

Beyond Silence HandBook



Co-funded by
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Project name: **Beyond Silence**, Agreement number: 2023-3-RO01-KA210-YOU-000172946
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S E C T I O N

01

P R O J E C T
D E S C R I P T I O N



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PROJECT DESCRIPTION

Main aim: to address the pressing issue of domestic violence among young women by providing them with support, empowerment, and opportunities for personal growth.

The project also seeks to equip youth workers with the necessary knowledge, skills, and resources to effectively support and advocate for these young women.

Objectives:

- To provide a safe and inclusive environment for young women who have experienced domestic violence to share their stories, express themselves, and heal from their trauma.
- To empower young women by fostering self-esteem, self-confidence, and resilience through workshops, mentoring, and creative activities.
- To equip youth workers with a comprehensive understanding of domestic violence, including its causes, effects, and available support systems.

- To enhance the skills of youth workers in providing appropriate and effective support to young women who have experienced domestic violence.
- To develop a toolkit and training materials for youth workers, providing them with practical strategies and resources to support young women in their communities.

Activities:

- Kick-off meeting in France.
- International Training in Romania.
- Creative Therapeutic Activities in Turkey.
- Advocacy in Lithuania: Conference on domestic violence's impact on young women and youth workers' role.





- Public awareness campaigns on domestic violence, creating referral networks with local organizations.
- Intellectual Outputs Development: Toolkit for youth workers, training materials, and an informational booklet for young women.
- Creation of a network of empowered young women and trained youth workers, fostering collaboration and knowledge sharing beyond the duration of the project.
- Long-term sustainability of the project outcomes through the dissemination of materials, ongoing training, and partnerships with local organizations and institutions.

Expected results:

- Empowerment and improved well-being of young women who have experienced domestic violence.
- Enhanced knowledge and skills of youth workers, enabling them to provide more effective support and advocacy for young women.
- Increased awareness and understanding of domestic violence among the community, leading to reduced stigma and increased reporting of incidents.



S E C T I O N

02

P A R T N E R S



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Asociația Sustine
Invest in people

SUSTAIN ASSOCIATION

Website:

<https://sustine.org/>

Instagram:

<https://www.instagram.com/asociatiasustine/>

Facebook:

<https://www.facebook.com/asociatiasustine>

LinkedIn:

<https://www.linkedin.com/in/asociatia-sustine-b3b58223/>

The "Sustain Association" is a newly established association based in Iasi, Romania and which wants to get involved in youth projects, circular economy but also in the area of disadvantaged people.

We are aware that change comes from everyone and we will try to change the European & Romanian society starts with each person. In Romania, we are tired of the failure of the Romanian state and we want to invest time in projects based on education, formal or non-formal.

The more young people we have educated in Romania, the fewer criminals we have, the less socially assisted and the more young people who will never leave Romania for the sake of a better life, in Western countries.

Objective:

- Identifying partners who have the same field of activity and objectives as the "Sustain
- Association" to carry out formal and non-formal education projects;
- Identification and promotion of businesses that represent operating models limited to the sustainable economy;
- Carrying out research-development and innovation projects in the field of sustainable development;





Asociația Sustine
Invest in people

SUSTAIN ASSOCIATION

- *Carrying out any other actions that lead to the sustainable development of the local community;*
- *Carrying out actions, awareness, and presentation of the importance of environmental protection, but also climate change;*
- *To inspire, empower and raise the overall climate change and environmental awareness amongst European youth,*
- *To engage young people in intercultural learning and dialogue processes through non-formal education;*
- *To promote the Sustainable Development goals by educating and inspiring the youth;*
- *To foster youth participation, active citizenship, and involvement in democratic processes at local and European levels;*
- *To raise awareness on various educational opportunities available for young people through Erasmus+ and other sources;*
- *To improve young people's competencies, and help disadvantaged persons.*





IOVA

GENCLIK KULTUR, SANAT VE GELISIM DERNEGI

IOVA

Website:

<https://iovayouth.org/>

Instagram:

[https://www.instagram.com/i.ovayouth?](https://www.instagram.com/i.ovayouth?igsh=MXZ3dnFhYWpxbzZicQ==)
[igsh=MXZ3dnFhYWpxbzZicQ==](https://www.instagram.com/i.ovayouth?igsh=MXZ3dnFhYWpxbzZicQ==)

Facebook:

[https://www.facebook.com/share/eoUTxoXGG6pBvmp1/?](https://www.facebook.com/share/eoUTxoXGG6pBvmp1/?mibextid=LQJ4d)
[mibextid=LQJ4d](https://www.facebook.com/share/eoUTxoXGG6pBvmp1/?mibextid=LQJ4d)

Youtube:

[https://youtube.com/@iovayouthartandculture8655?](https://youtube.com/@iovayouthartandculture8655?si=mqwlAWURgo2O5K_x)
[si=mqwlAWURgo2O5K_x](https://youtube.com/@iovayouthartandculture8655?si=mqwlAWURgo2O5K_x)

Our association was established to contribute to the improvement of youth policies, to provide support and solidarity among young people, to encourage their entrepreneurial spirit, to help them gain knowledge, skills and competence, to work in disadvantaged regions all around the country, to support, design and carry out studies aimed at contributing to collective harmony among young people.

