

BUILDING HEALTHY INTIMATE RELATIONSHIPS

GEAR *against* IPV

Gender Equality Awareness Raising *against*
Intimate Partner Violence



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The GEAR *against* IPV Approach

The **GEAR *against* IPV approach** (Gender Equality Awareness Raising *against* Intimate Partner Violence) is a coordinated action of **primary and secondary prevention of Intimate Partner Violence in adolescents' relationships** through interventions in the school or in other settings, that are guided by specially designed educational material and are aimed at secondary school students' awareness raising and empowerment by specially trained teachers.

The main aim is to promote the development of **healthy and equal relationships** between the sexes and the development of **zero tolerance towards violence** by raising teens' awareness on:

- a) the characteristics of healthy and unhealthy relationships
- b) the influence that gender stereotypical attitudes and socially imposed gender roles have on their relationships
- c) how power inequality between the sexes is related to psychological, physical and/or sexual abuse against women/girls and
- d) how adolescents can contribute to the prevention of all forms of gender-based violence.

Given the fact that almost all children and adolescents attend school, the **educational system**, at all levels, is the ideal setting for such an effort, where properly trained teachers can play a key role in the implementation of such interventions targeting the general population. The need for implementing in schools interventions related to gender stereotypes and equality, as a means of primary prevention of gender-based violence it is, therefore, imperative.

The **GEAR *against* IPV approach** is a proposal for systematic intervention in the school (or other) setting, where girls and boys are invited, through a series of experiential activities, to assess but also challenge their culturally "inherited" gender stereotypes and to approach differences between sexes as individual differences rather than as characteristics of superiority of one sex over the other.

The GEAR *against* IPV Approach

- ✿ uses exclusively experiential activities through which, adolescents are not taught, but guided to explore their personal gender stereotypical attitudes and their impact to their own lives, to "discover" and to exercise life skills that will help them to develop healthy relationships, free from any form of violence
- ✿ allows access to the general population of children/adolescents, even in remote areas
- ✿ has already been implemented and evaluated, on a pilot basis, and appears to be effective in increasing adolescents' knowledge and modifying their tolerant attitudes towards gender-based violence

addresses...

- ✿ **students** (12+ years old) of secondary education
- ✿ **adolescents** but also **young people** belonging to **high-risk groups** (e.g. have been exposed to intimate partner violence between their parents or experienced abuse and/or neglect during childhood)
- ✿ **secondary school teachers** and other **professionals** working in the school setting (e.g. psychologists, social workers)
- ✿ **professionals** and **organizations** that are active in the fields of health promotion and education, gender equality and prevention of gender-based violence, as well as to **professionals** who are providing services to adolescents belonging to high-risk groups
- ✿ **decision-making centers**, such as departments of Ministries of Education, and policy makers interested in promoting the integration of the GEAR *against* IPV intervention in secondary education's curricula.

- ✿ introduces gender equality in education as a violence prevention strategy, motivates and qualifies teachers with the necessary skills and the "know how" in order to implement such primary prevention interventions
- ✿ when integrated into the school curriculum, it enhances a) the preventive character of the intervention, as it conveys the message that schools and teachers do care about and take action towards gender equality and elimination of violence from adolescents' relationships, and b) the sustainability of such interventions, as teachers comprise a permanent "task force" at schools and, therefore, they can implement such interventions on a permanent basis

- ✿ consists a precise fulfilment of **Article 14 of the Council of Europe (2011) Convention on preventing and combating violence against women and domestic violence**. In this article, that concerns education, it is clearly stated that such type of "teaching material on issues such as equality between women and men, non-stereotyped gender roles, mutual respect, non-violent conflict resolution in interpersonal relationships, gender-based violence against women and the right to personal integrity, adapted to the evolving capacity of learners" should be included not only "in formal curricula and at all levels of education", but also "in informal educational facilities, as well as in sports, cultural and leisure facilities and the media".

The GEAR *against* IPV Educational Material

For the achievement of the objectives of the GEAR *against* IPV approach, a complete educational material has been developed in order to support the organization, preparation, implementation and evaluation of teachers' training seminars and adolescents' awareness raising Workshops, aiming to primary prevention of Intimate Partner Violence.

A **Master GEAR *against* IPV Package** -comprised of a **series of 4 booklets**- has been developed in such a way that it can be used by relevant organizations **as a model for the development of appropriately tailored and culturally validated National Packages** for any country. During the period 2010-2015, **National Packages** have been developed and evaluated **for 7 EU Member States** (Austria, Croatia, Cyprus, Germany, Greece, Romania and Spain) after translation, completion and cultural adaptation of the **Master Package**. The Master Package was originally developed in 2010 and revised and updated in 2015.

