

roar

The Newsletter of
S•W•●•V•A

Salt Spring Women Opposed to Violence and Abuse:

Issue 23 • SWOVA *roar* • Fall/Winter 2007/08



*Introducing our Widening The R+R Circle Team
(l-r) Lynda Laushway, Carol Grier, Chris Gay, Elly McKeague, Randie Clark,
Peter Morin*

“A community that values its young people needs to recognize it has a responsibility (and obligation) to support the development of respectful relationships between its members; it needs to foster the development of resiliency, and it needs to establish a culture of support for all youth. A healthy community means healthy youth.”

WTC Team

Creator of the award winning school violence prevention program which focuses on developing healthy and **respectful relationships**



eliminating violence through learning, research and action

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This newsletter is published twice a year by **SWOVA** (Saltspring Women Opposed to Violence and Abuse, Community Development and Research Society), a non-profit registered charity that works for social change. Our primary purpose is to develop solutions to prevent violence and abuse against women and children, through research, education, and community development. We are helping to create a world where women and children are valued and able to live without fear of violence and abuse. SWOVA's work is in primary violence prevention. Our commitment to develop healthy and respectful relationships ultimately means a safer community for everyone.

The views expressed in this newsletter do not necessarily represent the views of the Board of Directors or the staff at **SWOVA**.

**2007-2008
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Our Sincere thank you to Barnyard Grafix Inc for all their help in making this newsletter possible.



**Pat Fagan, Lynda Laushway and MLA Lorne Mayencourt at the Provincial Legislature attending meetings with government officials.*

SWOVA

From the Executive Director's Desk



Lynda Laushway

Welcome to our newest edition of the ROAR newsletter. Our office is busy and buzzing with new energy. We have been joined with inspirational new Board members and staff who bring renewed vision and energy to the organization. SWOVA's Board has expanded to nine members bringing substantial skills and experience that enhance our already existing dynamic core of Board members.

We are grateful to our generous funding bodies and supporters who have the wisdom to recognize that putting up-front dollars into prevention will have long-term cost savings. As the saying goes, "crime costs and prevention pays". Our loyal members continue to provide support in many ways, which provides a solid community that sustains our work.

We are pleased to report that both the **Boundary** and **Kamloops** School Districts have found a way to continue delivery of the youth-focused **R+R** program in their communities this coming school year. A 5-day training session for new adult facilitators in the **R+R** program will take place this fall on Salt Spring Island. This follows on program delivery in eight BC school districts last year.

The Southern Gulf Islands School District will have the **R+R** program in the classroom for the eighth year, with approximately 500 students in grades 7, 8, 9, and 10 participating in the program. Christina Antonick and Dave Nagel will be the Adult Facilitators for local program delivery and will be ably assisted by Youth Facilitators from the high school.

In the fall we completed a pilot program funded by the Leon and Thea Koerner Foundation called "**R+R At Home**" that offered workshops to parents based upon the **R+R** program. This year, we are one of the fortunate recipients of the new Partners in Prevention grants offered by the BC Ministry of Community Services. Along with funding from the United Way, the BC Gaming Commission and the Salt Spring Foundation, we will be working on **Widening the R+R Circle: Working with Parents and Teachers to Prevent Violence Against Women and Girls in B.C.** over the coming year. (See WTC and R+R at home articles page 4)

SWOVA was invited to participate in the first **BC Congress on Womens' Safety** that took place this spring in Vancouver. Premier Gordon Campbell hosted the forum which included representatives from all over the province. We are very pleased that SWOVA's **Respectful Relationships** program was

highlighted at the forum in the presentation by the Deputy Attorney General of BC as one of the outstanding crime prevention programs in the province.

We feel honoured to tell that SWOVA's **Respectful Relationships** program has been selected as a 'Good Practise' by the United Nations Human Settlements Programme. It is one of the 329 Good Practices chosen world-wide by the UN and will be featured on their Best Practices Database.

