



Gender-based  
Violence  
Prevention  
project



# Gender-Based Violence Prevention Project

Funded by:



Immigration, Refugees  
and Citizenship Canada

Financé par :

Immigration, Réfugiés  
et Citoyenneté Canada





# YMCA Immigrant Services

As a multi-service organization committed to building healthy communities the YMCA of Greater Halifax/Dartmouth offers a variety of programming that supports newcomer settlement and integration with a focus on families, being placed-based, being active, and being engaged in community.





Newcomer First  
Voices on Cultural  
Competency

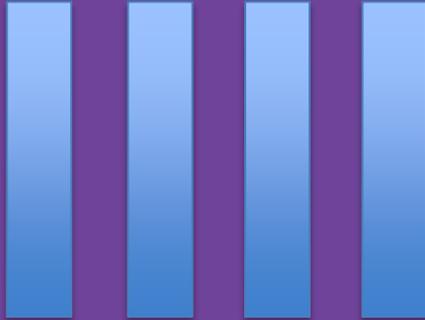
# OUR PROGRAMS AND SERVICES

## YMCA HD CENTRE FOR IMMIGRANT PROGRAMS



# Why Focus on Prevention?

Gender-Based  
Violence



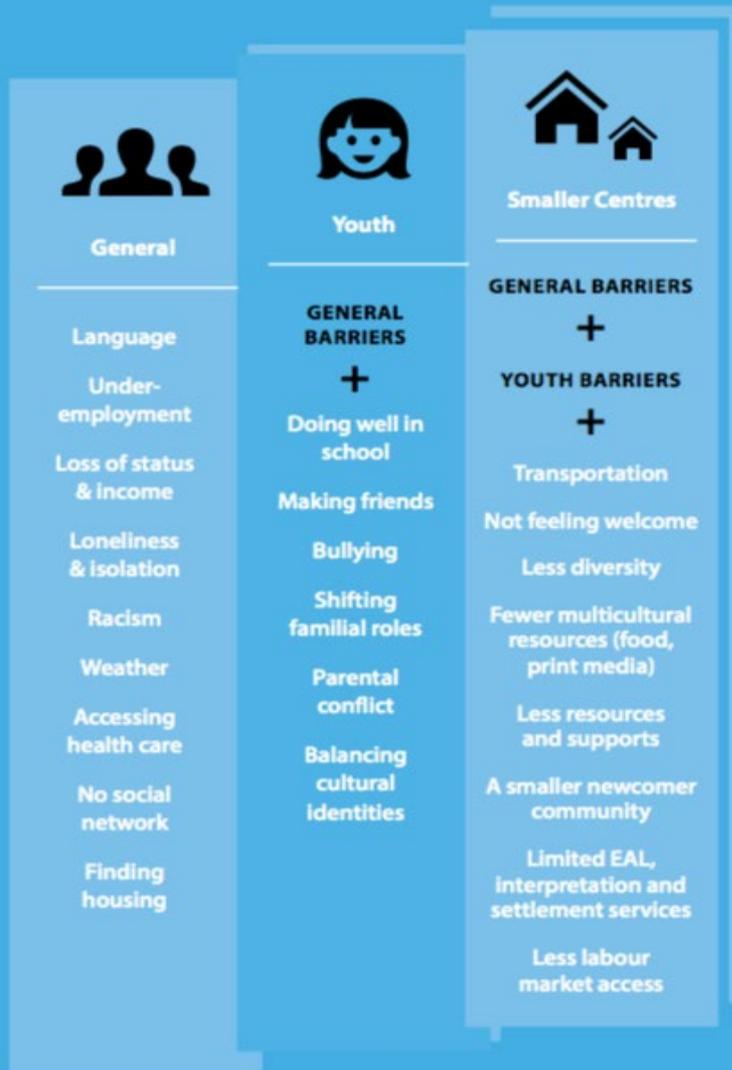
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# Challenges & Barriers



When thinking of the challenges and barriers newcomers may face we need to consider the following:

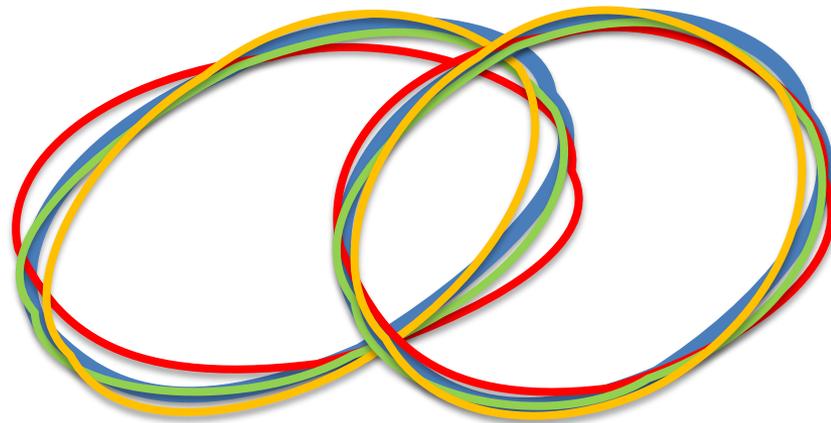
1. What are the supports addressing these challenges in our communities?
2. How do these contribute to being more vulnerable to experiencing GBV?
3. How may these impact someone's ability to access support?