Goals of Our Association

- Developing systems in which all segments of society, especially disabled people, immigrants and disadvantaged communities, can be involved in decision-making processes,
- To create activities that will enable young people to develop national and international social responsibility projects aimed at solving the country's problems and to support young people in their projects -To prepare national and international social projects for young people and disadvantaged young people (young people with physical or mental disabilities due to geographical or other reasons) and to participate in these projects and to carry out these projects together with young people,



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IOVA

GENCLIK KULTUR, SANAT VE GELISIM DERNEGI

IOVA

- *To engage in international activities, to become a member of associations or organizations abroad and to cooperate with, assist or provide participants with these organizations,*
- *To improve the quality of education, to ensure cultural dialogue and to promote language learning, to organize training courses for educational programs and to cooperate with European Union countries and other countries,*
- *To inform and encourage entrepreneurship*
- *To prepare regional development, international projects and EU-supported (Erasmus Plus) projects, to participate in these projects as partners or associates and to send participants, -To support innovative projects that aim to reduce inequalities in learning outcomes affecting students with disadvantaged backgrounds/less opportunities, including students with disabilities*



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The European Center for Human Rights (ECHR)

Website:

www.european-echr.eu

Instagram:

[echr_europe_](https://www.instagram.com/echr_europe_)

Facebook:

<https://www.facebook.com/echr.strasbourg>

The European Center for Human Rights (ECHR) is an independent, non-profit legal and educational network dedicated to protecting civil and human rights. It was founded in 2015 by a small group of renowned human rights activists, in order to protect and enforce the rights guaranteed by the European/Universal Declaration of Human Rights, as well as other declarations of human rights and national constitutions, by juridical means. ECHR engages in innovative strategic litigation, using European, international, and national law to enforce human rights and to hold state and non-state actors accountable for egregious abuses. ECHR engages in innovative delegation offices of the Council of Europe and European Delegation in the world.

Objective:

1. Promoting Human Rights
2. Monitoring Human Rights and
3. Protection of Human Rights

Our Work:

We lobby and advocate for European leadership and collaboration with like-minded Council of Europe and European Delegation to vigorously oppose dictators and oppression. We amplify the voices of those struggling for Human Rights in repressive societies and counter authoritarian efforts to weaken international scrutiny of their regimes. We lobby/advocate for European leadership and collaboration with like-minded Council of Europe and European Delegation to vigorously oppose dictators and oppression. We amplify the voices of those struggling for Human Rights in repressive societies and counter authoritarian efforts to weaken international scrutiny of their regimes.



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Asociacija IVAIGO

Website:

www.ivaigo.lt

Instagram:

www.instagram.com/ngoivaigo

Facebook:

www.facebook.com/ivaigongo

Asociacija IVAIGO leverages its expertise in sustainable development and youth policy to support young women affected by domestic violence. With a strong background in social research and international partnerships, the organization enhances project efforts by fostering creativity and critical thinking, essential for the workshops and mentoring programs planned. Their collaborations with NGOs and partnerships with local municipalities like Ukmerge and Vilnius bolster their capability to implement effective educational initiatives. Asociacija IVAIGO's commitment to empowering youths, especially those from marginalized groups, aligns closely with the project's goals, making them a vital contributor to its success.



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S E C T I O N

03

DOMESTIC VIOLENCE
SITUATION AMONG WOMEN
IN EACH PARTNER COUNTRY



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ROMANIA

According to the data of the General Inspectorate of the Romanian Police:

In 2020, approximately 27,000 cases of domestic violence were reported, and 80% of the victims were girls and women.

In 2021, there were approximately 30,000 incidents of hitting or other forms of domestic violence. Tragically, 38 women and two girls were killed by their partners or family members. 237 women and girls were victims of domestic rape, and 392 cases of harassment were reported.

The situation did not improve in 2022 when 42 women and 4 children lost their lives due to domestic beatings and abuse. Nearly 40,000 women and 9,000 children fell victim to domestic violence that year.

These figures underline the scale and continuing seriousness of domestic violence, highlighting the urgent need for firm action to protect victims and combat this scourge at the national level.



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TURKEY

The situation of domestic violence in Turkey remains critical, with systemic issues in protecting victims and holding perpetrators accountable. Despite legislative measures and the establishment of institutions like the Violence Prevention and Monitoring Centers (ŞÖNİM), enforcement is inconsistent. For instance, while preventive and protective orders are available, their effectiveness is undermined by inadequate enforcement and monitoring. Many women remain vulnerable to ongoing abuse even after obtaining court orders, and some have been killed despite these measures being in place.

Turkey's withdrawal from the Istanbul Convention in 2021 has further complicated efforts to combat domestic violence. This convention was a key framework for promoting gender equality and ensuring comprehensive protection for victims of domestic violence. The government's current approach, influenced by conservative and paternalistic views, does not fully address the root causes of gender-based violence. As a result, legal protections are often insufficient, and economic dependence on abusers due to low female workforce participation exacerbates the problem.