SWOVA also brought two events to the Gulf Islands communities this spring; a concert of rhythm and blues music with a drive for social responsibility - "**R&B for R+R**". Vancouver-based "Root Cellar Records" recording artists, Andrea Smith, Kendell, and Jencia Rayne, were joined by the local high school jazz ensemble for a delightful evening of entertainment on the Artspring Theatre stage. Also in support of public education about domestic violence, community resources and support for victims of

domestic violence SWOVA staged the Canadian premier of "**Life Without Parole**": a play by Warren Doody, during B.C.'s Prevention of Violence Against Women week. The story focuses on the experiences of five women who have been victims of domestic violence and how the cycle of violence can spin out of control when a woman does not believe she has an alternative to her circumstances. The play provided an intimate view into the inner world of these women, their struggle to find new hope, self respect and forgiveness from within the walls of a penitentiary. Both programs were well attended by enthusiastic audiences. In addition to generating funds to support the delivery of the **R+R** program, the

goal of the events was to raise awareness about the important proactive approach to primary violence prevention that **Respectful Relationships** offers.

We at SWOVA will continue our ongoing work to expand the reach of the **Respectful Relationships** program. Our work is fostered by the belief that every young person deserves the opportunity to develop the skill, and awareness to have healthy, satisfying and respectful relationships and that it is our responsibility as a community to engender a peaceful world where young people are inspired to fulfill their role as global citizens.

Lynda Laushway
Executive Director

"We are grateful to our generous funding bodies and supporters who have the wisdom to recognize that putting up-front dollars into prevention will have long-term cost savings. As the saying goes, "crime costs and prevention pays."



Sarah Hook-Nilsson

September marks the first year of my involvement with the Board of SWOVA, and what a full year it has been!

individual styles and levels of learning, and the close involvement of the community.

In November, our first "Members and Supporters Appreciation Reception" preceded our Annual General Meeting. It was an enjoyable opportunity for members, staff and the Board of SWOVA to meet. I look forward to our next gathering this coming November 14. In December, Paula Gallo of UNICEF's Education for Development program came to Salt Spring to experience first-hand the R+R workshops in action, and to meet those involved. Paula's enthusiasm and UNICEF's endorsement of our program is further evidence of what SWOVA is achieving.

"SWOVA's renown for perseverance in seeking funding was matched with its reputation for excellence, as evidenced by the respect that our program has earned in the eyes of not only other non-profit organizations who attended, but also the Attorney General's office and the Ministry of Community Services."

We have grown as a Board this year as well as an organization. The Board has formed into four Committees in order to carry SWOVA through to a sustainable future and greater focus on what we must do to prevent violence before it begins. It is truly an honour to be working with such people, for such goals. I would encourage any person who wishes to contribute to the goals of violence prevention and social justice to consider joining our Board of Directors at SWOVA; the time commitment is moderate and the rewards are immeasurable.

In April, we had our annual Board Retreat Day where we celebrated our expanding circle, now nine of us, by focusing on SWOVA's vision for the future. Also in April, I had the privilege of attending the Premier's Womens' Safety Congress with Lynda Laushway at the Simon Fraser Wosk Centre for Dialogue. SWOVA's renown for perseverance in seeking funding was matched with its reputation for excellence, as evidenced by the respect that our program has earned in the eyes of not only other non-profit organizations who attended, but also the Attorney General's office and the Ministry of Community Services.

In May we learned of the success of our application to be part of the Partners in Prevention program, offered by the Ministry of Community Services. The strong proposal and the collective brainstorming we did has given us the funds for Widening the Circle, which will develop and deliver workshops for parents and teachers in our own and three other school districts over the next 18 months. This work has also received support from the United Way of Greater Victoria and from the Salt Spring Foundation. It was an honour, both as a parent and as a Board member, to be part of the first pilot project for parenting workshops (funded by the Koerner Foundation), which took place in May and June.

