



Programme *Mudanças com Arte* UMAR



The Programme

- * *Mudanças com Arte* took place in several schools in the North of Portugal, running since the 3rd of November 2008 until the 31st of December 2010. Prior to this, UMAR had already been operating it for approximately 7 years.
- * The project focused on *Young People's Role in the Prevention of Gender Violence*.

The Programme

- * It also sought to promote Human Rights within young adults.
- * Working with parents, teachers and all school staff, through a series of workshops.

The Programme

- * The programme was implemented in accordance with the school established protocol. The 45 minute sessions took place in Civic Education class, every 2 weeks.
- * Our aim was to give, at least, 15 sessions within 1 school year. Ideally, we'd work with the same classes for a 3 year period.

McA - The goals

- * Create awareness in youngsters about mutual respect for difference and Equal Opportunities. Also empowerment of the self as a subject and as an agent of his or her own choice and ideas;
- * Raise awareness about the issues discussed in each session;

McA - The goals

- * Allow young adults to feel comfortable when refusing gender violence;
- * Develop healthy values and attitudes to allow the construction of affectionate relations and friendship based on peace, self-respect and mutual consent.

Themes to discuss...

- * Human Rights;
- * Children's Rights;
- * Women's Rights;
- * Gender (In)Equality and Gender Stereotypes;
- * Causes and effects of violence in society (home, school, playground, street, etc.);
- * Domestic Violence;
- * (Teen) Dating Violence;
- * Bullying;
- * Sexuality;
- * Development/training of personal and social skills.

Theme – Domestic Violence

★ Goals:

- ★ Learn the concepts of 'Violence' and 'Domestic Violence'
- ★ Create awareness to the several types of violence that happen in abusive relationships
- ★ Learn about the Cycle of Violence and its stages (Walker, 1979)
- ★ Identify causes and consequences/effects of domestic violence
- ★ Bringing down the myths
- ★ Promote discussion, critical thinking and reflection

★ Useful things:

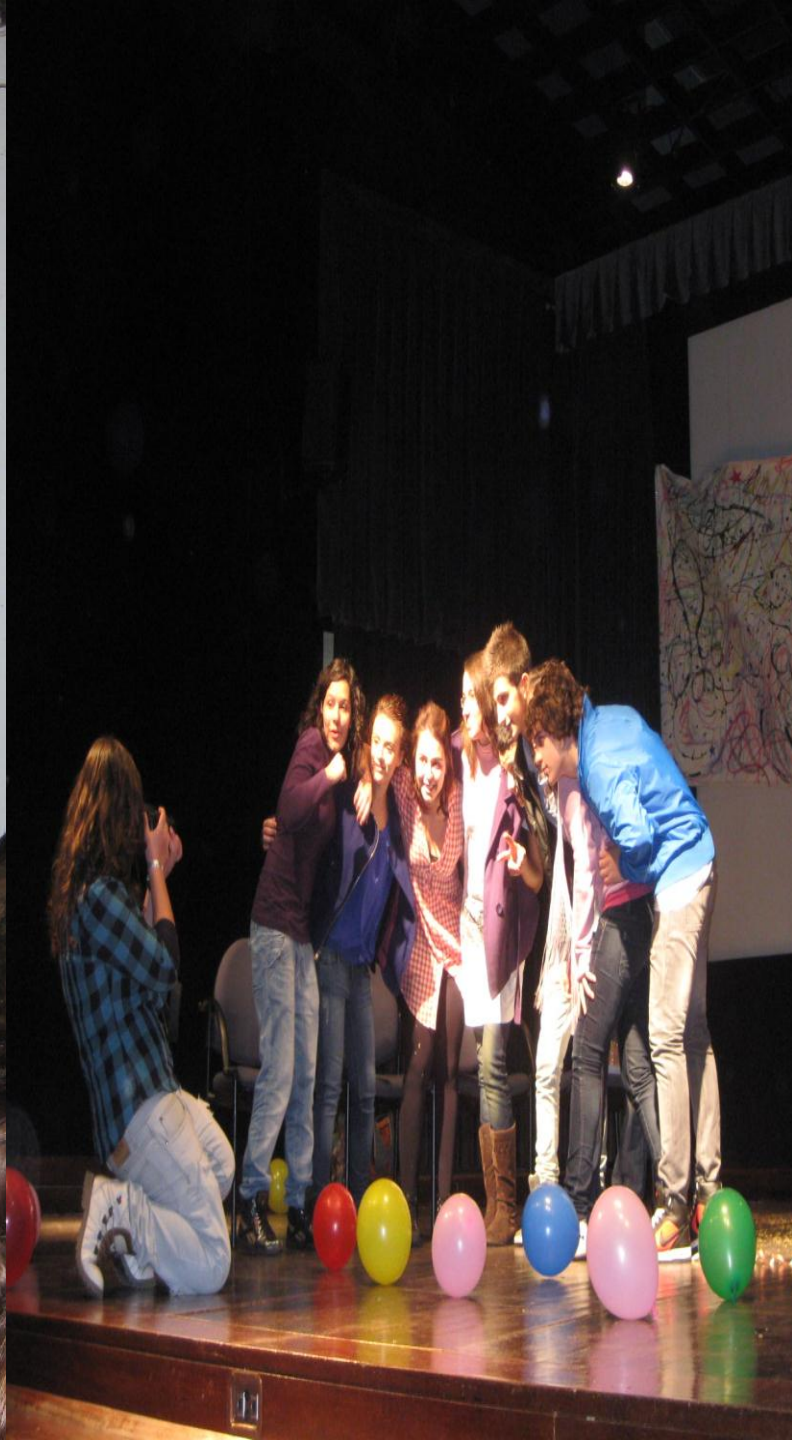
- ★ French advertisement about Domestic Violence Prevention/Awareness
- ★ DVD *No One Deserves to Lose a Smile* (Flamínia) + exploring cards
- ★ *PowerPoint* presentation on Domestic Violence
- ★ Bits of news from newspapers regarding the phenomenon
- ★ Myth cards associated with Domestic Violence