Booklet I. The Master GEAR *against* IPV Package and How to Develop your own National Package

It aims to provide information about the existence of both the material and the intervention and to guide the development of a National GEAR *against* IPV Package. To this end, Booklet I consists of three main parts: Part A provides information about the aims and technical characteristics of the GEAR *against* IPV approach, as well as the structure and contents of the Master Package's Booklets and the stages followed for its development, expert evaluation and revision.

Part B is a guide addressed to parties interested in developing a National Package for their country: namely, it provides guidelines on how to translate, complete country-specific information and adapt the content of the Booklets in order to be culturally appropriate for use in each country. Evaluation tools that can be used for validating the cultural adaptation are also provided (in Annexes).

Part C contains suggestions on how to effectively disseminate their National Package and to lobby in order for the GEAR *against* IPV intervention to be incorporated in the curricula of secondary education.

Booklet II. Guidelines for Conducting a GEAR *against* IPV Teachers' Seminar

Provides, in three separate sections, all of the necessary step-by-step instructions for the organization, implementation and evaluation of Seminars, along with useful tools (in Annexes); its aim is to achieve an, as much as possible, uniform and effective training of teachers who intend to implement the GEAR *against* IPV Workshops with secondary school students either in the same or in different countries.

Separate parts of the seminar focus on teachers' sensitization and training on: a) gender equality issues and gender stereotypical attitudes, as well as how these are related to IPV, b) how to handle cases of abuse (IPV or child abuse and neglect) and c) the methodology of organizing, conducting, monitoring and evaluating the GEAR *against* IPV Workshops in their classrooms.

Section B includes tables that were specifically created with the aim to link each part of the Seminar with the respective supportive material of Booklets III (Teacher's Manual) and IV (Students' Activities Book).

Booklet III. Teacher's Manual

Provides all information and material teachers need for the organization, step-by-step implementation, documentation and evaluation of the workshops in the classroom. The largest part of the Manual consists of a series of 45 experiential activities that are structured in three modules:

- ✦ Gender Stereotypes and Gender Equality
- ✦ Healthy and Unhealthy Relationships
- ✦ Intimate Partner Violence (IPV)

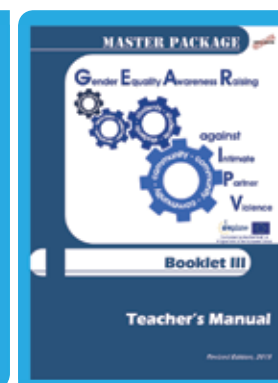
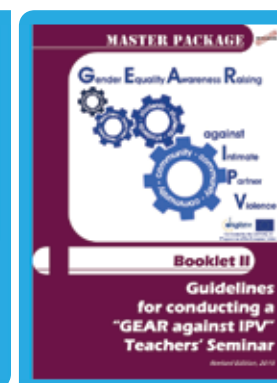
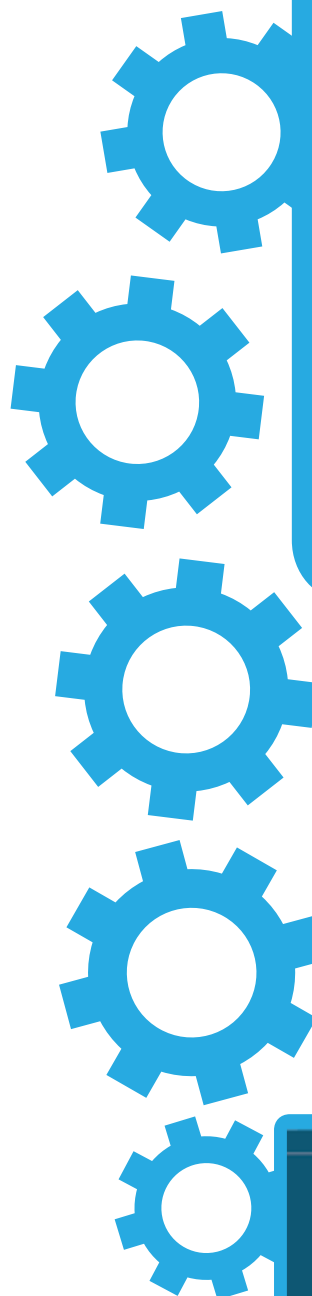
In order to facilitate the teacher, the activities are presented with the same structure: short introduction, learning objectives, duration, material and preparation, suggested step-by-step process, expected outcome and teacher's tips. The "Material and Preparation" section refers to the material included in Booklet IV that is necessary for each activity's implementation.

In Annexes, the workshops' evaluation tools are included, as well as useful theoretical and practical information concerning the specific issues addressed in each module of the Manual, in order for the teacher – before proceeding with the implementation- to have the opportunity to be properly informed on issues that probably s/he is not sufficiently aware of [e.g. Gender (In)Equality in the country, What is Intimate Partner Violence, How to react in suspected/disclosed child abuse or IPV].

