manifests in sexual, physical, and psychological violence, and is underpinned by inequality, social norms, and toxic masculinity. Girls are raped, sexually assaulted, and sexually harassed at school, put under emotional pressure; and denied the equals rights to learn in a dignified environment. Teachers are often under skilled and unprepared to help. The Department of Education published advice for schools in September 2021 after evidence highlighted the sheer scale of the suffering girls experienced at school. It was suggested for school staff to have an external specialist provider who should work alongside the school to address VAWG in school settings. Students need to be empowered and educated to become active bystanders to stop male violence against female students. Ofsted's review supports this, finding sexual harassment and sexual violence was endemic and has a horrific impact on the lives of young girls. Girls are particularly vulnerable, with 90% of the victims of recorded rape offences are 13-15 years old in England. It is reported that 67% of girls have experienced sexual harassment at school, 29% of girls experience sexual harassment between 11-13. Programmes continued Government advised schools and colleges to include evidence-based prevention programmes (like that of Action Breaks Silence) through the school curriculum to tackle issues such as:

- Healthy and respectful relationships • What respectful behaviour looks like • Consent • Stereotyping, equality • Body confidence and self-esteem • Prejudiced behaviour • Sexual violence and sexual harassment is always wrong; and • Addressing cultures of sexual harassment

The Workshop aims to:

- In the long term, prevent abusive and violent behaviour against women and girls
- Break down the myths around violence against women and girls and "stranger danger"
- Dispel the "monster myth" and understand who the real perpetrators are
- Reframe ideas of femininity; and girls and women's bodies, empowering participants to own their bodies and explore their dynamic strength both mentally and physically
- Build confidence in their own individual capacities and unleash their "inner warrior"
- Reframe victimisation and fear
- Educate around fear, the adrenal dump and verbal diffusion skills
- Identify target points on the perpetrators body and resistance strategies

Venue Requirements:

An empty, medium-sized meeting classroom with sufficient space. A larger venue is required for groups of more than 40 participants. No fitness requirements necessary. We require participants to alert 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. Participants are required to wear comfortable clothing and exercise shoes.

For further information, please visit: www.actionbreakssilence.org or contact us on Mobile: +44 (0)7747 174270 Email: info@actionbreakssilence.org

What happens in the Level 2 Empowerment Through Self-Defence Workshop?

The workshop is designed to build on the skills learned during level one and empower our warriors even further. It is 80% physical and takes approximately 3-4 hours depending on numbers. The workshop is very practical both in terms of advice given and the tools that are taught. All the content derives from the context of the world we live in today. New content that will be taught on this level includes:

- A recap of all tools and targets from level 1
- **NEW** Verbal diffusion and assertiveness skills
- **NEW** Tactile and mirror drills
- **NEW** Ground work
- **NEW** Dealing with a knife attack
- Attack scenario (on the ground, knife and 2 against 1)



LEVEL 2 REGISTRATION AND BOOKING FORM

Date of workshop you are booking: _____

Name of youth attending: _____

Full name of Parent/Guardian: _____

Email Address: _____

Telephone (H/mobile): _____

(W): _____

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.

Parent/ Guardian signature: _____

Date: _____

Date: _____



GIFT AID DECLARATION

Boost your donation 25p of Gift Aid for every £1 you donate.

Gift aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

[] I want to Gift Aid my donation of £_____

Name of Charity: Action Breaks Silence

I confirm I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Donor's Details

Title: _____

First name or initial(s): _____

Surname: _____

Full home address: _____

Postcode: _____

Date: _____

Signature: _____

Please notify the charity 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: info@actionbreakssilence.org

or post it to: Action Breaks Silence, c/o Alex Redmond, 12 Hallmark Trading Centre, Fourth Way, Wembley HA9 0LB.