The failures of the justice system are evident in numerous tragic cases. In many instances, officials fail to take appropriate action or conduct thorough risk assessments, leading to preventable deaths. Public pressure through social media has sometimes spurred action, but this highlights the gaps in the official response. Greater accountability and cooperation with women's rights organizations are crucial for meaningful progress in protecting victims and preventing domestic violence in Turkey.





FRANCE

In France, a woman dies every 2 days as a result of femicide. The figures for violence against women have been rising in recent years. There are several reasons for this, including the economic crisis and the Covid period, it should also be noted that the various information and awareness campaigns have enabled women to speak out. For a long time, violence against women remained hidden, ignored as a fact of society and an issue of public health and safety. It was not until the 1990s that the first surveys on the subject were carried out and their scale revealed. This violence can range from moral harassment to physical and sexual assault. In 2022, 118 women were killed by their partner or ex-partner, and 267 women were victims of attempted femicide. On average, every year, around 321,000 women report having suffered physical, sexual, psychological or verbal violence at the hands of their partner or ex-partner. Sexual violence is also on the rise, with 87,000 women reporting sexual violence in 2022, an increase of 13% compared to 2021. What's more, the data shows that more than half the victims of sexual violence are minors, and 83% of them are girls. The phenomenon has since been taken into account by existing policies. The revelation of the scale of violence against women, made possible by the surveys conducted on this subject, has led to the implementation of national policies to combat such violence.



FRANCE

France's current policy on combating violence against women is based on three main texts: the Istanbul Convention, which sets out a general framework, the law for real equality between women and men, which makes it possible to prevent violence, protect victims and punish perpetrators, and the 4th Interministerial Plan for preventing and combating violence against women, which organises the deployment of the main actions over the period 2014-2016. Because violence against women differs from other forms of violence in a number of ways (proximity between the victim and the aggressor, the phenomenon of control, fear of not being believed, material constraints or constraints with regard to children that prevent the victim from disclosing the violence, etc.), it is still a taboo subject. Even though the number of complaints of domestic violence has risen in recent years, the percentage of women who prefer to remain silent is still very high. So beyond policies to combat violence against women, work on the ground involving all the professional players in society is necessary. The rate of violence against women can only be reduced by raising society's awareness and creating an environment of trust where victims can express themselves without fear and where they know they will be looked after. The mobilisation of the authorities, associations and civil society is essential if we are to make further progress towards a safer and fairer society for all women.



LITHUANIA

Domestic violence remains a pervasive issue in Lithuania, with more than 56,000 reports of domestic violence registered in 2023, indicating the severity and frequency of this problem across the country. The cities of Vilnius and Kaunas, being among the largest, have seen significant numbers of these cases, reflecting broader national trends. The legal measures, including the 2021 amendments to the Law on Protection from Domestic Violence, have introduced protective warrants that require the abuser to vacate the home if they pose a risk. These warrants are crucial in providing immediate safety, and in just one weekend following the introduction of these amendments, the police issued 147 warrants.

Despite these efforts, Lithuania's non-ratification of the Istanbul Convention underscores ongoing challenges in effectively addressing domestic violence. The debate around this ratification reflects deep-seated views on gender roles and violence, complicating the adoption of international agreements aimed at protecting women from violence. As of now, discussions continue in Lithuanian political spheres, especially concerning the convention's focus on gender-specific protections which some argue might exacerbate gender disparities rather than resolve them. These political and social dynamics illustrate the multifaceted nature of combating domestic violence in Lithuania, revealing the necessity for both robust legal frameworks and broad societal changes.



BEYOND SILENCE

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HELP VICTIMS VIOLENCE

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

SOS FEMMES SOLIDARITE – SOS WOMEN SOLIDARITY

Place of implementation :

STRASBOURG/FRANCE

SECTION B – DESCRIPTION

Target group / Beneficiaries :

Women and children victims of violence, mainly domestic violence.

The main objectives :

- Welcome, listen to and guide women and their children who are victims of violence, anonymously and free of charge
- Help them to prevent and recover from emergencies (emergency accommodation services)
- Help them find alternative accommodation and reintegrate into society and the workplace
- Guide them through a network of specialized professionals who are aware of the issue
- Raise awareness and inform the public about violence against women, its origins and the forms it can take



SECTION B – DESCRIPTION

Experts/Staff :

SOS Femme Solidarité is organized as an association, headed by a president, an executive committee and departments with specific functions such as psychological support, victim support and education. These departments are staffed by professionals in the field.

The description of the practice (Up to 10 sentences) :

Women and children victims of violence, mainly domestic violence.

Methodology/Didactic tools :

- Methodology of the welcome center: The welcome center works with a trained team that welcomes women victims of violence with or without children, with or without an appointment. It also has a telephone line which victims can call. It is supported by a multi-disciplinary team and a network of specialized partner professionals.
- Methodology of Accommodation centers: Thanks to a strong partnership with public and private social landlords throughout the Bas-Rhin region (in particular the Strasbourg Eurometropolis), the Flora Tristan Center is able to provide apartments for abused women and their children. However, the Centre does not simply offer accommodation, but rather comprehensive support over a maximum period of 18 months, in contact with a multi-disciplinary team made up of specialized educators, a social worker, a social and family economics advisor and a psychologist
- Methodology of Training and Awareness: To change the way people look at the status of women and the violence they suffer, the association organizes training courses for professionals, symposia for local associations and awareness-raising campaigns for schoolchildren, students and teachers.