The Final Seminar

- * Creation of an artistic work/piece (i.e. play, choreography, song, short film, painting...).
- * These final works will be related to the themes developed during the sessions.
- * They will be presented to all students that were part of the programme.



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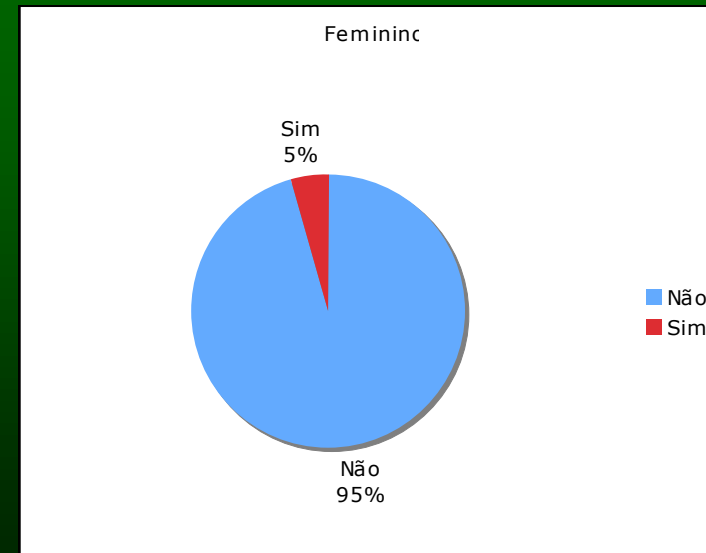
Dating Violence Study - Results

Study with 413 youngsters, with ages between 11 and 18 years old

* *Physical Abuse* had been/was being experienced:

