

**DWDC Nuevo Amanecer**  
**Anti-Domestic Violence Program**  
**Leadership Empowerment Training**  
**Annual Training**  
**Report 2018**

**Curriculum: Leadership Empowerment Training**

**Number of Participants:** Five (5)

**Number of Co-Facilitators:** Two (2)

**Introduction**

The **Leadership Empowerment Training** consists of 6 intensive 2 hours weekly sessions on topics concerning domestic violence. The purpose of the curriculum is to train survivors of domestic violence to become support group and workshop facilitators. In addition to becoming peer advocates who provide emotional support and guidance with the criminal justice system to other survivors.

This training creates a safe space for participants of the program to gather and learn of domestic violence with a critical lens, in order to serve the community. As well as help others in need and educate them by identifying abuse with exact definitions, learning the basic origins of abuse, their legal rights concerning domestic violence, identification of those who are in domestic violence, and providing advocacy.

The sessions are broken into sections beginning with the Socialization and origins of gender violence ending and with a graduation ceremony celebrating the end of the training. PowerPoint presentations are given in the first three sessions with thorough information on the topic of the week. There are reviews given for each topic discussed in the prior week. There are also pre-test and post-test given to each participant before and after set topic to ensure knowledge was grasped.



**First Session**

**Socialization and the Origin of Violence**

In the first session the facilitators explained the origins of gender violence through educating of the differences between sex and gender. This session provided exact definitions for sex and gender (the difference between the two and why the two are so often confused), the stereotypes/roles applied to the gender construct, and the importance of knowing these topics in regards to gender violence. The session began with a question “When did you know you were a girl?” The questions were asked in order to have the participants explore the concept of sex and gender. We then discussed explained what being a woman meant to the participant. The participants were then asked the same question, “what does being a woman mean to you”. This instilled a sense of interpretation of what being a “woman” meant, leading to the next activity. One of our co-facilitators led the first workshop on sex and gender. The participants were asked to define gender/ sex in their own words and name examples of stereotypes in accordance to each gender. After activity the facilitator/co-facilitator clarified the definitions, stereotypes, and the harm of set stereotypes.

## **Second Session**

### **Gender Violence**

The second session of the training educated the participants on basic knowledge about the origins of violence which lead to the definition and differences between violence, domestic violence, inter-partner violence, and gender violence. The goal was to make participants aware of specific definitions of types of violence.

Facilitators began the session with the question “Why do people stay in abusive relationships?” The participants were asked to discuss the various reasons victims stay. The purpose of the activity was to shatter misconceptions of abuse and recognize ones we can sometimes believe to be true. The goal of the activity was to educate and eliminate judgement surrounding the difficulties women face when rupturing the cycle of violence. This is an important component to advocating as some of these reasons may arise. The facilitators then moved on to explain each stage within the cycle of violence. Facilitators also educated participants on how to end gender violence by educating others and eliminating stereotypes discussed in previous sessions.

The weekly presentation of the week consisted of definitions of violence and gender violence. The participants were also given definitions and examples of types of violence within inter-partner abuse. After the presentation, participants shared briefly their experiences. The participants were able to identify the types of violence that had occurred within their relationship and were then able to define each type with an exact definition in accordance to their own experience. This lead to a sense of comprehension and an ability to define what once seemed to be undefinable.

### **The Cycle of Violence**

The second sessions were a combination lesson, including the types of violence and its relation to the cycle of violence. This session focused on each stage within the cycle of violence and the possible consequences of rupturing the cycle. The session emphasized that each relationship is individual and may or may not follow these stages. The co- Facilitator led

the workshop by discussing the cycle, examples, and types of violence.

## **Third Session**

### **Advocacy, Information, and Resources**

During this session information from each session was incorporated in order to apply all that was learned in an advocacy setting. Participants were asked:

1. “What advocacy meant to them?”
2. “What was their experience with advocacy?”

The presentation began with an explanation on the definition of advocacy and what it entails. The participants were then given information victim’s rights in regard to police officers, and what to expect after calling 911. As well as, what to expect when calling one of these resources that are available. The participants were also given information on the court system, Domestic Incident Reports, Orders of Protection, noticing signs of abuse, ways to handle persons in abusive relationships and how to deliver resources. The participants were given a basic advocacy sheet with resources and information. The participants were trained to provide emotional support. The session ended with Participants practicing their skills with scenarios/role play. In this activity the participants were able to practice their skills in providing emotional support to someone in need.