Methodology/Didactic tools :

A network of partnerships with state bodies and other associations is necessary for the operation of the association, in particular for the telephone hotline and the provision of accommodation for victims.



SECTION C – CONCLUSION

Conclusion :

Through its work with women, the association has several branches in different regions of France, helping women and children who are victims of violence.

Today, the association has more than 100 accommodations spaces devoted to women and their children who are victims of violence. They also receive more than 2,500 requests every year, in-person and on the phone, through the Regional Day Care Center. SOS is a model of effective women's aid organization, enabling women to call for help in complete discretion. Its methods not only help women, but also enable them to regain their self-esteem and move forward. Through its training courses, the association also helps to prevent violence against women.

Methodology/Didactic tools :

A network of partnerships with state bodies and other associations is necessary for the operation of the association, in particular for the telephone hotline and the provision of accommodation for victims.



DEFENDING THE RIGHTS OF RAPE VICTIMS

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

LE COLLECTIF FÉMINISTE CONTRE LE VIOL – CFCV (FEMINIST
COLLECTIVE AGAINST RAPE)

Place of implementation :

PARIS/France

SECTION B – DESCRIPTION

Target group / Beneficiaries :

Women victims of rape

The main objectives :

- Fight against rape within or outside the family, and take action against all forms of sexual violence and aggression.
- Speak Up for victims, whatever their sex, age, nationality, religion or sexual preference, in order to break the silence that surrounds sexual violence and still too often makes the victim the guilty party.
- Contribute to individual and collective awareness of what rape is: a crime rooted in inequality between women and men.
- Carry out studies based on callers' testimonies to raise awareness of the realities of sexual violence.
- Participate in building a society based on equality between women and men and recognition of their own identity and dignity.



SECTION B – DESCRIPTION

Experts/staff :

CFCV is an association headed by a president, whose board members are other associations also working for women's rights, family protection or are in the social field.

The description of the practice (Up to 10 sentences) :

- The Hotline: A telephone help line for rape victims.
- Discussion groups that enable women who have been victims of rape and/or sexual assault to rebuild their lives together.
- Accompanying Trials: CFCV has a network of partner associations and volunteers to provide support and solidarity for isolated victims during the trial of their attacker(s).
- Professional training trains professionals and activists in caring for rape victims.
- Information tools: The association regularly publishes statistical studies, information and access to rights documents on his website. It also relays the work of his partners to provide with as much information as possible.

Methodology/Didactic tools :

- Methodology of hotline: A toll-free telephone line for victims
- Methodology of discussion groups: These are closed groups lasting 9 to 12 months where the victims can rebuild themselves together.
- Methodology of accompanying Trials: For isolated victims, the association has a network that can accompany them to court.
- Occasionally, the CFCV can also take legal action on behalf of one or more victims.
- Methodology of training: This training is provided by certified professionals whose aim is to learn how to prevent and identify all forms of aggression against women, and also to learn how to support them.
- Methodology of information: The association's website regularly publishes information to inform and warn women of the different types of aggression they may face.



SECTION C – CONCLUSION

Additional materials /Equipment needed :

Listening to victims through various channels and with the support of partner associations

Conclusion :

The association does a lot of work with rape victims through these listening channels and training materials. It also implements rape prevention tools for the general public, through awareness-raising campaigns and partnerships with other women's aid associations.

Recommendation and guidelines :

The association's website: <https://cfcv.asso.fr/> contains guidelines for rape victims.

It also has a training catalog: <https://cfcv.asso.fr/wp-content/uploads/2023/10/Catalogue-Formations-2023.pdf>



ABOLITION OF FEMALE GENITAL MUTILATION, FORCED MARRIAGE AND OTHER TRADITIONAL PRACTICES HARMFUL TO THE HEALTH OF WOMEN AND CHILDREN

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

Fédération nationale GAMS

Place of implementation :

PARIS/France

SECTION B – DESCRIPTION

Target group / Beneficiaries :

Women and children victims of violence or any other violation of their rights

The main objectives :

The national federation GAMS is committed to combating all forms of violence against women, teenage girls, and to promoting maternal and child health among immigrant and immigrant-origin populations. It is particularly active against female genital mutilation, forced and/or early marriage, and other traditional practices harmful to the health of women and girls

Experts/staff :

GAMS is made up of regional associations that comply with the federation's statutes.



SECTION B – DESCRIPTION

The description of the practice (Up to 10 sentences) :

It aims to facilitate the development of the activities of the Regional Associations and/or Departmental Associations it groups together, by making its services available to them.

Raises awareness of these harmful practices among the public (PMI, middle schools, high schools, planning centers, etc.), and provides personalized welcome,

Help and support for girls and women threatened by or victims of these practices. Reception can be provided by professionals who speak local languages and can conduct intra-family mediation.

Initial and ongoing training for social, medical and educational professionals; technical advice for social, health and education professionals; the provision of a specific documentary collection; participation in discussion forums (symposia, seminars, conference-debates, etc.).

