

## For workshops

### **You Can Lean On Me: Supporting**

**Friends:**(effective as a follow-up to a workshop on violence) focusses on what young people can do to support each other and community resources that support youth.

### **Young People Surviving and Thriving: Self-**

**Care:** (effective as a follow-up to a workshop on violence) looks at what youth do to deal with violence and explores whether or not it really helps; options and barriers; and finding a path to healing.

## For trainings

### **Don't Make Me Repeat Myself:**

advocacy training on gender-based violence, grounded in an anti-oppression framework. It is geared to youth in Toronto but can be adapted to other areas. 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.

**Youth Safety Audits:** gives youth opportunity to take action on their safety concerns. Participants share experiences, explore power imbalances and learn how to conduct METRAC's Community Safety Audit. Groups can do an audit themselves or request support from METRAC to help them do an audit up to four weeks after being trained.

**"You want me to talk to who?!" Community Services and Supporting Youth:** explores how community services can support and build trust with youth; pros and cons of reporting; violence youth face; and what support young people are looking for from services.

## ReAct Written 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](mailto:info@metrac.org), or order online at <http://www.metrac.org/resources/resources.htm>.

## ReAct's Impact

Of 896 youth workshop participants surveyed in 2010: 56% said they learned "a lot" of new things and 38% said they learned "some" new things; 87% said ReAct Peer Facilitators did "great" and 12% said ReAct Peer Facilitators did "okay"; 86% rated the workshop "great" and 12% rated the workshop "okay".

Of 33 educators and youth workers surveyed in 2010: youth participants' response to workshops was rated at an average of 8.7 out of 10; ReAct Peer Facilitator performance was rated at an average of 9.3 out of 10; 100% said they would bring ReAct back; 100% said they would recommend ReAct; an average rating of 8.9 out of 10 was given to the question, "How well were your needs met?"; an average rating of 9.1 out of 10 was given to workshops overall.

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**ReAct**  
respect in action  
10 years of youth preventing violence

A dynamic youth program of



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<http://www.facebook.com/respectinaction>

## 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 (1.5 hours, \$100 fee)
- full workshops (3 hours, \$200 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.

## ReAct Topics

*(Visit <http://www.metrac.org/programs/outreach/outreach.htm#react> for more detailed descriptions.)*

### For workshops, trainings and assemblies

**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.

**Going Beyond the Massacre: December 6th Remembrance:** explores sexism, daily occurrences of violence against women, and the December 6th Montreal Massacre. Includes media literacy and critical thinking activities.

**Speak Your Truth: Empowerment for Young Women** (girl-only groups): defines empowerment, explores personal boundaries and addresses pressures that hinder empowerment.

**What's Love Got to do with it? Dating Violence:** examines violence in dating relationships and signs of healthy relationships. Also available for LGBTTIQQ2S groups.

**Why the Looks? Bullying Between Young Women** (girl-only groups): explores harassment and violence between young women outside of same-sex dating relationships. Emphasis is placed on healthy ways of relating.

**Tough Guise: Masculinity** (boy-only groups): links male stereotypes and to gender violence. Includes media literacy and how men can build healthy relationships and support women experiencing violence.

## For workshops and trainings

**Ending the Silence: Violence at Home:** explores violence that can occur at home and ways youth can resist it, get help and support peers. Available for junior high youth, secondary school youth, young mothers and newcomer youth.

**Only Yes Means Yes! Sexual Assault/Date Rape:** addresses sexual assault, pressure to be sexually active, date rape drugs, gender stereotypes and peer pressure.

**Our Power, Our Privilege: Intro 2 Anti-Oppression** (trainings and full workshops only): introduces concepts of anti-oppression. Activities, media and art show how oppression affects diverse youth. Includes self-reflection to help participants recognize oppression, power and privilege.

**Feeding or Starving the Hype: Youth At-Risk and Violence:** links violence against women with issues marginalized youth face such as harassment, racism, bullying, involvement with the law, and gang violence.

**Speak Your Truth: Empowerment for Young Mothers** (girl-only groups): defines empowerment, explores personal boundaries and addresses pressures that hinder empowerment.

**Love or Obsession? Stalking:** explores healthy relationships and the difference between romance and persistent, unwanted attention.

**Gender-Based Violence 101:** defines gender-based violence against girls and women within an anti-oppression framework.