* 5% of the girls

* 2% of the boys

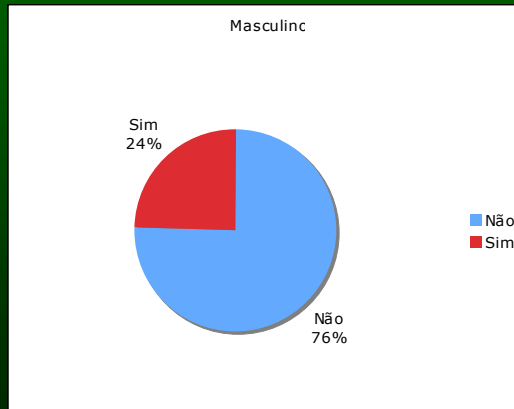
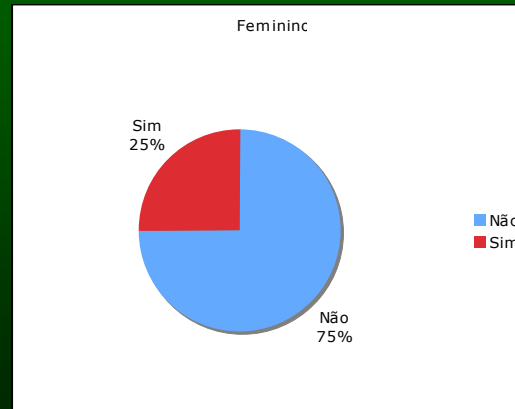
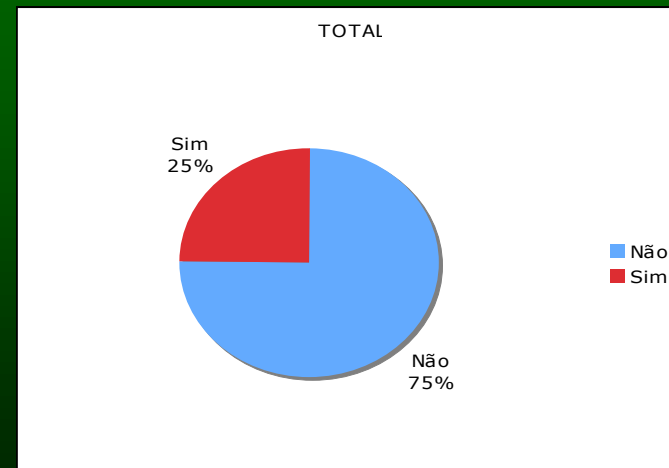


Dating Violence Study - Results

* *Psychological Abuse* had been/was being experienced:

