



## **Young Latinas on Leadership Training**

### **Promoting Healthy and Equal Relationships among Youth**

MUJER invites Young Latin American Women, interested in learning how to prevent violence to take part in this program. Training is geared towards developing leadership skills for working on violence prevention initiatives with children and youth.

#### ***Training Objectives***

- To train young Latina women on how to promote healthy relationships and how to address, prevent and end violence.
- To provide trainees with appropriate skills, information, knowledge and support to confront and prevent violence.
- To develop strategies to work with children and youth on violence prevention.

#### ***Training Topics***

##### **1. Violence against Women in a cultural context**

**Objective:** To identify elements of Latin-American culture and Canadian society which promote and justify violence against women.

**Content:**

- Historical and cultural factors causing violence.
- Power and privilege in gender roles.

##### **2. Violence in intimate relationships**

**Objective:** To identify the various forms of violence in relationships.

**Content:**

- Various forms of violence against women.
- How to assess the risk of violence in your relationship.

##### **3. Self-esteem and self-worth**

**Objective:** To identify and develop tools for empowerment.

**Content:**

- What factors influence self-esteem.

- Images of Young Latina Women in Society.

#### **4. Sexuality and reproductive rights**

**Objective:** To understand our rights as women to reproductive and sexual choice and health.

**Content:**

- History of women's sexuality and reproductive rights.
- Sexism and forms of oppression.

#### **5. Addressing changes in society**

**Objective:** Knowing the system and understanding the process and forms of change.

**Content:**

- Recognizing the obstacles that women face.
- How activism can bring about change.

#### **6. Young Latin-American Women as agents of change**

**Objective:** To identify outreach strategies and action-oriented initiatives for working with youth on violence prevention.

**Content:**

- Examine our roles as activists on violence prevention.
- Developing leadership skills and techniques for working with youth and facilitating dialogue around violence prevention.

#### **7 & 8: Promoting healthy & equal relationships**

**Objective:** To learn how to develop outreach and planning strategies and presentation's content for youth and children at schools.

**Content:**

- Session 7: Develop outreach and planning strategies for educational sessions, develop content and prepare materials for presentations.
- Session 8: In pairs will make presentations to both peer group and Advisory group.

**The Leadership Training includes THEORY and PRACTICE**

**Theory:** a series of 8 training workshops of 3 and half hours, one evening a week between October and November, 2005.

**Practice:** starting mid January until the end of February, 2006.

**A Certificate will be issued upon completion**

*\*This training is not a support group\**

### ***MUJER, expected commitment from participants...***

- To honor their commitment to the completion of training and practice.
- To engage in public education strategies.
- To support school outreach initiatives geared towards engaging youth and children on violence prevention issues.
- To participate at the public forum in November.

### ***Who Should Attend?***

This training is directed to all Young Latin-American Women who:

- Share MUJER's philosophy, of working in an inclusive, feminist anti-oppression framework.
- Are committed to become activists against violence against women and to link with other young Latino women at the high school level.
- Might have experienced any situation of violence in their past, including that of their intimate partner.
- All Latin-American Women age 18 to 25 (flexible), who feel comfortable in both English and Spanish are welcome, including High School, College, or University students.

### ***Training will be,***

- Free.
- Light refreshments, childcare and materials will be provided.
- Training sessions will be delivered either in Spanish or English.
- Eligibility depends on a personal interview.
- The number of participant is limited to 15.
- There will be an information session with all the selected participants.

**For further information and registration contact MUJER**

Phone: (416) 515-9413

Phone and Fax: (647) 436-8535

E-mail: [latina@mujer.ca](mailto:latina@mujer.ca)

Website: [www.mujer.ca](http://www.mujer.ca)

**This project is funded by: The Ontario Women's Directorate**

Registration Form:

**Young Latinas Leadership Training**

Promoting Healthy and Equal Relationship among Youth

Registration

Full Name \_\_\_\_\_

Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal code \_\_\_\_\_

E-mail address \_\_\_\_\_

(\_\_\_\_) \_\_\_\_\_  
Telephones Fax Number

Occupation \_\_\_\_\_

**Training sessions will be delivered either in Spanish or English**

**Select one** Spanish  English

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Please fill this application form and mail it to: **Mujer**

387A Bloor Street W. Toronto, On. M6C-1L3  
Phone: (416) 515-9413 –Phone and Fax: (647) 436-8535

You may also register by e-mail or at the web-site

Web site: [www.mujer.ca](http://www.mujer.ca) Email: [latina@mujer.ca](mailto:latina@mujer.ca)

**Project Funded by Ontario Women's Directorate**