



# EMPOWERMENT THROUGH SELF-DEFENCE WORKSHOP

## Violence Against Women and Girls in South Africa

- **10 818** Cases of rape were reported to the police in the 1st quarter of 2023. It is estimated that only 1 in 9 rapes are reported.
- **1 in 3** women experience physical or sexual violence by a partner in South Africa, as reported by Statistics South Africa in 2021.
- South Africa's female homicide rate is **5 x higher** than the global estimate and South Africa has the 4th highest female interpersonal death rate out of 183 countries listed by the WHO.
- It is estimated that **40% of women** in South Africa will be raped at least once in their lifetime.
- **1 in 4** men have admitted to rape in South Africa and many confess to attacking more than one victim.

## About Action Breaks Silence

Action Breaks Silence is a frontline delivery prevention charity, established to create a world in which women and girls can live free from male violence 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 to end violence against women and girls (VAWG).

Our Founder and CEO, Debi Steven has worked alongside an international community of activists, academics and youth to design the intervention with the aim of profoundly changing the prevailing narratives 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 tackles sexual harassment and sexual violence and includes strategies to address gender inequality and unhealthy masculinity which underpin harmful sexual behaviours. The design and delivery of the intervention is guided by the Social Norms and Active Bystander Theories.

Action Breaks Silence was established in the United Kingdom in 2014 and was registered as an independent NPO in South Africa in 2016. The Action Breaks Silence Foundation was registered in India in 2022. Since its inception, Action Breaks Silence has engaged, educated and empowered over 100,000 beneficiaries.

## What happens in the feminist Empowerment Through Self-Defence Workshop?

The workshop is designed to provide women and girls with empowerment and physical self-defence training. The workshop is very practical both in terms of advice given and the tools that are taught. No prior experience is necessary, and all the content derives from the context of the world we live in today.

### The Workshop aims to:

- In the long term, prevent abusive and violent behaviour against women and girls.
- Break down 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.
- Promote a positive attitude and unleash the "inner warrior" in all participants
- Build confidence in each participants' individual capability and unleash their "inner warrior".
- Reframe victimization and fear
- Educate around fear, the adrenal dump, intuition and verbal diffusion skills.

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## Venue Requirements:

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

## Fitness Requirements:

None. We require only that participants 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 and punch and kick pads. Participants are required to wear comfortable clothing and exercise shoes.

## Costing, Timings and Numbers Required:

- 49 participants or less      R10 000 (minimum charge)      Duration 2 - 2.5-hours
- 50+ participants      R250 per participant      Duration 2.5 - 3.5-hours

## About Action Breaks Silence Founder and CEO, Debi Steven:

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 in 2018.

## For further information, please visit:

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