stay
safe

preventing and responding to sexual violence against women with disabilities

Training programmes and online learning resources for women and professionals

Stay Safe final event | 17th March 2022

www.staysafeproject.eu

RELATIONSHIPS?
YES, BUT SAFE!

the training course for women
with psychosocial disabilities

stay

preventing and responding to
sexual violence against
women with disabilities

safe

TRAINING PROGRAMME

The programme aims to transfer to women with psychosocial disabilities some basic skills that have emerged from literature and field research, aimed at providing tools to prevent and counteract sexual abuse and harassment.

stay

safe

LEARNING OUTCOMES

- Understand the difference between healthy relationships and violence
- Understand what does it mean to provide consent to an intimate relationship / sexual intercourse
- Understand what are the consequences of a lack of consent
- Understand how to recognize an abusive / risky situation

- Identify signals of an abusive / risky situation
- Exercise their capacity to say "no"
- Understand that they can ask for help in case they are victims of abuse
- Learn to whom they can turn to in case they need help

stay safe
preventing and responding to sexual violence against women with disabilities

CONTENTS

- **Introduction to sexual violence / harassment**

This is an introductory section supporting women in understanding in practical terms what it is that we call sexual violence / harassment (so for example including pictures, jokes, texting…) and in identifying which are the characteristics of healthy / desired relationships vs. abusive ones (for example, who to distinguish flirting and harassment). In this session participants could also be helped in reflecting on the possible consequences that abuse can have on them.

- **Consent**

The aim of this section should be to understand that every sexual intercourse can only be performed if both parties genuinely consent to it. Participants are helped to discuss what consent mean to them and reflect on personal boundaries. The concept that our bodies belong to us could also be introduced.

CONTENTS

- **Recognition of abusive situations**

This session is focused on engaging participants in recognising signs of abusive situation: what it is that should make them think that they might be at risk and in implementing a protection plan.

- **Saying no**

This session is dedicated to empower participants about the fact that they are allowed to say "no" to unwanted sexual relationships and to train them to be assertive in saying "no".

- **Seeking help**

This session is dedicated to encourage participants to share with someone they trust situations in which they feel uncomfortable or at risk. The message that it is ok to talk about sex-related issues should be conveyed, together with the fact that there are secrets that can be kept but others that should be disclosed.

Digital training resources for women with disabilities

The training contents were also addressed with short cartoon videos, which touch on key issues through short stories.

These videos are available on the Stay Safe project website in 6 languages

https://staysafeproject.eu/i-stay-safe/

stay
preventing and responding to
sexual violence against
women with disabilities
safe

Preventing violence against women with disabilities

the training course for professionals

in the field of mental disability

TRAINING PROGRAMME

The programme aims to improve knowledge and skills in recognising the risk of sexual harassment/violence faced by women with psychosocial disabilities and to provide professionals with theoretical and practical tools to deal with such events.

stay

preventing and responding to
sexual violence against
women with disabilities

safe

LEARNING OUTCOMES

▪ Understand the prevalence of violence among women and girls with psychosocial disabilities and challenges while dealing with it;

▪ Recognise the types and forms of sexual violence;

▪ Understand the impact of violence and consequences for the victims/ disabled women;

▪ Evaluate/ distinguish risk factors for gender-based violence against women with psychosocial disabilities;

▪ Assess/recognize/evaluate the violence against women with psycho-social disabilities in concrete situations;

▪ Know/Apply victims' rights and the legislation at the European, national and international level in the gender-based violence field;

▪ Prevent sexual violence among women and girls with psychosocial disabilities;

▪ Deal with the cases of violence against women with psychosocial disabilities;

▪ Employ best practices and tools for preventing and dealing with sexual harassment/ violence, including supporting the reporting of cases;

▪ Understanding the importance of networks to tackle sexual harassment/ violence against disabled women.

▪ Contribute in creating supportive context for the disabled women that enables disclosure of violence.

stay
preventing and responding to
sexual violence against
women with disabilities
safe

CONTENTS (1/3)

- **Prevalence of sexual harassment/ violence among women and girls with psycho-social disabilities**
This module provides an overview of the latest statistical data on the prevalence of sexual harassment/violence among women and girls with psychosocial disabilities.