John Abbott of the 21st Century Learning Initiative visited our school district in May and both Lynda and I attended talks and later the School Board Retreat Day at which plans for implementation of this 21st Century approach to education were discussed. There is a great deal in common between SWOVA's style and John Abbott's promotion of social justice consciousness, the recognition of flexible

MEMBERS AND SUPPORTERS RECEPTION
WEDNESDAY, NOVEMBER 14, 2007
5:00-6:30 PM

Members and supporters of SWOVA are cordially invited to attend a reception in your honour. This is our opportunity to meet you, and express our thanks for the support you have shown SWOVA and our Respectful Relationships Program. The reception will precede the AGM. Refreshments, appetizers, surprises and a no-host bar will be there for you to enjoy!

Annual General Meeting
WEDNESDAY, NOVEMBER 14, 2007
6:30-7:30 pm

All are welcome to come to the SWOVA AGM and meet the Board of Directors and staff, and learn more about how our programs operate.

AT THE HARBOUR HOUSE HOTEL

KOERNER FOUNDATION GRANT HELPS LAUNCH R+R AT HOME

In November of 2006 the Leon and Thea Koerner Foundation awarded a one-year grant of \$5000 to facilitate the launch of a pilot of a new and innovative program; **R+R At Home**.

The aim of the **R+R At Home** program is to support parents in the community to be able to communicate with their teens using the language of **Respectful Relationships**, to increase parent's awareness of the benefits of boundaries and assertiveness, listening and healthy conflict engagement in their relationships with their teens, to feel more comfortable discussing important topics such as bullying, peer pressure, dating violence, sexism, racism, homophobia and to provide them with practical skills.

From March to Mid June 2007, Adult Facilitators Robert Birch & Ahava Shira developed and with the participation of Youth Team facilitators, co-delivered a series of five 2-hour evening workshops to parents of students in both the middle and high school in SD#64. At the end of each of the five sessions, a brief questionnaire was administered to the parents. This provided valuable immediate feedback as well as assessment data for use in developing the program into a more substantial offering for the future. From the beginning, the participants were very positive about the sessions. They were eager and willing to engage with the material presented and especially appreciated the sessions that included the participation of our Youth Team co-facilitators.

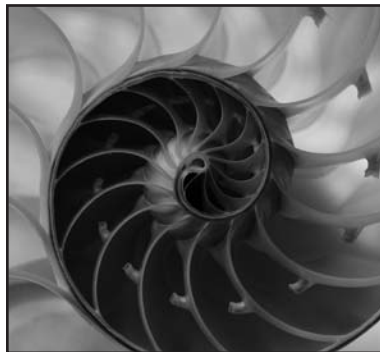
Overall, the **R+R At Home** pilot program, made possible through the Leon and Thea Koerner Foundation grant was a success, providing SWOVA with the experience and information needed to further expand our goal of bringing the skills of Respectful Relationships to the youth and families in our ever widening **R+R** circle! As a result the program will be further developed in consultation with the local community and offered to more parents in the Gulf Islands community as well as in four other school districts in BC where the R+R youth program has been previously delivered.

SWOVA is WIDENING THE R+R CIRCLE!

We are one of the fortunate recipients of the new Partners in Prevention grants offered by the BC Ministry of Community Services, with additional funding from United Way, the BC Gaming Commission and the Salt Spring Foundation, for a new and exciting program - **Widening the R+R Circle: Working with Parents and Teachers to Prevent Violence Against Women and Girls in**

B.C. This project is designed to work with parents and community members to prevent violence against women and girls by building on the 'best practices' of SWOVA's schools-based **Respectful Relationships** program (R+R). We will use our experience of working within the partnerships of communities and schools, women serving organizations, women and men, and youth. Partnerships for **Widening the R+R Circle** (WTC) are with five communities across BC: Cowichan, Kamloops, Prince George, The Boundary, and the southern Gulf Islands.

