



SCHOOLS UNDEFINING MASCULINITY WORKSHOP

In order for Violence Against Women and Girls (VAWG) & the social norms that support it to be tackled within our communities a Whole Schools Approach is needed that includes engaging, educating and empowering all students to become active bystanders. Action Breaks Silence recognizes the pressure boys/men face to conform to gender norms associated with masculinity and the impact this could have on their mental health and wellbeing. The Undefining Masculinity Workshop is for ALL students.

Youth Violence and Abuse in the UK:

- One in three women experience abuse in their lifetime
- 61% of 18-24-year-olds feel UK society expects a man to "Man up" when faced with a challenge
- Girls with the age group 14 reported the most rape & sexual assault in England & Wales in 2023/24
- 71% of girls have experienced some form of harmful online content in their life-time
- 97% of perpetrators of sexual offences are male

About Action Breaks Silence:

Action Breaks Silence is an educational charity, established to create a world free from male 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 violence in youth relationships. 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 become active bystanders.

The Action Breaks Silence Community Intervention, which tackles sexual harassment and sexual violence also includes strategies to address gender equity 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 United Kingdom in 2013. Action Breaks Silence is separately a fully recognised 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 120,000 beneficiaries.



SCHOOLS UNDEFINING MASCULINITY' WORKSHOP

The Workshop aims to:

- In the long term, to prevent abusive and violent behaviour against women and girls.
- To discuss the impact of the patriarchy on all people.
- Build empowerment to express oneself emotionally, create healthy self-esteem, and develop confidence.
- To recognise different types of abuse.
- Raise awareness of what a healthy relationship looks like whilst identifying aspects of an unhealthy relationship.
- To understand the meaning of consent and its importance.
- Give participants a safe space to talk about their experiences with societal pressures.
- Provide a fun and aspirational learning environment for participants.
- To promote gender equity.

Venue Requirements:

An empty medium size meeting room with sufficient space and a projector to run the presentation. Group size is a minimum of 60 and up to 100 students. A larger venue is required for groups of more than 60 participants.

Students must be divided into mini-groups by the school ahead of our arrival and each group must have max of 10 participants. Groups must have a mixtures of personalities to encourage more active participation & discussions within the groups. They must be seated in separate groups before the workshop begins.

The workshop duration is 2 hours.

About our CEO:

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 Email: info@actionbreaksilence.org



SCHOOLS UNDEFINING MASCULINITY WORKSHOP



REGISTRATION AND BOOKING FORM

Date of workshop you are booking: _____

Name of child 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: _____





GIFT AID DECLARATION

Boost your donation by 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 then it is my responsibility to pay any difference.

Donor's Details

Title: _____

First name or initial(s): _____

Surname: _____

Full home address: _____

Postcode: _____

Email: _____ Telephone: _____

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.