

MASTER WORKSHOP LESSON PLAN: ENGAGING MEN AND BOYS IN ENDING VIOLENCE AGAINST WOMEN (DAY 1)

WORKSHOP: *Engaging Men and Boys in Ending Violence Against Women*

GOALS AND OBJECTIVES:

Participants will be motivated to take action in ending violence against women and girls, apply local knowledge and culturally relevant elements to engaging with boys in ending violence, and they will draft a plan to apply tools and knowledge from this training to their own community.

LEARNING OUTCOMES:

- Participants will learn the reasons and philosophy behind engaging men and boys in ending sexist violence and behaviours
- Participants will gain news skills in engaging boys aged 10-18
- Participants will have an increased knowledge of local resources to help with engaging men and boys in ending violence

OVERVIEW

This is day two of 2 day workshop for youth workers, teachers, service providers who work with youth, coaches, and those with experience working with youth.

TIME	Facilitator	WORKSHOP CONTENT	OBJECTIVES	SUPPLIES
10		Settling in time	Allow participants to get comfortable with the space, other participants, help themselves to coffee etc.	
20		Introductory Activities Check in about previous day Overview of Agenda	Allows participants to reflect on day one Allows facilitators to get a sense of where the group stands	Flip chart Markers
20		Continuum of Violence: (See activity guide for description) This activity explores the continuum of violence from most obvious to least obvious. Tool: Power and Control Wheel: Reaching Men (P.40)	Exploring what we see and don't see, gender stereotypes, ideas of power and control.	Activity guide

MASTER WORKSHOP LESSON PLAN: ENGAGING MEN AND BOYS IN ENDING VIOLENCE AGAINST WOMEN (DAY 1)

20		<p>Positive Power: See activity guide for description</p> <p>Debrief Questions: Have you ever intervened? What was that like? What’s scary about intervening? Are there times when we thought about it but didn’t? Why?</p>	Discuss intervening, acting, and options.	Activity Guide Markers Flip Chart
15		Break!!!		
40		<p>Role Playing and Practicing Intervening</p> <p>Scenarios?</p>	Allowing participants an opportunity to practice uncomfortable situations in a safe setting	
20		<p>Hot Moments (See activity guide for description)</p> <p>In this activity participants take turn responding to tough Qs. Include chance to contribute own examples.</p>	Allowing participants an opportunity to practice uncomfortable situations in a safe setting	Myth-busting fact sheet
10		<p>Discuss the importance of self-care:</p> <p>Hand-out self-care quiz.</p> <p>Reflection: What steps do you take to proactively prevent burn out?</p>	<p>Acknowledge the reality of burn out and the importance of self care</p> <p>An opportunity for participants to learn from each other about self-care strategies</p>	Self-Care Quiz
45		LUNCH!		

MASTER WORKSHOP LESSON PLAN: ENGAGING MEN AND BOYS IN ENDING VIOLENCE AGAINST WOMEN (DAY 1)

10		Energizer?	Bring the group energy up after lunch	
10		<p>White Ribbon Presentation: Discuss the campaign, brain storm events, and other ideas.</p> <p>Discussion: How do we hit different points on the social-ecological range?</p>	<p>Connect the work to a bigger picture</p> <p>Educate about White Ribbon</p>	
70		<p>Making it Happen</p> <p>Break out in to small groups. Review worksheets from the previous day, work in small groups to plan steps to implement lessons from training.</p> <p>Cause and Effect Activity: Helps group lay out a step-by-step plan to get the group from where they are to where they want to be.</p> <p>Discussion Questions: Who is our audience and where are they at? What is a realistic goal we can commit to right now? What are our resources in the community? How can we involve them? What are the key steps we need to take? Who is responsible for what? What are our timelines?</p>	<p>Allowing participants to figure out and action plan based on their community and what they have learned in the training</p>	
15		Break!		
30		<p>Toolbox of Alternatives (See activity guide for description)</p> <p>This activity reflects on the various different ways that it is possible to intervene, support, and proactively prevent violence.</p>	<p>Get participants to think about what they are taking with them from this training</p>	

MASTER WORKSHOP LESSON PLAN: ENGAGING MEN AND BOYS IN ENDING VIOLENCE AGAINST WOMEN (DAY 1)

		<p>Discussion: Discuss various different chances and opportunities to act/intervening: include brainstorming examples and stories.</p> <p>Debrief Questions: What are we each comfortable with? What are the kinds of actions we will realistically take? Are we comfortable teaching others about this? Why or why not? What are we worried about?</p>		
20		Review/ Check-in	Time to share reflections from the day	Talking stick?
10		<p>Evaluations/Stickers</p> <p>Have the group re-assess themselves on the continuum and have them re-sticker it.</p>	Explain how we use evaluations and that its important for our records	<p>Eval Forms</p> <p>Stickers</p>
15		Closing Prayer		