

KON
SENT

TRAINING COURSE

safe space

3 - 11 October 2022, Czech Republic, Habří



Erasmus+

Sexual harassment and its impact

- unwelcome flirting
- obscene gestures
- sexual comments about someone's body and appearance
- questions about sexual and intimate life
- joking about sexual and gender identity,
- offensive jokes with sexual subtext
- commenting on a person's mood in relation to the menstrual cycle or sex life
- unsolicited e-mails
- photos or messages of a sexual nature
- groping
- touching without permission
- presurring into sexual acts without consent
- bullying
- ignoring someone's physical or psychological boundaries and many others

Sexual harassment and its impact

These events happen all the time, during every camp or project, and for many reasons the victims, in majority girls, often do not speak up for themselves and the bystanders do not act upon it either. And thus the perpetrators are never confronted with the fact that their behavior has a terrible impact on somebody else's well-being.

So far, youth workers are hardly ever trained to address incidents of harassment during a youth exchange, camp or free time activities. They are often not even aware that the participants of their program subject each other to sexual harassment which results in the activities having more of a harmful rather than empowering effect.

Research shows that experiencing sexual harassment has a significant negative impact on the victims' life: their well-being, confidence, relationships, behaviors, career, identity. These incidents undermine the person's utmost basic need for safety.

safe space training course

The project **aims** to train youth workers in adopting **tools** and **attitudes** for:

1. **primary prevention** = creating conditions that prevent incidents of sexual harassment, i.e. creating safe space
2. **secondary prevention** = providing care for the victim and the bystanders of the incident, preventing secondary victimization, dealing with the perpetrator
3. **tertiary prevention** = ensuring care for the group after the incident, re-establishing safe space

The need for tools and trainings

Tools for primary prevention

In order to create safe environment for everyone where sexual harassment has no place, it is important to promote mutual respect for personal boundaries. It is also essential to make sure everyone knows that sexual harassment has consequences for the perpetrator. Tools for primary prevention help create safe space and prevent incidents of harassment from happening in the first place.



The need for tools and trainings

Tools for secondary prevention

It is quite common that the youth workers never find out that incidents of sexual harassment took place at their programme. Either because the information is kept from the leaders or because the victims don't tell anyone about their experience. When the youth workers do find out about an incident of harassment, they often fail to act upon it. Either, because they do not know how and don't feel confident to deal with it, or because ignoring the incident altogether and treating it as if it is no big deal just seems easier, than actually facing the problem of sexual harassment and dealing with it head on.

However, such reactions are hurtful towards the victims, causing their secondary victimization. Plus if sexual harassment has no consequences for the perpetrator, it becomes the "norm" and thus ignoring it can actually end up promoting it. That's why it is necessary to have the tools for secondary prevention - to make sure people feel safe to report the incidents and to know how to resolve the incident in a way that is supportive to the victim and that will help eliminate sexual harassment in the group.

The need for tools and trainings

Tools for tertiary prevention

If the youth workers do manage to resolve the incident of sexual harassment, they still might find themselves in an unpleasant aftermath of it during the following days, because the group is changed by the incident. So that's when the tools for tertiary prevention come in handy - to know how to lead the group through this experience post-period.



The training course will involve techniques from

- Experiential learning (learning by doing),
- Peer to peer learning (sharing our knowledge and experiences with each other),
- Emotional intelligence based activities,
- Embodied learning,
- Nature based activities,
- Other, e.g. positive psychology, poetry and arts, way of council, etc.



Who is it for?

This training course is for you, if you:

- Are a youth worker (trainer, coach, teacher, youth leader, organizer, volunteer, activist, social worker, youth NGO leader, etc.),
- Resonate with the idea of the project, want to dive deeper into the topic of sexual harassment and are open to try new things,
- Want to pass forward what you learn during the training course e.g.: organizing an activity for youth, presenting the outcomes to your colleagues, friends or people in your surroundings,
- Are above 18 years old,
- Are resident in one of the project partnership countries: **Czech Republic, Cyprus, Lithuania, Greece, Italy, Poland, Slovakia, Latvia, France, Belgium,**
- Are able to work in English,
- Will consider traveling options to the project by bus or train (see the table with **Allowed means of transport**),
- **Commit to the covid-19 strategy of the project**

**see our
covid-19
strategy**

When is it?

The training course will take place in the Czech Republic, Statek Habří, 3 - 11 October 2022, and it will involve 7 full program days and 2 traveling days. Full presence at the course, physical and mental, is required.

Arrival: 3rd October, Monday, afternoon

Departure: 11th October, Tuesday, morning

Our journey will begin before actually meeting in person in the Czech Republic. We will create a Facebook group to connect with each other.

After the training course your timely communication is required in order for us to easily evaluate the impact of the project.

Place

We will stay in a modern farmhouse, in the wonderful nature of the Vysočina region, at a small village called Habří. There will be shared rooms (4-10 people), toilet and shower in each room. The place provides a calm and relaxing atmosphere, suitable to immerse in group activities and learning.

There will be no other people staying at our accommodation, reducing the risk of spreading covid-19.

Our meals will be vegetarian and will be prepared by our cook, Davide. He will make sure all the health related dietary requirements are met.



**More
information
here**



*<https://www.e-chalupy.cz/vysocina/penzion-statek-habri-ubytovani-7101.php>

Finances

The lodging, travels, and program of the training course are funded by Erasmus+.