Methodology/Didactic tools :

- Training on Female Genital Mutilation
- Forced Marriage Training
- Awareness-raising material on female genital mutilation
- Publication of a guide for elected representatives, listing existing legal tools against harmful traditional practices such as polygamy and forced marriages
- Logistical support for regional and departmental associations

Additional materials /Equipment needed :

GAMS works hard through its member associations to combat violence against women.



SECTION C – CONCLUSION

Conclusion :

GAMS' action is not limited to France. Its fight against violence and sexual mutation against women and girls continues around the world through its support for various local actions. Its prevention and awareness-raising resources are tools available to the public to inform themselves and take action against violence against women.

The association does a lot of work with rape victims through these listening channels and training materials. It also implements rape prevention tools for the general public, through awareness-raising campaigns and partnerships with other women's aid associations.

Recommendation and guidelines :

The association website <https://federationgams.org/> details their means of action.



COMPREHENSIVE TRAINING FOR YOUTH WORKERS

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

Asociacija IVAIGO

Place of implementation :

Vilnius, Lithuania

SECTION B – DESCRIPTION

Target group / Beneficiaries :

15 women youth workers.

The main objectives :

Provide comprehensive training on domestic violence for youth workers to enhance their capacity to support and advocate for young women affected by domestic violence, covering various aspects including causes, effects, support services, and trauma-informed care, empowering youth workers to recognize signs of abuse, offer appropriate referrals, and provide ongoing support, ultimately contributing to survivors' healing and well-being.

Experts/staff :

Psychologists or counselors specializing in trauma-informed care, trainers with expertise in domestic violence awareness and prevention



SECTION B – DESCRIPTION

The description of the practice (Up to 10 sentences) :

The practice involves the development and implementation of a comprehensive 1 day training program for youth workers focused on domestic violence. The program covers various aspects of domestic violence, including its causes, effects, dynamics, and available support services.

Day:

Morning Session (9:00 AM – 12:00 PM):

Introduction to Domestic Violence (1 hour): Overview of domestic violence dynamics, trauma-informed care principles, and recognizing signs of abuse.

Crisis Intervention Techniques (1 hour): Training on crisis intervention strategies, de-escalation techniques, and safety planning.

Legal and Ethical Considerations (1 hour): Understanding legal obligations, ethical considerations, and confidentiality when supporting survivors.

Break (15 minutes)

Interactive Case Studies and Role-Playing (1 hour): Small group discussions, case studies, and role-playing scenarios to apply knowledge and skills.

Afternoon Session (1:00 PM – 4:00 PM):

Supporting Children and Families (1 hour): Training on the impact of domestic violence on children, strategies for supporting families, and community resources.

Cultural Sensitivity and Diversity (1 hour): Discussion on cultural considerations, inclusivity, and providing accessible support.

Evaluation and Wrap-Up (1 hour): Feedback session, evaluation of the training program, concluding remarks, and next steps for ongoing support and professional development.



SECTION B – DESCRIPTION

Methodology/Didactic tools :

1. Interactive training sessions
2. Theoretical knowledge dissemination
3. Practical skills-building activities
4. Role-playing exercises
5. Case studies and scenarios
6. Guest speakers and survivor testimonials

Additional materials /Equipment needed :

1. Training manuals or handbooks on domestic violence and trauma-informed care.
2. Interactive learning materials such as videos, case studies, and role-playing scenarios.
3. Flip charts, markers, and presentation slides for interactive sessions.
4. Worksheets or workbooks for participants to complete during training sessions.
5. Access to online resources and databases for further learning and research.
6. Evaluation forms or surveys to gather feedback from participants.
7. Comfortable seating arrangements and adequate space for group discussions and activities.
8. Audiovisual equipment such as projectors, screens, and speakers for multimedia presentations.
9. Refreshments and snacks to keep participants energized and engaged throughout the training sessions.
10. Certificates or recognition for participants upon completion of the training program.



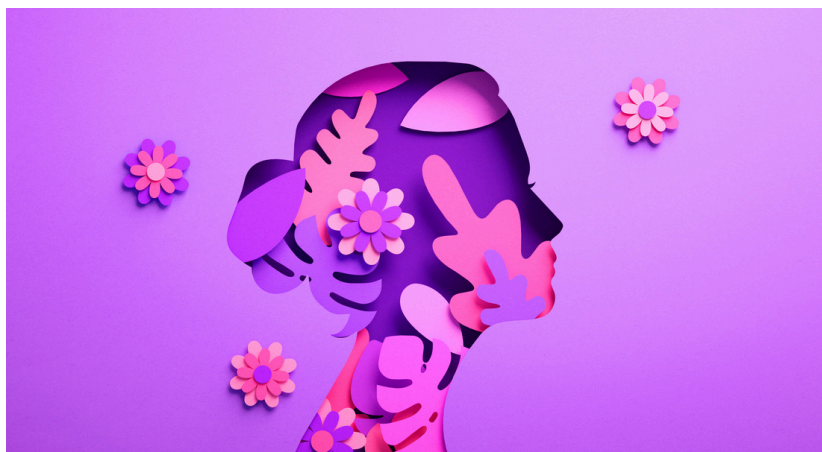
SECTION C - CONCLUSION

Conclusion :

In conclusion, the practice of Comprehensive Training for Youth Workers played a crucial role in equipping youth workers with the necessary knowledge and skills to effectively support and advocate for young women who have experienced domestic violence. By fostering a trauma-informed approach and enhancing their capacity to recognize signs of abuse, youth workers were better equipped to provide sensitive and effective support to survivors, contributing to their healing and well-being.