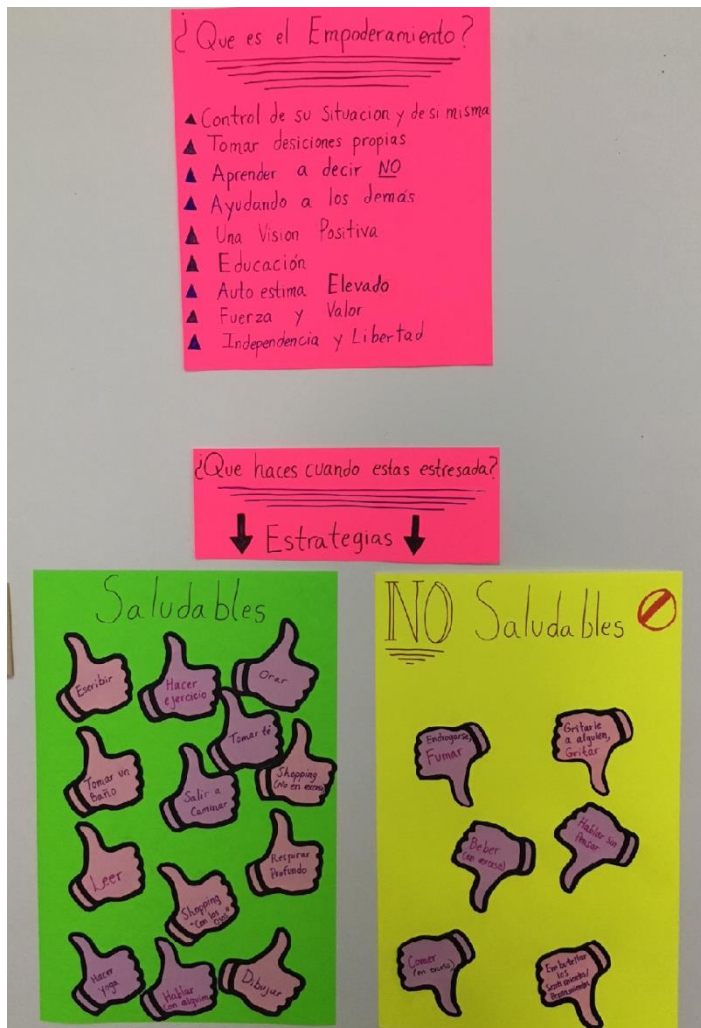


*DWDC Staff and participants from 2017 training in Women's March 2018*

## Fourth Session

### Self- Empowerment and Self Care

The fourth session consisted of defining empowerment. The actual purpose of this session is to instill our own self-care routines into others' lives and continue using it in our lives. We started off by discussing stressors and healthy/versus unhealthy qualities we use in our lives. Every participant was asked to share one of each on a paper (anonymously). The paper will be randomly drawn out by another participant. When all papers are gathered as a group we discussed why some were unhealthy (e.g. drug use) and some healthy ones (taking a walk in nature). Each Participant was a given homework assignment; to practice a healthy coping mechanism that would be discussed the following week. They also left with a positive affirmation to help them become more motivated about their assignment.



Empowerment activity done by the participants based on Healthy and Unhealthy Coping strategies

## Fifth Session

### "Being a Leader" Practice

In fifth session we discussed the homework that was assigned. There were three questions asked:

1. What worked?
2. What didn't work? And if it didn't what other strategy would you try?
3. How did you feel after?

Once the experience was discussed the ladies were very motivated to try and implement more empowerment strategies. They also felt it allowed for them to gain a lot more self-reflection/ self-realization about themselves and situations.

The rest of the fifth session consisted mostly of leadership qualities, presentation practice, and role-playing on how to provide emotional support to someone in need whether it be a member of the community or a friend. We began by presenting on topics the women felt more comfortable speaking in public about for example, shoes, their children, etc. Then we moved on to practice on topics they felt comfortable discussing from the sessions we had. Depending on their grasp of the information they each practiced a topic in front of an audience.



Co- Facilitator

## Sixth Session

### Graduation Ceremony

The graduation was a commemoration for the ending of the workshops and all the hard work each individual woman dedicated to each session. The ceremony began with presentations given by two participants, one

graduate and one co-facilitator. Each of the presenters practiced beforehand with the facilitator. The co-facilitator spoke of her experience as a participant in 2017 Leadership Training compared to being a co-facilitator in the 2018 Leadership Training. She also discussed Empowerment, the definition, and what it means to be an empowered survivor.

A participant presented on healthy and un-healthy coping mechanisms when dealing with stress and the importance of self-care as a survivor. The presentations were practice for future co-facilitation and future advocacy. After the presentation the women were celebrated and were given a certification.



*Our Amazing graduates from the 2018 Leadership Empowerment Training*



*"We are Brave Women" Cake bought by a participant*



*Delicious Cake made by talented participant*

#### **Next Steps/ Plan:**

Our next steps are to prepare the graduates to co-facilitating in future workshops throughout the community and in the program like the next leadership empowerment training (2019). For those who co-facilitated on this year will begin to accompany the staff to workshops and events in order to foster a presence in the community, share their knowledge, and co-facilitate themselves.

Our hope is to create a new generation of educated anti- domestic violence advocates, who can other encourage the participants to become volunteers in our program and help advocate for new clients. The participants are also encouraged to spread what they have learned to their friends, family, neighbors, etc.

#### **Acknowledgments:**

- ❖ Two of the participants were given a special certification for co- facilitating.
- ❖ A recognition was given to one of the participants for her presentation at The graduation ceremony.
- ❖ One of our participants was also given a special recognition for her progress in the Training.