	BELGIUM, LATVIA, FRANCE, LITHUANIA, ITALY, SLOVAKIA,		
CYPRUS	POLAND	GREECE	CZECH REPUBLIC
360€	320€	275€	23€

The travels are covered by the funds up to the amount as within the table for the respective country, and will be reimbursed to the participants after the training course. In the travel costs reimbursement you can also include all the expenses related to the international travel regulation due to COVID-19 measures (testing before arrival, upon arrival and before departure, medical certificates, etc.), however, only up to the total maximum amount for your country.

Sending organization & allowed means of transport

POLAND

Fundacja Q – bus/train/car

CYPRUS

Inspiration path – plane/bus/train/car

CZECH REPUBLIC

Konsent – bus/train/car

SLOVAKIA

Saplinq – bus/train/car

GREECE

Youthtopia – plane/bus/train/car

ITALY

Association Vagamondo – bus/train/car

LITHUANIA

Stebek teises – bus/train/car

FRANCE

European Solidarity Association – bus/train/car

LATVIA

ACTive Rainbow – bus/train/car

BELGIUM

AEGEE – bus/train/car

Sending organization & allowed means of transport

You are allowed to arrive max. 2 days before the arrival date, and depart max 2 days after the departure date of the training course. In case you decide to use those 2 extra days, keep in mind that food or accommodation will not be provided. Should your stay be longer than 2 days, we might not be able to reimburse the travel costs.

Finances

You will be reimbursed for your travel after the project once you:

1. **submit the reimbursement documents** = sending reimbursement form and attaching all the travel tickets, boarding passes, and receipts, including receipts for the expenses related to pandemic measures (testing, etc.). Therefore, keep all of them all the way till you send it to us after the end of the course. Without these documents we will not be able to reimburse your travels,
2. **fill in the evaluation forms,**
3. **cooperate on measuring the impact of the training course** by submitting the information on how you applied it in your work or passed it forward.

Insurance

Every participant will be **required to purchase travel insurance** that can cover medical expenses in the Czech Republic. Please, be aware that EHIC (European Health Insurance Card) is **NOT** a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country.

Inform yourself at your regular health insurance provider if they provide such insurance for abroad or visit the webpage of any other private provider (e.g. AXA, Generali, Allianz, ...).

The organizer will not reimburse the costs of the insurance.

To learn more, click here



*<http://ehic.europa.eu>

*<https://forms.gle/6BJUX9mRRJdBodLv5>

Application

If you have any health, mental or physical conditions, or anything that may limit or affect your participation in the training course activities, please let us know what they are and how best to assist you.

Once you apply, we will do our best to inform you as soon as possible about selection results. If you are selected to participate, we will contact you in order to arrange your travel to the Czech Republic. You will search for the travel itinerary and will send us the travel proposal. Once we confirm the proposed itinerary, you book your tickets.

Do not book any travel tickets or insurance before we confirm your proposed itinerary.

Fill in the
application
form here



Who is delivering this project?

KONSENT

Konsent is an independent NGO, founded in 2016, focusing on female rights, gender-based violence, sexual violence, and harassment.

It enters public space with awareness campaigns and busts myths related to the topic in an informal way.

We educate people about consent, personal boundaries, and bystander intervention. Rather than just telling people what is wrong and what is right, we offer a deeper understanding of the topic, raising awareness through open discussion, and lead people to set their own rules, based on decency and respect.

Konsent will provide the methodologies they currently use for training youth workers and camp leaders in prevention of sexual harassment in activities with youth, as well as methodologies from other projects that could be useful for the participants of the training course.

Who is delivering this project?

KONSENT

Michaela

Michaela will be your point of contact at office@konsent.cz for organizing the travels and other practical questions, including on-site in Habří.

Marcela and **Ivan** will be organizing the program.



FACEBOOK
[@kdyztonechce](https://www.facebook.com/kdyztonechce)



INSTAGRAM
[@konsent_](https://www.instagram.com/konsent_)

Who is delivering this project?

KON
SENT

Ivan Kobelev

Ivan is a facilitator, trainer, and coach. Over the last 10 years he has been facilitating courses and conferences mostly internationally, around Europe, Asia, and Africa.

He has been empowering young people, adults, teachers, entrepreneurs and activists from more than 80 organizations, from small local civic initiatives, as well as institutions such as the Security Council of the UN. For that, he draws on his learnings from non-formal education as well as coaching, embodiment and theater, nature, spirituality, and positive psychology.

He has been involved as trainer and coordinator at Konsent with a variety of target groups since 2019.



Who is delivering this project?

Marcela Poláčková

Marcela is a psychologist, trainer and a methodologist of primary prevention of sexual violence for youth programs. She is the coordinator of the primary prevention program at schools and she leads a team of its trainers.

She created the methodology for a workshop for camp leaders and youth workers. Together with her coworker Dagmar Krišová from Konsent, she is an author of a book about sexual education in families. Marcela researched secondary victimization of women who reported rape to the Police of the Czech Republic and cooperated with the Government Council for Gender Equality of the Czech Republic to prepare a training for the Police aimed at supporting a sensitive approach to people with experience of sexual and gender-based violence and preventing their secondary victimization.



KON
SENT

Contact us

Have any questions?

Don't hesitate to write to us. We will love to hear from you!



office@konsent.cz

**With the kind financial
support of the program**



Erasmus+