

LIMESTONE DISTRICT SCHOOL BOARD 2012-2013

STEP UP: Action to Refuse Violence - Boys' Workshops

Boys learn limits and value of 3 inherent human characters: *The Child* who gets picked on; *Tough Guy* who gets into fights; *Solid Guy* who teaches boys 'they can choose to fight for their right not to fight, and that it takes more courage not to fight and to respond without violence or abuse of any kind.

Topics and issues covered in boys' workshop include:

Assertiveness

- ❖ Connecting with their personal inner power & wisdom
- ❖ Standing up and speaking without violence
- ❖ Fear & anger management
- ❖ Verbal and non-verbal (body language) skills

Healthy Relationships & Peer Pressure

- ❖ Defining healthy relationships
- ❖ Building & respecting boundaries; consequences of harmful choices
- ❖ Preventing emotional, physical, sexual abuse
- ❖ Dating relationships, defining consent & the law
- ❖ Impact of pornography; sexting, internet luring; cyber-bullying

Cracking the Boys' Code

- ❖ Sex role stereotyping; myths about men & women
- ❖ Examining traditional masculinity
- ❖ Redefining what '*being a man*' means
- ❖ Exclusion, social cruelty, cyber-bullying; intimidation

Verbal, Physical & Social Violence, Abuse and Cruelty

- ❖ Words, gestures, putdowns, dirty looks as weapons
- ❖ Learning to speak up without violence
- ❖ De-escalating potential violence
- ❖ Sexual harassment; difference between hurting and flirting
- ❖ Deeper understanding of racism, sexism & homophobia

Physical & Sexual Violence

- ❖ Sexual Assault; Internet luring; sexual exploitation & extortion
- ❖ Guy-guy violence; guy-girl violence
- ❖ "*Stepping down*" with dignity; finding courage to protect his or her *right not to fight*

Use of 'street language' permitted in 'CONTEXT ONLY'. (Goal: learn to identify reasons for anger & to express anger without abuse, threats or verbal violence.)

Meri Marja-terttu MacLeod, Human Rights Education Advisor, LDSB STEP UP Violence Prevention Lead Staff & Facilitator, Level 2 SafeTeen Trained

Revised November 2012. Trained male facilitators implement boys program

STEP UP: Action to Refuse Violence - Girls' Workshops

Girls learn the limits and value of 3 inherent human characters: *The Child* who makes girls an easy target for assault, peer abuse, intimidation, luring; *The Tough Girl/Bitch** who fights back but gets herself into trouble, and *The Wise Woman/Strong Girl* who knows how to stand up for herself and for what she believes in without resorting to violence or abuse of any kind.

Issues and topics covered in girl's workshops include:

Assertiveness

- ❖ Connecting with personal inner power and wisdom
- ❖ Standing up and speaking up without violence
- ❖ Fear and anger management
- ❖ Verbal skills and '*Wise Woman*' body language skills

Healthy Relationships & Peer Pressure

- ❖ Understanding attraction to the "*Bad Boy*"
- ❖ Breaking abusive patterns
- ❖ Building & respecting boundaries; making healthy safe choices
- ❖ Identifying personal strengths; reclaiming power; refusing victimization
- ❖ Defining & understanding consent; challenging relationship assumptions
- ❖ Victim blaming
- ❖ Impact of pornography; internet luring; cyber-bullying & abuse

Verbal, Physical & Social Violence, Abuse and Cruelty

- ❖ Words, gestures, putdowns, dirty looks, mockery as weapons
- ❖ Refusing social cruelty and abuse of any kind [bullying, intimidation]
- ❖ Exclusion, gossip, rumours; cyber-bullying
- ❖ Sexual harassment
- ❖ Deeper understanding of racism, sexism, homophobia, social exclusion

Physical & Sexual Violence

- ❖ Intimidation
- ❖ Sexual assault; Internet luring; sexual exploitation
- ❖ Girl-girl violence; girl-guy violence & sexual harassment
- ❖ Difference between hurting and flirting
- ❖ Physical self-defense skills

'Street language'/swearing maybe permitted in 'CONTEXT ONLY'. (Goal is to learn to identify reasons for anger & to express anger without resorting to abuse, threats or verbal violence and so on.)

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