

ReAct Workshops

“I’ve learned if I ever go through any violence with anyone, to always know where to get advice from, and how to handle those kinds of situations.” (Student)

“Relevant, educational, got the attention of students, thought provoking.” (Teacher)

“I’ve learned that there are different kinds of harassment and violence. I’ve learned now I could get help.” (Student)

“Well organized. Very interactive. Excellent content. It allowed the young women to voice their opinions and solve their own problems.” (Teacher)

“I [learned] that there are other women who are fighting against violence.” (Student)

“Very informative and well presented, especially the case studies. Group discussion worked very well.” (Teacher)

“I learned how to deal with friends that have violence in their relationships!” (Student)

“It was great! Continue this workshop to other schools.” (Student)

“My students were very receptive of the information. The students were well engaged ... all of them were having fun!” (Teacher)

“I [learned about] all the institutes or people you can turn to in a time of need - ‘You’re never alone!’” (Student)

“I learned that women do have a worth and should all be treated with respect.” (Student)

“[I learned] why people are in violent relationships. It’s not just about insecurity.” (Student)

ReAct Trainings

“I thought that this was a great experience that allowed me to open my mind to all the great knowledge about violence and it not only told you about the issue but gave you a path to promote change.” (Youth participant)

“I think this was a really good experience because it really helped me enhance my facilitating skills which I will definitely apply to areas of my life. In terms of violence against women, it really opened up my eyes to the seriousness of the situation, especially through learning the realities behind some common myths. It was also good to be able to hear opinions and voice my opinions with people who were really encouraging and willing to listen.” (Youth participant)

A ReAct Peer Facilitator's Story

Emily (a pseudonym) joined the ReAct program as Peer Facilitator when she was 18 years old. She didn't speak about it at the time, but she was involved in an abusive relationship. Emily didn't know how to deal with what was happening to her, even though she suspected that something was wrong. "I knew a little bit about abuse from other community programs I participated in, but the Peer Facilitator orientation training with ReAct helped me to see my boyfriend's behaviour and I chose to end the relationship." Emily also used her personal story and experiences of abuse to better relate to diverse young women and young men in the ReAct Program. "When you can talk from a real place, youth really can relate and connect to what you're saying."

Emily says her involvement in the ReAct Program helped her to turn her life around. "I really grew," she explains, "not only inside. I got the skills and self-esteem I needed to get into healthy relationships." She firmly believes that METRAC's support was crucial to her ability to graduate from high school and college, and it inspired her to get into community work and become the active youth leader she is today.

"Most programs end after the funding is done," Emily says. "I'm so encouraged that METRAC has insisted on supporting youth through this program, despite the challenges. If we can put ourselves out there to support youth, others can and will too." Emily is a firm believer in ReAct's work and METRAC's approach. "What makes ReAct and the way we address violence so special is that we really support and believe in youth - victims and those who may abuse or may get abused. I can say that METRAC taught me how to love myself."

For additional questions, please contact ReAct at 416-397-0258 or react@metrac.org.