Booklet IV. Students' Activities Book

Includes, in a ready-to-use format, all of the material (Worksheets and Handouts) necessary for the implementation of each activity described in Booklet III.

This Booklet has been structured in such a way that facilitates the implementer in locating and reproducing the respective material for each activity. Parts of the material can be used in the classroom, while there is also available material that can be given as homework to the students who participate in the workshops. Lastly, it includes informational and self-assessment material that can be distributed to adolescents for their own use, either at present or in the future.



MAIN ACTIVITIES OF THE GEAR *against* IPV APPROACH

Teachers' Training Seminars aiming to:

- ⚙ theoretical and experiential training of teachers on issues related to gender stereotypical attitudes, gender equality and gender-based violence in adolescents' relationships
- ⚙ capacity building and skills development for the implementation and evaluation of the adolescents' awareness raising workshops in school or other settings
- ⚙ development of skills related to identifying, handling and appropriate referring of cases of abuse of children and teens they may face.

The GEAR *against* IPV II Project in 5 countries (Croatia, Cyprus, Greece, Romania and Spain) includes the following activities

- ⚙ Mapping of preventive and supportive initiatives for IPV and Sexual Violence in adolescents
- ⚙ Development, cultural adaptation and evaluation of three **National Packages** (for Cyprus, Romania, Spain) and update of the existing Greek and Croatian National Packages (revised editions)
- ⚙ Implementation and evaluation of **seminars** for ~290 teachers and professionals [each seminar's duration: 24 hours]
- ⚙ Implementation and evaluation of ~1.300 **adolescents' awareness raising workshops** in secondary schools and other settings (minimum duration of each workshop: 13 teaching hours)
- ⚙ 5 **peer-to-peer informational and awareness raising campaigns on gender-based violence**, via material and messages that will derive from adolescents' creations during the workshops in each country
- ⚙ **presentation of the project's results** in 5 National Conferences with the active involvement of adolescents and teachers who participated in the workshops
- ⚙ **European Conference** in Athens, aiming to the wide dissemination of the GEAR *against* IPV approach and its results, as well as to the promotion of developing new National Packages for all EU Member States, candidate and potential candidate countries
- ⚙ Promotion and lobbying for the **incorporation** of the **educational material** and the adolescents' awareness raising **workshops in the school curricula** of secondary education.

Adolescents' Awareness Raising Workshops "Building Healthy Intimate Relationships"

Adolescents are offered, via experiential activities, the opportunity a) to assess and challenge –within a safe environment- their culturally "inherited" gender stereotypes and b) to explore the influence that gender stereotypical attitudes and socially imposed gender roles have on their relationships, as well as how power inequality between the sexes is related to violence against women and girls. Moreover, adolescents are provided with the necessary skills that will enable them to recognize –at an early stage- the unhealthy or even abusive characteristics of a relationship, and also empowered in ways that will enable them to create healthy relationships.

Therefore, the ultimate goal of the workshops is young people less tolerant towards IPV, more knowledgeable of the characteristics and consequences of gender-based violence and equipped with "protection skills" against intimate partner violence and other forms of gender-based violence, for both themselves and the people they know.

The long-term objective of the workshops is adolescents' relationships to be healthy and based on equality and mutual respect as, in such a relationship, the phenomenon of gender-based violence is impossible to occur.

The Master GEAR *against* IPV Package

can be used by any interested party for the development of culturally appropriate National Packages in every country. It can be used free of charge, but **ONLY for non-profit purposes** and if European Anti-Violence Network (EAVN) is notified in advance, the **copyright** is acknowledged in the developed material and a **copy** of the **National Package** is sent to EAVN.

More Information //////////////////////////////////////

regarding the National Packages and project's activities in partner countries, please contact with:

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⚙ **Cyprus: Mediterranean Institute of Gender Studies**

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⚙ **Romania: Association for Gender Equality and Liberty**

E-mail: contact@aleg-romania.eu

⚙ **Spain: Plataforma Unitària contra les Violències de Gènere**

E-mail: prouviolencia@pangea.org

regarding the project and its activities in EU Member States, the permission for developing a new National GEAR *against* IPV Package, the National Package and project's activities in Greece or for any other issue, you can visit the project's website (www.gear-ipv.eu) or contact with European Anti-Violence Network

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**VIOLATED
REFERENCE**

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**Title**

Gender Equality Awareness Raising *against* Intimate Partner Violence – II (GEAR *against* IPV - II)

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Partners

- ✱ Mediterranean Institute of Gender Studies (MIGS), Cyprus
- ✱ Center for Education, Counselling and Research (CESI), Croatia
- ✱ Association for Gender Equality and Liberty (ALEG), Romania
- ✱ Plataforma Unitària contra les Violències de Gènere, Spain
- ✱ The Smile of the Child, Greece

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