The **Widening the R+R Circle** project recognizes the significant and immediate role that parents and teachers play in the area of violence prevention and respectful relationships. In Phase I, through a consultative process with teachers, parents, and youth, we will develop the curriculum and resource materials needed to work with teachers and parents. This will be followed with Phase II which includes delivery of **R+R for Teachers** a day-long teacher professional development workshop that will provide teachers with skills to address all forms of discrimination and disrespect in the classroom. The **R+R at Home** parent workshops will provide skills and support for parents, extending the lasting effect of the **Respectful Relationships** program in the classroom by enabling parents to support their youth and teens to stay safe and navigate healthy respectful relationships.



The goals of the **Widening The R+R Circle** project are to build on the success of the schools-based **Respectful Relationships** program for a more comprehensive approach to preventing violence against women and girls; extend the involvement of men and boys in prevention of violence against women by engaging male teachers and fathers; involve both male and female youth in the development and delivery of the project workshops and materials; mobilize parents and teachers in rural/remote or high Aboriginal population areas of British Columbia, to engage in prevention of violence against women and girls.

The **Widening the R + R Circle** project team members include Carol Grier, Elly McKeague, Peter Morin, Chris Gay, Lynda Laushway, and Randie Clark; each member brings a wealth of community organizing and advocacy experience to the circle. We are excited to be part of such a progressive and creative opportunity and most importantly to assist communities, parents and teachers to build on the foundational assets* of all youth and teens, for a better tomorrow.

*For a list of building blocks of development that help young people grow up healthy, caring, and responsible, go to <http://www.search-institute.org/assets/>.

The R+R Program Around the Province



Pat Fagan

SUCCESS IN ALBERNI SCHOOL DISTRICT

In the spirit of expanding the reach of the **R+R** program, SWOVA engaged in an exciting wrap-up to the program delivery in the Alberni District for the 2006/07 school year. With less than 2 months of class time remaining all of the 168 students in the grade 7 at **A.W. Neil Middle School**, engaged with the challenge, learning and the growth that is the **R+R** program.

The set-up to the program delivery ran a course previously uncharted due to the time constraints and the unavailability of the existing trained facilitators in the district. This meant that SWOVA would need to hire and train new adult facilitators in short order to have them ready to deliver the program in just a few short weeks. Two excellent candidates, Justine Graydon and Tim Grabowski, were found thanks to the help of partners in the Port Alberni community.

Training of the female and male adult facilitators required a new approach. Typically we have a training group of 12- 14 people in which I had enjoyed the trainer partnership of Ahava Shira. So to add variety to the 30 hours of training, the facilitators and I traveled to Salt Spring Island to observe two all-star facilitators, Christina Antonick and Robert Birch, deliver two **R+R** program sessions in gr.8 classes, modeling facilitation and offering reflections on the practice of **R+R** delivery.



Pat celebrates the year end with the Youth Team from Alberni District

To build on the learning success achieved with watching the SSI workshops we had an engaging phone conference with John Callaghan and Laurel Collins, two **R+R** facilitators from Prince George. They helped Justine and Tim get a sense of the rewards and challenges of the role. Justine and Tim asked questions of the "what if?" variety in order to get a handle on what they could expect from an energized class of Grade 7 students. Both of these opportunities to connect with **R+R** facilitators gave the trainees a solid sense of what to expect in terms of challenges and rewards of the work including facilitation technique, healthy co-facilitation and work strategies.

After completing approximately 40 hours of training it was time to start program delivery at A.W. Neil Middle school. The first

day of workshop delivery ran smoothly. Grade 7 students across the province usually warm to the **R+R** program, however because the process of delivery is so markedly different than a typical class, it can result in some students acting out to test boundaries of adult facilitators in order to discover if we can "walk our talk" as respectful adults. After assisting me with delivery of the first few workshops, Tim and Justine gradually took over leading the workshop activities and discussions.

The Port Alberni Youth Team trained and coordinated by teacher and trained R+R facilitator, Kama Money had excellent diversity in terms of ethnicity, age and personality and demonstrated an eager and skilled ability to facilitate and engage the students. The adult facilitators and myself attended weekly youth team meetings and thoroughly enjoyed training and delivering workshops with the Youth Team. A highlight for

me was seeing in one session the youth facilitators leading several role-plays as well as telling personal stories about the challenge of setting boundaries with friends in high school. The grade 7 students really sat back and listened as they heard the valuable truth about pressures and tough decisions and developing self-esteem at the high school level.

