



## **Tools to Build African & CaLD Men as Leaders in the Prevention of Domestic Violence Project**

### **WORKSHOP ACTIVITY: REFLECTIONS AND ACTIONS** 15- 30 minutes

**This activity can take place at the end of any workshop or after a series of workshops.**

#### **1. Small group reflections**

Divide the groups into small groups of four. Prepare Action Charts for each of the small groups to write down ideas for actions after attending any of the workshops developed for the Toolbox.

#### **Action chart for small groups (boxes):**

- Actions that individuals can take:
- Actions that we can take as a group:
- Actions that others should take (say who):

Bring the group back together and ask for a volunteer from each group to share the commitments and strategies identified.

Have all groups present and then discuss themes and issues emerging.

#### **2. Individual reflections – action chart for each participant**

Start the reflections by asking participants to break into pairs and take five minutes each to think about and fill out the ‘commitment to action table’ hand-out (to be prepared in advance for each participant) which includes the points listed here.

#### **My personal commitment to action**

- **What changes do I want to make in my personal life?**
  - **What changes do I want to promote amongst my friends, family and community members?**
  - **Are there specific people I want to promote change with?**
  - **What skills and/or strengths do I have that I can use to promote change?**
  - **What support do I have?**
  - **What support do I need?**
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- Remind people that it is always easier to make commitments than to implement them. Ask participants what support they think they will need to act on their commitments.
  - Ask them to agree on a date when they will meet with at least one other group member to discuss progress made by a particular date.
  - Remind the group of the key message of this project: **You can build respectful relationships and end male violence against women in your family and/or community!**