



**DARE TO ACT**

Training for Youth Workers

## Dare to ACT

Info pack

10 – 16 April 2022

Sofia, Bulgaria

# TFNOW



Co-funded by the  
Erasmus+ Programme  
of the European Union



**HUMAN  
RESOURCE  
DEVELOPMENT  
CENTRE**

## Overview

Youth violence is a global public health problem. It includes a range of acts from bullying and physical fighting, to more severe sexual and physical assault and even homicide. According to OECD PISA report “How prevalent is bullying at school”, 30,6% of 15-year-olds reported having faced physical or psychological abuse at school several times a month. Results of the research “Addressing Sexual Bullying Across Europe” (2015) showed that 73% of youth aged 13 to 18 have been sexually assaulted more than once in their life. According to data provided by UNESCO (2019) “Behind the numbers: Ending school violence and bullying” - Globally, one in three children experiences bullying and a similar proportion are affected by physical violence.

Effective prevention of violence among adolescents and young adults is a key strategy for reducing rates of bullying, gender-based violence (GBV) and school dropout, and empowering social inclusion. A majority of the action in that regard is needed directly in schools, where most of these violent actions thrive. Yet, studies in different settings across the EU, show that school counselors don’t have a clear idea of what their actions could be in response to bullying and are often not considered as part of the solution to bullying.

In 2010, MARTA Centre, a key project partner, started a prevention program - Methodology for working with youth groups on violence prevention and healthy relationships – for youth (ages 13-18) aiming to raise their awareness of gender equality, challenge the traditional gender stereotypes and thus reduce the risk for young boys and girls to experience violence and become victims of human trafficking and/or to become perpetrators. After piloting the methodology in 5 countries (during the projects Dare to Care and Re-GROUP), the partners believe the good practices from the methodology can and should be expanded and adjusted for different settings.

Dare to ACT addresses the engagement and preparedness of school counselors and youth workers as actors in constant contact with the target groups, which work in key locations for preventing and stopping violence in youth. This project aims to unite school psychologists and counselors as well as youth workers; educators and other professionals working constantly and closely with young people from the participating countries, equip them with already existing and tested knowledge, derived from the Youth Group Methodology approach, guide them through adaptation of it to local needs and cultural context.

### Partners:

The Future Now Association – Bulgaria

MARTA Centre – Latvia

Beyond what they sell – Italy

IPTA – Romania

HIGGS – Greece

Academy of experience – Hungary

Youthfully Yours – Slovakia

## Objectives

Dare to ACT aims to:

- Reduce violence-supportive attitudes by working directly with young girls and boys (ages 13-18) and by changing underlying harmful social norms and gender stereotypes that drive gender inequality and violence towards and among children and youth;
- Provide needed knowledge to educational and support staff in schools and youth centers to recognize and stop violence among and towards youth (ages 13-18);
- Equip school counsellors, school psychologists and youth workers with skills to help them battle with prejudice, related to violence and how we can intervene.

## Agenda

10.04. Sunday	11.04 Monday	12.04 Tuesday	13.04 Wednesday	14.04 Thursday	15.04 Friday	16.04 Saturday	
<b>Travel day</b>	<b>Breakfast</b>						<b>Travel day</b>
	Welcome; programme; goals	Teenager and Bullying	Our work and impact on teenagers	Gender & Sexuality and Teenagers	Interventions in my community		
	<b>Coffee break</b>						
	Getting to know each other	Teenager and Bullying	Understanding relationships	Teenagers & Violence	Interventions in my community		
	<b>Lunch</b>						
	Getting to know each other	The Secret Life of Teenage Brain	Understanding relationships	Teenagers & Gender Based Violence	Reflection & feedback		
	<b>Creative break</b>						
	Teenagers 101	Importance of NFE and Prevention tactics	Tour of Sofia	Teens and Consent; Teens and Addiction	Closing; evaluation; Youthpass certificates		
	<b>Reflection groups</b>						
	<b>Welcome dinner</b>	<b>Dinner</b>					

## Participants

**4 participants from each partner country**

- **school psychologists, counsellors, youth workers and educators**

at least 2 from areas outside the capital

## Reimbursement & costs

All costs related to accommodation and meals will be covered by the hosting organization.

The travel costs, covered by the Erasmus+ programme, have the following limits:

- Bulgaria: 20 Euro per participant;
- Latvia: 275 Euro per participant;
- Italy: 275 Euro per participant;
- Romania: 180 Euro per participant;
- Greece: 275 Euro per participant;
- Hungary: 275 Euro per participant;
- Slovakia: 275 Euro per participant

There is no participation fee.

[APPLICATION FORM HERE](#)

## About The Future Now Association



The Future Now Association (TFN) is a Bulgarian youth NGO that implements initiatives and activities to contribute to the development and activity of

young people, based on the principles of mutual assistance and solidarity; to facilitate and create new opportunities for realisation of young generation; to represent and protect the interests of young people; to support, promote, and develop democratic values of civil society and protect freedom, dignity, and inclusion of children, young people and vulnerable groups.

To reach its objectives, TFN initiates and supports activities for implementation of scientific and applied researches, studies, programmes, and projects in the field of innovation in learning, multicultural bridge building, enhancing leadership development among young people, transfer of knowledge, expertise, and mentorship for students and young researchers.

The activities of TFN are related to:

- ✓ Empowering young people
- ✓ Fostering innovation in social and youth work
- ✓ Promoting just, peaceful and inclusive societies
- ✓ Finding and creating great opportunities for youth
- ✓ Supporting educational structures and life-long learning
- ✓ Increasing reach and impact of the youth sector
- ✓ Promoting gender equality

TFN website and social media links:

