

This Training Process is... practical tool for strengthening the capacity of a wide range of community members to prevent domestic violence.

It is a series of training sessions that can be used individually or as a part of a longer process that helps community members:

- become aware of gender and rights;
- deepen understanding of domestic violence;
- develop skills to prevent domestic violence; and,
- take action to prevent domestic violence.

This tool is for you if...are interested in helping community members learn about and prevent domestic violence. You might be:

- a trainer working with an NGO
- an activist who wants to help people talk and take action against domestic violence
- a police officer, community leader, health care worker, teacher, religious leader or a professional who wants to help your colleagues, clients or fellow community members to understand domestic violence
- a member of a group of women, men or youth interested in promoting women's rights
- anyone who is interested in women's right to safety, who wants to work with others to do something about preventing domestic violence.

You do **not** need to be an expert! The most important qualities you need are a commitment to prevent domestic violence, a willingness to use participatory learning techniques and respect for the participants you will be working with.

The sessions in the tool can be used as...

- independent activities during any training process
- part of regular capacity building of a selected group of people, for example, weekly or monthly sessions with staff or community groups.
- four separate workshops held over 9 to 18 months with follow up support to participants in between the workshops
- a resource for adaptation to fit your needs and objectives.

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For more information or to share your experiences with us contact:



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