When it came to the final session at A.W. Neil, the program was deemed by staff, students and facilitators to have been a very

worthwhile and successful learning experience of the **Respectful Relationship** program, values and spirit, especially given the short period in which to set-up and deliver such an involved program.

As a final note, the vice-principal, Laurie Morphet, was a real champion for making the **R+R** program happen at A.W. Neil. The teachers also displayed considerable flexibility in making room in the end of year schedule. The Executive Director of the Alberni Women's Resource Centre, Ann Grabowski, was also instrumental in taking time to ensure the successful implementation of the **R+R** program. We couldn't have done it without their help!

Pat Fagan - Regional Training Coordinator 2006-07

The R+R Program

News from SD#64



Christina Antonick, Ahava Shira and Robert Birch, SD#64 R+R Adult Team 2006-07

In September 2006 the **Respectful Relationships (R+R)** program began its seventh consecutive year of program delivery in the Southern Gulf Islands. Over the ten months of the program, twenty-one classes of students on Salt Spring, Mayne, Pender, and Galiano Islands received the **R+R** program.

We had a dynamic Youth Team of eleven young women and men from grades ten through twelve which included several returning from last year's team as well as our first "international student" team member.

In October the Salt Spring Island chapter of the Canadian Federation of University Women (CFUW) invited SWOVA to speak about the Respectful Relationships program at their monthly breakfast meeting. Youth Team members Mat Ripley and Cassandra Storey shared their experience of working with the program and responded to many thoughtful questions from the forty women present.

Mike Boysard, manager at Thrifty Foods generously donated \$25 a week toward snacks for the Youth Team. He said he often hears good things about R+R from the staff at Thrifty's, who have either participated in the program as students or who have children who have taken the program. One especially touching anecdote he shared was that he heard one parent tell how their son acknowledged to them that he had used his "SWOVA" skills to get out of an argument with a friend.



Youth Team members join with our international students and Teacher Elly McKeague in a focused discussion. (Facilitator Christina Antonick in background)

This year we incorporated a specific anti-racism component in the Youth Team training, with the goal of training the skills needed to facilitate an anti-racism workshop for their peers. Through play-back theatre, videos, writing prompts, invited guests from the community and individual research projects, Youth Team members were challenged to open their minds and hearts to further inquire into their own experience of racism and to empathize with others.

SWOVA sponsored a candlelight vigil December 6 in Centennial Park to commemorate the Montreal Ecole Polytechnique Massacre of 1989. Youth Team members spoke with confidence and clarity to a large crowd about the need for programs like **R+R** to prevent tragedies such as this from happening again.

In June, four Youth Team members delivered the *Sociometry of Power and Empathy* module to eight parents during Session four of the **R+R At Home** pilot project. Afterwards they participated in a lively dialogue with the parents who were excited to have articulate

and interested youth to talk to about some of their challenges with their own teenage children.

Excerpted from a report by Ahava Shira, Program Coordinator SD#64 2006-07

ADULT FACILITATOR'S REPORT FOR 2006-07

As ever, working in School District #64 this year has been a wonderful and exciting teaching and learning opportunity for us both.

We began at GISS this past fall with grade 9 and 10's exploring the issues addressed in the R+R curriculum including conflict resolution, healthy dating relationships, sexism, racism, homophobia and assertive communication. Students engaged in lively conversations and explored relationship dynamics through provocative and sometimes humorous role plays as a way to further develop their skills in creating respectful relationships.

The new year was spent at SIMS with grade 7 & 8 students. We were fortunate to be co-facilitating with our inspiring Youth Team members who during the winter worked with the R+R curriculum for grades 7 & 8 and then joined us in classroom delivery to practice their facilitation and leadership skills. The Adult / Youth co-facilitation model is one of the components of the Respectful Relationships program that is a gift to all involved.