Recommendation and guidelines :

Ensure that the training program is tailored to the specific needs and contexts of youth workers and the communities they serve.



H O L I S T I C E M P O W E R M E N T W O R K S H O P S

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

Asociacija IVAIGO

Place of implementation :

Vilnius, Lithuania

SECTION B – DESCRIPTION

Target group / Beneficiaries :

10 women with some of them experienced domestic violence.

The main objectives :

To foster personal growth, empower participants, enhance skills, promote holistic wellness, facilitate community support, encourage cultural awareness, and inspire lifelong learning.

Experts/staff :

Skilled workshop facilitators, trained advocates for domestic violence survivors.



SECTION B – DESCRIPTION

The description of the practice (Up to 10 sentences) :

The "Holistic Empowerment Workshops" are carefully crafted sessions designed to provide young women affected by domestic violence with a supportive and nurturing environment for healing and growth. Led by experienced facilitators and mental health professionals, these workshops integrate various therapeutic modalities, including art therapy, mindfulness practices, and group counseling sessions.

Workshop Components:

1. Art Therapy (1 hr): Participants express emotions through creative mediums, aiding in emotional processing and self-expression.
2. Mindfulness (30 mins): Guided exercises promote calmness and stress reduction, fostering emotional regulation.
3. Group Counseling (1.5 hrs): Facilitated discussions offer peer support, empathy, and community building.
4. Psychoeducation (1 hr): Educational sessions empower participants with knowledge on abuse recognition, healthy relationships, and self-care.
5. Self-Empowerment Exercises (1 hr): Interactive activities build assertiveness, confidence, and communication skills.
6. Resource Connection (30 mins): Facilitators provide information on local support services for ongoing assistance.

Methodology/Didactic tools :

1. Interactive Workshops: Engage participants through hands-on activities, discussions, and group exercises to promote active learning and participation.
2. Case Studies: Present real-life scenarios related to domestic violence to stimulate critical thinking, empathy, and problem-solving skills among participants.
3. Role-Playing: Encourage participants to enact various roles to understand different perspectives, practice communication skills, and explore potential solutions to challenging situations.
4. Multimedia Presentations: Utilize videos, slideshows, and multimedia resources to enhance understanding, reinforce key concepts, and provide visual aids for diverse learning styles.
5. Reflection and Sharing Circles: Facilitate open discussions and reflective exercises to encourage personal insights, emotional expression, and mutual support among participants.



SECTION B – DESCRIPTION

Additional materials /Equipment needed :

1. Flipcharts and Markers: For brainstorming sessions, note-taking, and visual aids during presentations.
2. Laptop and Projector: To display multimedia presentations, videos, and slideshows during workshops.
3. Art Supplies: Including paper, colored pencils, markers, and other materials for creative expression activities.
4. Printed Resources: Handouts, pamphlets, and informational materials on domestic violence, support services, and empowerment resources.
5. Role-Playing Props: Costumes, props, or role cards for interactive role-playing exercises.

SECTION C – CONCLUSION

Conclusion :

In conclusion, the holistic empowerment workshops provided a tailored approach to addressing the needs of young women who had experienced domestic violence. By offering a safe and supportive environment for healing and growth, these workshops empowered 10 women with some of them experienced domestic violence to reclaim their sense of self-worth and resilience. Through interactive activities and discussions, participants gained valuable skills, knowledge, and resources to navigate their journey towards healing and empowerment. The workshops not only aimed to equip young women with the tools they needed to thrive but also provided youth workers with the necessary training and support to effectively advocate for and assist these individuals. By fostering collaboration between participants and facilitators, the workshops created a sense of community and solidarity, enabling participants to support one another and build lasting connections beyond the sessions.



ISSUANCE OF PROTECTION ORDER - PRACTICE FOR YOUNG SURVIVORS

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

NGO SUSTINE

Place of implementation :

Iasi, Romania

SECTION B – DESCRIPTION

Target group / Beneficiaries :

10-15 youth workers

The main objectives :

We want to teach 10-15 youth workers from Romania how to issue a protection order when their safety is at risk and what are the legal terms for issuing this document, but also to raise awareness about the victims' legal rights.

Experts/staff :

Trained police officers, social workers, lawyers, psychologists



SECTION B – DESCRIPTION

The description of the practice (Up to 10 sentences) :

This practice provides a step-by-step guide for young women on how to apply for a restraining order against their abuser. Includes information on required documents, legal procedures, deadlines and institutions involved. It also prepares the participants emotionally and advises them on personal safety measures. Interactive practices recreate real scenarios to practice applying.

Participants will learn the following topics from the qualified staff: 1. What is a protection order?

2. How many types of protection orders are there?

3. "I have no witnesses!", how can I prove it?