- **Types and forms of sexual violence and their consequences on victims**
This module contains information about different types and forms of sexual violence and their possible consequences for women.

- **Risk factors for sexual harassment/ violence against women with psycho-social disabilities**
This module consists of the main risk and protective factors that can influence or cause incidents of sexual harassment/assault against women and girls with psychosocial disabilities.

CONTENTS (2/3)

- **How to recognize sexual harassment/ violence against women with psycho-social disabilities**

This module presents possible ways to understand whether a woman or girl with psychosocial disabilities suffers or has suffered violence.

- **Relevant legislation and victims' rights**

This module provides information on the main legal instruments to be used to prevent and address violence and abuse against women and girls with disabilities.

- **How professionals could prevent violence among women and girls with disabilities: at professional, organizational and structural level**

This module covers possible ways to prevent violence by discussing and analysing different levels: professional, organisational and structural.

CONTENTS (3/3)

▪ **How professionals can deal with cases of violence against women and girls with psychosocial disabilities**
This module covers possible ways to deal with violence by discussing and analysing different levels: professional, organisational and structural.

▪ **Best practices and tools for preventing and dealing with such issues**
This module presents good practices, tools and concrete examples of successful actions in preventing or combating violence among women and girls with psychosocial disabilities.

▪ **Creating networks for preventing and tackling sexual violence / harassment against disabled women**
In this module we will address how to raise awareness among social and health professionals and those working in the field of gender-based violence about the importance of networking.

Digital training resources for professionals

The training was developed in blended learning mode, partly face-to-face and partly online.

In the e-learning training, the most theoretical notions concerning each of the above-mentioned modules were covered.

These courses are available on the Stay Safe project website in 6 languages

https://staysafeproject.eu/training/

stay
safe
preventing and responding to
sexual violence against
women with disabilities
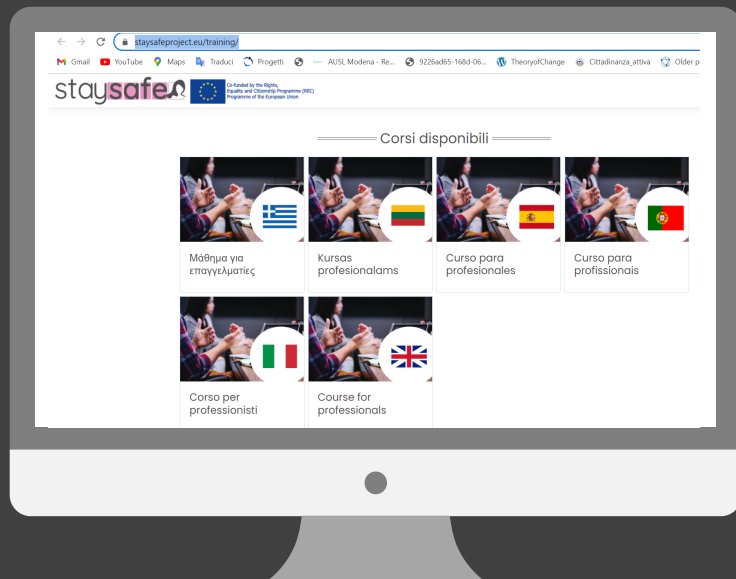
Training manual accessible from: https://staysafeproject.eu/outputs/

Online course accessible from:

https://staysafeproject.eu/training/

stay safe

PREVENTING SEXUAL VIOLENCE
TRAINING PROGRAMME FOR PROFESSIONALS WORKING WITH WOMEN WITHPSYCHO-SOCIAL DISABILITIES

THANK YOU!

CONTACTS
Anziani e non solo (coordinator of
Stay Safe project)
+39059645421
info@anzianienonsolo.it
www.anzianienonsolo.it
www.staysafeproject.eu

stay
safe

preventing and responding to
sexual violence against
women with disabilities