

Our Power, Our Privilege: Intro 2 Anti-Oppression: introduces principles and practices of anti-oppression and explains multiple forms of oppression. Interactive activities, media, and art are used to demonstrate ways that oppression affects youth uniquely, with respect to diverse identities such as gender, race, class, immigration status, sexuality, ability, and religion. Also includes self-reflective activities to help participants personally recognize oppression, power, and privilege.

Feeding or Starving the Hype: Youth At-Risk and Violence: links violence against women with issues many marginalized youth face, such as harassment, racism, bullying, involvement with the law, and gang violence. Focuses on identifying key issues and brainstorming ways of dealing with this social violence.

Speak Your Truth: Empowerment for Young Mothers (girl-only groups): helps young mothers identify and build upon healthy dating relationships. Explores what young mothers need in relationships and looks at physical, spiritual, financial, sexual, and emotional boundaries.

Love or Obsession? Stalking: explores the difference between romance, courtship, and persistent, unwanted attention. And helps youth identify and work towards healthy relationships.

Gender-Based Violence 101: introduces definitions and issues related to gender-based violence against girls and women in general, all within an anti-oppression framework.

Don't Make Me Repeat Myself: advocacy training on gender-based violence. Grounded in an anti-oppression framework, it focusses on how youth can advocate for change. It is geared to youth in Toronto but can be adapted to other locations. It is most appropriate for youth over 15 years of age with some level of leadership, anti-violence, and/or anti-oppression skills and training, whether formal or informal.

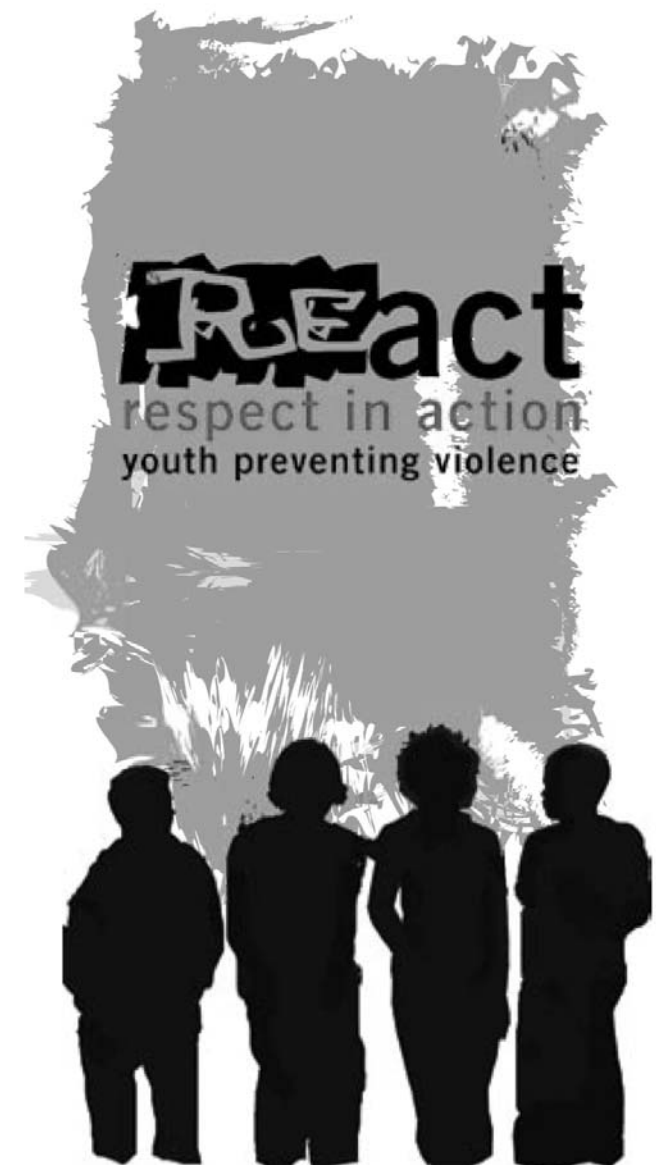
Youth Safety Audits: gives youth opportunity to take action on safety concerns in neighbourhoods, schools, and buildings. Participants share experiences of safety, explore how power imbalances lead to unsafety and violence, and learn how to conduct METRAC's Community Safety Audit. Groups have the option of conducting an audit themselves or requesting support from METRAC to assist with the audit up to four weeks after being trained.

