



UNDEFINING MASCULINITY WORKSHOP

In order for violence against women and girls & the social norms that support it to be tackled within our communities, a "Whole School's Approach" is needed. This includes engaging, educating and empowering all students to become active bystanders. Action Breaks Silence recognizes the pressure boys and 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 designed for the whole school community.

According to recent research and statistics in South Africa:

- **28** Children are violently attacked every day; **3** of them do not survive (UNICEF)
- Between January and March 2023, **969** women were murdered (UNICEF)
- Statistics show that violence is profoundly gendered, with young men between **15 and 29 years old** disproportionately engaged in violence as both victims and perpetrators. (Parliamentary Monitoring Group)
- In many communities, youth and adolescents experience violence in a multi-layered social context, including in private and public settings. (Youth and Adolescents' Perceptions of Violence in Post-Apartheid South Africa: A Systematic Review of the Literature)
- Between **28 and 37%** of adult men report having raped a women (Safer Spaces)
- According to SADAG (South African Depression & Anxiety South Group) South African men are **4 times more** likely to commit suicide than women and are also more likely to use alcohol and drugs to cope with their depression - the mentality of violence and anger being the only acceptable emotions among men is still the norm.

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.

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The Workshop aims to:

- In the long term, prevent abusive and violent behaviour against women and girls.
- “Undefine” masculinity and discuss the negative impact of patriarchy on men and boys.
- Discuss gender stereotypes and develop a belief in gender equality.
- Build empowerment to express oneself emotionally, create healthy self-esteem and develop confidence.
- Raise awareness to 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 masculine pressures.
- Provide a fun and aspirational learning environment.
- Provide positive role models that champion gender equality and showcase healthy masculinity.

Venue Requirements:

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

A projector / screen and audio equipment for PPT & video presentation.

A white / blackboard or flipchart.

All participants are required to sign an indemnity form.

Costing, Timings and Numbers Required:

The workshop is between 2 - 2.5-hours in duration, is suitable for a maximum of 60 participants and attracts a fee of R10 000.

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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