4. Who issues the protection order?

5. How long does it take to issue a protection order?

6. What measures can be taken through the protection order?

7. What happens if the protection order is not followed?

8. Do I need a lawyer for a protection order?

9. How much does a lawyer cost for a protection order?

Methodology/Didactic tools :

Interactive workshops, simulations, individual counseling, video materials

Additional materials /Equipment needed :

Training room, video projector, typed forms, informative brochures



SECTION C - CONCLUSION

Conclusion :

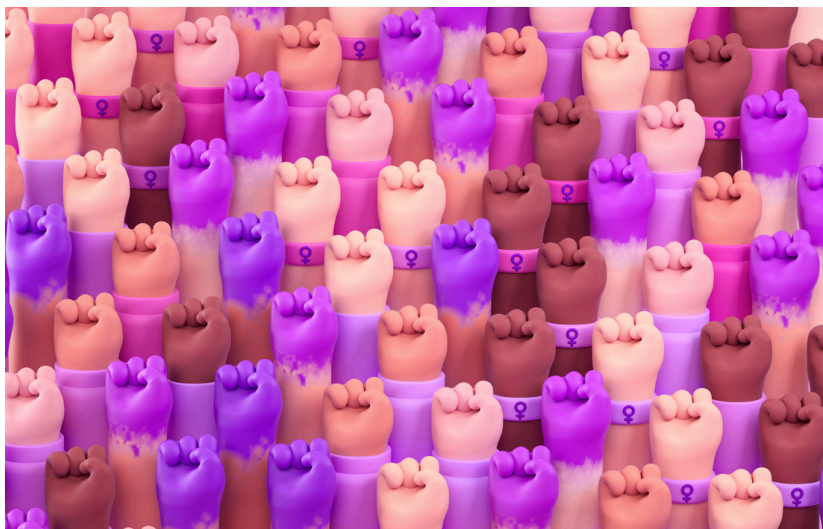
A vital procedure for empowering abused women to access legal protection against domestic violence.

Recommendation and guidelines :

Involve police officers and lawyers for up-to-date information.

Provide post-filing advice to monitor the situation.

Partnerships with NGOs for additional assistance.



CASE MANAGEMENT METHOD

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

General Directorate of Social Assistance and
Child Protection (DGASPC) Ialomita Count

Place of implementation :

Ialomita, Romania

SECTION B – DESCRIPTION

Target group / Beneficiaries :

Youth worker, Women survivors of domestic violence

The main objectives :

Psychological rehabilitation and socio-professional integration of survivors. Development of economic independence.



SECTION B – DESCRIPTION

Experts/staff :

1. The social worker, who is usually the case manager (if he has the necessary training);
2. The psychologist (usually in a specialized department / service DGASPC);
3. The doctor (usually active in a specialized DGASPC service) or other specialists in gynecology, obstetrics, psychiatry, etc.
4. The policeman. Depending on the type of case, he may work with one or more police officers from the following structures: Criminal investigations, public order (police and police stations), analysis, prevention and research, investigation and combating organized crime and police officer who is designated member for the Commission for Child Protection).
5. The lawyer (usually the lawyer belonging to DGASPC).
6. In addition to team members, we can also involve other professionals (teachers, forensics, therapists, officers, probation officers, lawyers, priests) , probation officer; lawyers Priests).

The description of the practice (Up to 10 sentences) :

1. Identification, reporting, initial assessment and recording of cases of victims of family violence
2. Detailed assessment, comprehensive and multidimensional situation of victims of domestic violence and a their families and the alleged perpetrator / criminal
3. Planning for specialized services and supports and other interventions needed to rehabilitate victims of domestic violence, including services or interventions for the family and the alleged offender/perpetrator.
4. Provision of services and interventions: supporting victims of domestic violence and families in obtaining and using the necessary services and initiating, where appropriate, legal proceedings.
5. Monitoring and periodic reassessment of progress, decisions and specialized interventions.
6. The final stage or final stage of the Service and specialized interventions, post-service monitoring and closing cases.



SECTION B – DESCRIPTION

Methodology/Didactic tools :

The multidisciplinary and inter-agency team intervenes in both assessment and service delivery specialized. There is no standard formula when it comes to team composition based on objectives.

Evaluation or intervention – but there are several categories of professionals that are part of the composition mandatory minimum.

Additional materials /Equipment needed :

Spaces for counseling/courses, didactic materials, Entrepreneurial courses.

SECTION C – CONCLUSION

Conclusion :

Based on a detailed assessment report, the case manager develops a rehabilitation plan and/or social reintegration for victims of domestic violence. The plan is developed in collaboration with the team multidisciplinary. The services in this plan are addressed to both adult victims of domestic violence and the family and the alleged offender / perpetrator.

Recommendation and guidelines :

Involve survivors in program design but offer mentorship and the possibility of economic independence after program completion.



COMPREHENSIVE TRAINING FOR YOUTH WORKERS

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

Association for Supporting Women's Rights (ASWR)

Place of implementation :

Turkey

SECTION B – DESCRIPTION

Target group / Beneficiaries :

Women affected by domestic violence in urban and rural areas of Turkey.

The main objectives :

To provide legal aid and support to women experiencing domestic violence.

To empower women with knowledge about their legal rights and options for seeking justice and protection.

