



„Because I am a girl”

“Just for boys”

Workshops for children and adolescents aged 11 to 15 to prevent sexualized violence

Subject:

Children who are familiar with their body and are able to understand and recognize their feelings are better able to identify boundary violations and to talk about them.

Children who are informed about their right of physical self-determination are strengthened and could easier get help.

Objectives:

Empowerment: Strengthening one’s self-esteem and resistance, promoting social skills (emotionality, empathy, perceiving the boundaries), informing children about their rights, showing them possibilities to get help (persons of confidence, offers of help).

Content:

- Feelings, relationships and responsibility
- Age adequate sex education
- Body awareness, comfortable and uncomfortable touches
- Saying Yes / No, perceiving and respecting boundaries
- Perceiving sexualized violence and sexual infringements
- Getting help!

Methods:

Group exercises, worksheets, stories, conversations and Q&A-rounds, creative and artistic forms of expression concerning needs and feelings, role plays...

Timeframe:

- 3 workshops per 3 hours each with the children
- 3 reflexive conversations with the class teacher after every workshop

Framework:

- Girls and boys separated; a female workshop leader for the girls and a male workshop leader for the boys
- Ideal group size: 6 to 12 participants
- Two separated rooms that offers enough space

Conditions:

- 1 further training for pedagogues (6 hours)

The training for teachers is officially recognized as a SCHILFF-training.

- 2 parents' evenings (1,5 hours each, one before and one after a workshop series)

The implementation of the further training and the parents' evenings is a condition for conducting the workshops for the pupils.

Costs:

3 workshops per 3 hours with 2 workshop leaders and 3 reflexive conversations with the class teacher:

- € 1.440,00 per class, incl. documents, plus travel expenses

Please note:

There is also a contingent of sponsored trainings and workshops. For information about conditions and capacities please contact us!

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