

## KIDS AGAINST VIOLENCE PROGRAM

### PROGRAM STRUCTURE

#### **WEEK 1:- INTRODUCTION TO THE PROGRAM**

*What is violence?*

#### **WEEK 2:- GENDER EQUALITY**

*How does stereotyping relate to violence?*

#### **WEEK 3:- EMOTIONS & EARLY WARNING SIGNS**

#### **WEEK 4:- FEELING SAFE & UNSAFE**

*How to identify safe and unsafe experiences.*

#### **WEEK 5:- ANGER**

*How to identify and manage our anger.*

#### **WEEK 6:- SAFE PEOPLE & SAFETY PLANNING**

*Who we can talk to and what we can do when we are feeling unsafe.*

#### **WEEK 7:- WORRIES**

*A place to put our worries.*

#### **WEEK 8:- CONCLUSION**

*Recap and evaluation.*