ReAct Youth Resources

End the Silence! Respect in Action Zine: provides information on gendered violence, media, power, and oppression and youth services.

End the Silence on Violence at Home Zine: provides information on violence at home, including definitions, stereotypes, and youth services.

To order, contact METRAC's main line at 416-392-3135 or info@metrac.org, or order online at www.metrac.org/programs/info/order.htm.



A dynamic youth program of



Metropolitan Action Committee on
Violence Against Women and Children

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What is ReAct?

Respect in Action: Youth Preventing Violence (ReAct) is METRAC's unique peer education program. It's made of dynamic, diverse youth who facilitate interactive, peer-to-peer workshops, trainings, and speaking engagements on violence against women and youth. We raise awareness, foster discussion, and introduce existing community resources to challenge diverse youth and inspire them to prevent violence in their lives.

Workshops, Trainings, Assemblies, Speaking Engagements

Youth workshops are youth-friendly, youth-created, youth-led, and interactive and provide an empowering space for youth to learn. Workshops include an interview process to ensure the workshop meets the needs of participants. They compliment school curriculum and youth programming and are delivered as:

- mini workshops (1 to 1.5 hours, \$75 fee)
- full workshops (3 hours, \$150 fee)

School Assemblies are conducted with a maximum of 250 students and are between 45 minutes to 1.5 hours. Fees are \$300.

Training sessions are for youth, service providers, and educators, a minimum of 3 hours in length, and are conducted with a maximum of 30 participants. Please contact us for more information about scope, format, and fees.

Speakers are also available for other events and cover a range of topics. Please contact us for information about topic, format, and fees.

Workshop, Assembly, and/or Training Topics

Speak Your Truth: Empowerment for Young Women (girl-only groups): helps young women learn what empowerment is and helps them deal with pressures that might hinder their empowerment. Looks at physical, spiritual, financial, sexual, and emotional boundaries.

Going Beyond the Massacre: December 6th Remembrance: explores connections between sexism, daily occurrences of violence against women, and the December 6th Montreal Massacre. Includes media literacy activities that examines news perspectives in coverage following the Massacre and encourages critical thinking in all portrayals of violence against women.

Why the Looks? Bullying Between Young Women (girl-only groups): explores verbal, emotional, and physical violence between girls and young women outside of same-sex dating relationships. Identifies how anger and aggression between young women is expressed and explores underlying causes. Emphasis is placed on developing healthy ways of relating and ending bullying between girls.

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The Bully Factor: addresses different types of bullying (e.g. sexual, gender-based, sexual and physical). Brainstorms how youth can resist and challenge this bullying in their lives.

What's Love Got to do with it? Dating Violence: examines violence in youth dating relationships, including sexual assault, coercive sexuality, physical abuse, emotional abuse, and stalking. Discusses healthy and unhealthy relationships and how youth can be allies to their peers. Also available for LGBTTIQQ2S groups.

Tough Guise: Masculinity (boy-only groups): looks at male stereotypes and links them to gender violence. Includes a media literacy component on how masculinity is portrayed in popular culture and how men can build healthy relationships, become male allies, and support women experiencing violence.

Ending the Silence: Violence at Home: explores the impact of violence that can occur at home (e.g. physical, emotional, sexual and financial abuse). Discusses ways youth can resist family violence at home, how they can get help, and strategies to help peers dealing with family violence. Available in versions for junior high youth, secondary school youth, young moms, and newcomer youth.

Only Yes Means Yes! Sexual Assault/Date Rape: addresses violence such as partner rape, pressure to be sexually active, and the use of date rape drugs. Explores the impact of gender stereotypes and peer pressure on relationships.