* 25% of the girls

* 24% of the boys



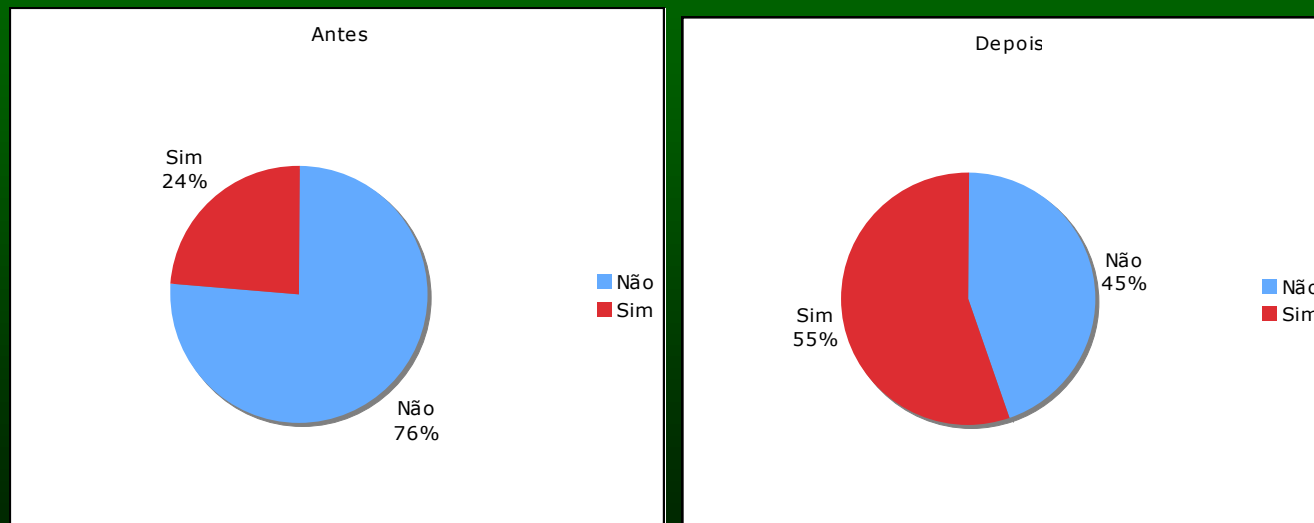
Dating Violence Study - Results

- * Psychological abuse exists in a quarter of dating relationships in both girls and boys.
- * Control behaviors are still considered a "proof/act of love", in which jealousy is presented almost as an irreplaceable and *must have* ingredient.
- * Liking and control seem to be synonymous.

Dating Violence Study - Results

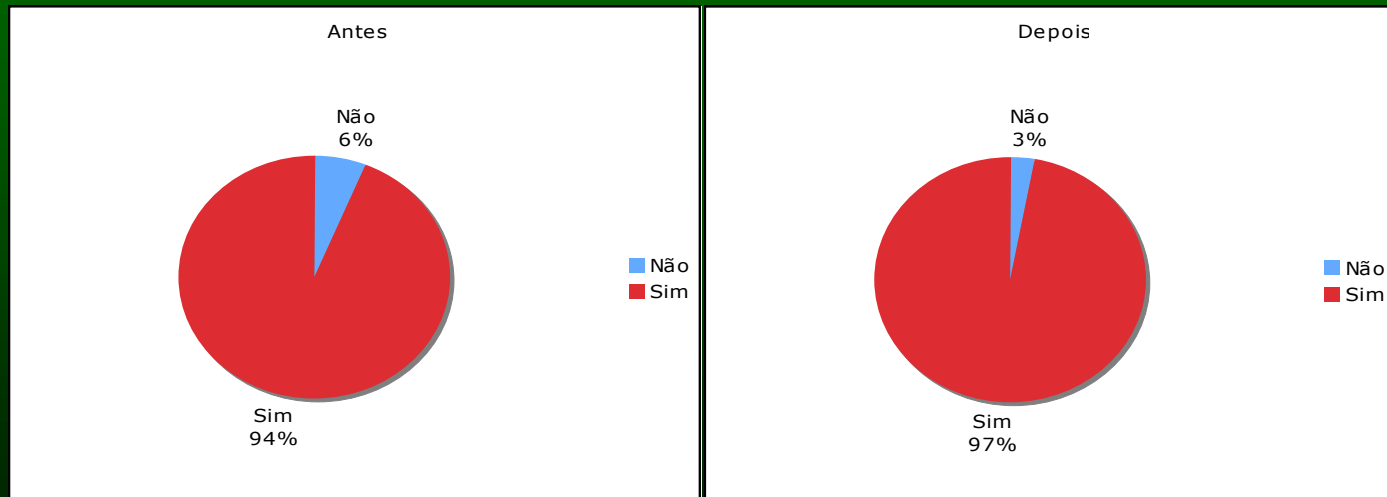
* Recognition of *Psychological Abuse* (PsA):

- * Before the intervention 24% of the teenagers recognised all the itens of the PsA in the questionnaire;
- * After the intervention it increased to 55%.



Dating Violence Study - Results

- * Recognition of *Physical Abuse* (PhA)
 - * Before the intervention 94% of the teenagers recognised all the itens of the PhA in the questionnaire;
 - * After the intervention it increased to 97%.



The *Mudanças com Arte* Team

- 😊 Ana Gomes – Psychologist
 - 😊 Ana Pinto – Educational Sciences Specialist
 - 😊 Cristina Pereira - Social Educator
 - 😊 Patricia Maria Ribeiro - Coordinator / Psychologist
 - 😊 Sónia Vieira and Emanuel Oliveira - Trainees Masters in Health Psychology ISMAI
 - 😊 Volunteers and other collaborators of UMAR
 - 😊 Schools and Teachers, whose involvement is key to successful prevention program
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