## Homophobia Biphobia Transphobia

*Across the world, 77 countries criminalize same-sex activity, seven of them with the death penalty.*



# Barriers to access services



# Engaging Newcome Men and Boys

Involving Men and boys is part of prevention. Men are part of the solution.

Pressures  
and  
expectations  
of Men

Mental  
Health and  
Wellness

Healthy vs  
unhealthy  
Relationship  
s

GBV,  
Consent and  
Laws

Male peer  
Supportive  
Spaces



Parenting  
and Healthy  
Families

Being an ally  
and taking  
action

Men  
awareness  
campaigns

Gender  
Equality and  
Rights

Homophobia  
Transphobia  
Biphobia



# “ImPowered” Girls’



## The ImPowered Girls Conference

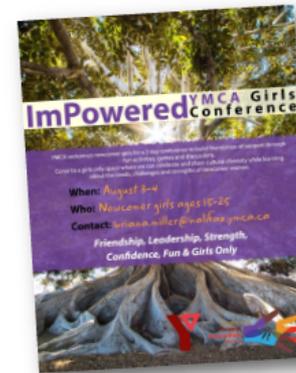
The ImPowered Conference was an overnight Girls Conference which brought 21 newcomer girls together. The aim was to build confidence, share cultures, make friendships and increase their knowledge around gender-based violence prevention in a girls only space.

The purpose of many of these discussions was to enhance teamwork skills as well as build confidence. Workshop topics included:

- ✓ **Balancing cultural identities & values**
- ✓ **What is gender-based violence**
- ✓ **Consent**
- ✓ **Gender equality & stereotypes**
- ✓ **“Good” Girl vs. “Bad” Girl labels**

These themes were approached in ways that encouraged honesty, empowerment and growth among the young women participating which resulted in the exploration of new and thoughtful dialogues.

## Pre-Conference Planning



### Recruitment:

YMCA staff that already had pre-existing relationships of trust with youth and families called, met in person and discussed concerns. They ensured parents had a sense of confidence regarding conference details. This involved:

- ✓ showing photos of the location
- ✓ providing contact information of all staff
- ✓ ensuring the space was women’s only
- ✓ Transparency about all topics in a way that was culturally sensitive

### Best Practices

- ✓ Ensure a women’s only space, including all people on site e.g. cooks, cleaner etc.
- ✓ Ensure food meets dietary requirements (ex: Halal)
- ✓ Be accessible to youth and parents during day and night for updates
- ✓ Accessible translation available when needed
- ✓ Create opportunities for free time for art, music or playing sports
- ✓ Be mindful that this may be the first time many stay outside of their home overnight
- ✓ Putting girls who speak the same language or share similar religious needs in rooms together can help create more comfort
- ✓ Be flexible to change plans or arrangements
- ✓ Trauma-Informed
- ✓ Anti-Oppressive
- ✓ Cultural Humility
- ✓ Feminist Approach (ex: staff supporting each other)

# Engaging Newcomer Women and Girls

Celebrating cultural diversities and values

Victim Blaming and Labels

Leadership Opportunities

Balancing cultural identities and pressures

Recognizing GBV and where to access supports

Creating spaces where women and girls can support, learn and connect together.

Parenting and Healthy Families



# Newcomer children, youth, adult and families

Information and awareness sessions on GBV, recognizing abuse, laws and supports.

Family activities with children

Opportunities to connect with other service providers

Topic specific information sessions, workshops and programming

Supportive activities that reduce isolation, support mental wellbeing and create opportunities for families to connect.



# YMCA Forum Theatre Video Project



# Prevention of GBV is everyone's responsibility

Speak out against GBV and raise awareness

Challenge social norms, policies, and systems that perpetuate systems of oppression that contribute to GBV

Be aware and inclusive of the unique needs and challenges of those most at risk to GBV.

Challenge sexism, racism, homophobia, xenophobia and all other forms of discrimination that contribute to GBV.

Support victims/survivors



# The YMCA Gender-Based Violence Prevention Project

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**Book a FREE Training for your staff or team or join one of our monthly training webinar sessions.**

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