To facilitate access to legal resources and services for victims of domestic violence.

Experts/staff :

Legal Experts and Lawyers
Counsellors and Social Workers
Community Outreach Specialists
Administrative Staff



SECTION B – DESCRIPTION

The description of the practice (Up to 10 sentences) :

ASWR operates a legal aid clinic specifically dedicated to assisting women who are victims of domestic violence. The clinic employs lawyers and legal experts who offer free legal consultations and representation to women seeking assistance. The services provided include legal advice on divorce, child custody, obtaining restraining orders, and pursuing criminal charges against perpetrators of domestic violence. Additionally, the clinic conducts outreach programs to raise awareness about women's legal rights and available support services in communities across Turkey.

Methodology/Didactic tools :

Legal Handbooks: ASWR publishes and distributes legal handbooks containing information about women's legal rights, domestic violence laws, and steps to take if experiencing abuse.

Workshops and Seminars: The organization conducts workshops and seminars on topics such as understanding domestic violence, navigating the legal system, and securing protective measures.

Additional materials /Equipment needed :

Case Studies: Real-life case studies are used during consultations and educational sessions to illustrate legal concepts and empower women with knowledge about their options.



SECTION C - CONCLUSION

Conclusion :

"Empowering Women Through Legal Aid" by ASWR demonstrates the importance of providing targeted legal assistance to women affected by domestic violence. By offering free legal consultations and representation, as well as conducting community outreach programs, ASWR helps empower women with the knowledge and resources they need to seek justice and break free from abusive situations.

Recommendation and guidelines :

You can provide ongoing training and capacity-building opportunities for staff members, including legal experts, counselors, and outreach specialists, to enhance their knowledge and skills in supporting survivors of domestic violence. Training programs should cover topics such as trauma-informed care, cultural competency, and legal advocacy.



CASE MANAGEMENT METHOD

SECTION A – IDENTIFICATION

Name of the organization/Institution implementing practice :

"Men for Gender Equality" Campaign

Place of implementation :

Turkey

SECTION B – DESCRIPTION

Target group / Beneficiaries :

Turkish Association for Gender Equality (TAGE)

The main objectives :

To engage men and boys as allies in the fight against domestic violence and gender-based discrimination.

To challenge traditional gender norms and promote healthy, equal relationships.

To raise awareness about the role of men in preventing domestic violence and supporting survivors.

Experts/staff :

- Gender Equality Advocates and Activists
- Community Outreach Specialists
- Social Media Managers
- Workshop Facilitators
- Administrative Staff



SECTION B – DESCRIPTION

The description of the practice (Up to 10 sentences) :

TAGE launched the "Men for Gender Equality" campaign, which aims to mobilize men and boys to become active participants in promoting gender equality and ending domestic violence. The campaign utilizes a variety of strategies, including social media outreach, community events, and educational workshops. Through these initiatives, TAGE encourages men and boys to reflect on their own attitudes and behaviors towards gender, relationships, and violence, and empowers them to become agents of change in their communities.

Methodology/Didactic tools :

Social Media Campaigns: TAGE uses social media platforms to share educational content, personal stories, and calls to action, reaching a wide audience of men and boys.

Workshops and Training Sessions: The organization conducts interactive workshops and training sessions for men and boys on topics such as toxic masculinity, healthy relationships, and bystander intervention.

Additional materials /Equipment needed :

Public Awareness Events: TAGE organizes public awareness events, such as marches, rallies, and panel discussions, to spark conversations about gender equality and domestic violence prevention.



SECTION C - CONCLUSION

Conclusion :

The "Men for Gender Equality" campaign by TAGE highlights the importance of engaging men and boys as allies in the fight against domestic violence. By challenging traditional gender norms and promoting healthy, equal relationships, the campaign empowers men and boys to create safer and more equitable communities actively.

Recommendation and guidelines :

You can ensure the long-term sustainability of the campaign by building capacity within TAGE and investing in leadership development and succession planning and foster a culture of inclusivity and collaboration, and empower staff and volunteers to drive positive change in their communities.



Final Word

In conclusion, this booklet is the result of a dedicated collaboration between partners from Lithuania, Turkey, Romania, and France, united in our mission to address gender-based violence through the sharing of best practices and collective wisdom. This project not only highlights the pressing need to combat gender-based violence but also reaffirms our commitment to the core values of the European Union.

These values—respect for human dignity, freedom, democracy, equality, the rule of law, and respect for human rights, including the rights of minorities—are the foundation upon which our work is built. In confronting gender-based violence, we are upholding the EU's dedication to promoting equality between women and men and combating all forms of discrimination. By working together across borders, we embody the EU's principle of solidarity, demonstrating that by uniting our efforts, we can create a safer, more equitable society for all.

This booklet serves as both a guide and a call to action, encouraging individuals, communities, and institutions to embrace these European values and work towards a future where gender-based violence is not tolerated, and every person can live with dignity and freedom.



“Too often being undocumented means that a woman's experience of violence remains invisible. Ten years after its signing, we celebrate the Istanbul Convention as a landmark effort to combat the persistent scourge of violence against women and to stand up for all women, regardless of migration status or any other reason.”

Michelle LeVoy - PICUM Director



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