We've finished up the year by bringing R+R workshops to the outer Gulf Islands where we had a lot of fun using acting and games as an opportunity to talk about bullying, self awareness and respectful friendships. Workshops were delivered on Pender, Mayne and Galiano Islands.

At the end of the school year, we celebrated our year of fantastic learning and friendships at our annual youth team celebration with an evening of conviviality and feasting.

Thank you to all the students, teachers, students, principles, parents and community members who helped us to achieve the success of the **Respectful Relationships** program this year.

Christina Antonick & Robert Birch

EDITORS NOTE: Robert Birch will be leaving his position as Adult Male Facilitator to return to university in the fall. His passion, commitment and playfulness have made it a delight to do this youth focused violence prevention work. We wish him the best in his upcoming adventures. We will miss you Robert! Dave Nagel has joined the R+R SD#64 team as Adult Male Facilitator and will be joining Christina in the classrooms this Fall.

On Being an R+R Adult Facilitator

Working as a **Respectful Relationships** Adult Facilitator is a profound life-affirming experience. The opportunity to break out of the conventional educational model from inside the school system is unfortunately rare. Doing so provides a radical perceptual shift of what learning means for students and our educational communities. The simple acts of sitting in a circle where everyone holds equal physical space, to warming up our minds and bodies each session by tossing three rubber balls and calling out each others names, to inviting these children and very young adults to name and express who they are, how they feel and what they really think changes a child's world. Active, experiential learning about social issues opens their eyes and often their hearts. I invite you to have a conversation with these kids to see what it is they do know, what it is they need and wish for our world.

With practice, **R+R** participants learn to engage other's opinions in dynamic and respectful ways. Christina Antonick, my co-facilitator here on Saltspring discovered that the most effective way to help these young community leaders begin meaningful conversations is to for short periods of time remove the adults from the conversation. We simply listen and witness what it is they think and feel. As we well know, kids educate themselves in various ways. In these brief three minute debates we as educators learn immense amounts of what and how kids think about social concerns. We are often inspired by their inherent wisdom. They begin to recognize that we live in a media driven world that does not have their best intentions in mind. By their fourth year of the **R+R** curriculum participants begin to awaken to the endemic nature, the social virus of violence --especially as it relates to women and girls. Whether it is inappropriate humour, the magazines they buy or how they treat siblings, parents, teachers, and most importantly themselves, they learn that we are all part of the painful reality of violence and that we all have the capacity to create a more promising future.

One of the most unique challenges of this work is to see youth excel beyond the scope of what many adults have yet to learn: how systemic oppression does affects us all, including our physical, mental, emotional and spiritual health. For instance a recent study showed how men will neglect physical pain, not go to the doctor and incur worse symptoms, in order to avoid the stereotypical label of 'wimp or wuss' (i.e. sexism).

The **Respectful Relationships** program pays particular attention to the aggressive quality of how stereotypes shape and limit our choices in the world. While the need to reinforce personal self-esteem is desired in any upbringing of a child, many parents and educators unwittingly continue to entrench gender based biases. From the perennial blonde joke to how individuals vote with their ballots and dollars, we as a culture continue to consume products, services, policies and values that perpetuate a climate of inequality and violence for many. While we may recognize the value of a tolerant society we have yet to awaken to the socio-economic loss and the lost human potential of those most affected by racism, homophobia, classicism and sexism.

This work is exhausting, exhilarating and ultimately humbling. Humanizing. I strongly encourage parents and educators to step more deeply into the waters of our youth's world, to see the social pressures they face not merely as the 'stuff' of youth but also of a society still struggling on what equality truly means as opposed to settling on past perceptions

of who is more equal than others. By joining kids as allies in their own personal struggle for fairness together we will find a truer road map to a more inspiring future.

Robert Birch has worked with R+R as an adult facilitator in SD#64. He can be reached at www.playbacktraining.com

"I invite you to have a conversation with these kids to see what it is they do know, what it is they need and wish for our world."



Robert Birch, Adult Facilitator, beams with enthusiasm during a Youth Team training activity

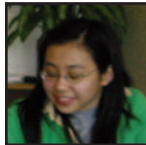
MEET OUR 2006-2007 R+R YOUTH TEAM

We at SWOVA are deeply proud of the young adults who choose to join our R+R Youth Team and participate in the learning and exploration of social justice and non-violent communication. We had a stellar year in SD#64 and we would like you to meet our Youth Team members. Here's what they had to say about their experience of being on the R+R Team!



"This is my first year on the R+R Youth Team and I joined because I want to try and make a difference in our community and eventually the world. I like going into the classrooms and talking to the students because I know that they listen to us and we can influence them in a positive way." - Emily Bishop, age 15, grade 10

"Being on the youth team means a lot for me as an international student who comes from Taiwan. I am really happy to have the chance to make a difference in this world. I have grown more confident through being on the youth team and feel more comfortable talking to people and sharing my opinion with others. It is important to share how you feel. In Taiwan it was different. I would like to bring this kind of program to Taiwan and Japan in the future. How we treat each other is important. Expressing myself helps me have better relationships. It is harder to change old generations with regards to sexism, racism and homophobia. It's easier to work with young people. Being the one who has a different race in the circle has given me such a great impact and appreciation for including me on the team." - Donna Huang, age 16, grade 11



"This is my first year on the R+R youth team. Due to my experiences on the team I have found that my views on life have become more open and calm during confrontations, and I also am more self-aware. I enjoyed getting to know my comrades and facilitating with the younger generations. It allowed me to learn distinctions between the ages. This was a valuable experience that has taught me empathy and compassion for my fellow man. - Andrew Barrett, age 16, grade 11



"I have been on the youth team for almost a year now. Being part of the swova youth team has improved my empathy skills. The weekly meetings were intense and thought provoking. Working with younger grades on topics such as racism or violence was challenging but very rewarding. I am particularly driven to help fight against sexual abuse. Salt Spring may be a small community, but we must do our part to fight violence and abuse." - Steve Dawson, age 16, grade 11



"I have been on the youth team for two years and it was interesting to see the different grade levels. When I think of who values from this work I would say it benefits everyone involved because the people we teach get a feeling of how a relationship should look so they can stay away from the bad and the people who are teaching are able to take that knowledge and help other people out and have amazing relationships for the rest of their lives." - Mat Ripley, age 16, grade 11



"As a SWOVA Youth member I love making a difference in the community. I like feeling like I have the power to help others and to (however subtly) change people's lives for the better. Being in SWOVA lets me address issues at hand." - Natalya Alonso, age 16, grade 11



"I love being on the SWOVA Youth Team. I knew it was going to be fun but I never knew I was going to meet so many people, and I never knew I would learn as much as I did. Whenever we go into a class whether it be grade 7, 8, 9, or 10, I always feel so influential. I feel like we, as today's youth, have a huge impact on the world and the people around us. I believe in having someone of a different race or nationality come in so you can hear real stories and hear what someone on the other side of the story has to say. You can't be in a respectful relationship with racism, sexism and homophobia". - Kristi Lee, age 16, grade 11



"Facilitating is one of those things like art and swimming that come so fluently to me. I thoroughly enjoy the experience of influencing and inspiring, but being influenced and inspired myself is what this group is truly all about. I loved our meetings and how I gained a powerful, personal relationship with each and every member. There was one meeting in particular where I went home and just vented about what we were discussing-racism. It is a thoroughly delicate, intricate subject that evokes a lot of different emotions and for me. I was frustrated and confused but it made me reflect about systemic oppression and who I am. These problems are ghosts of the system, an underground network of negativity. This program has taught me so much, and from what I've heard it has transformed our community stunningly. It is actually working." - Danica Lundy, age 15, grade 10



"I'm finishing up my second year on the youth team. I've gone into grade 7-10 classrooms with the R+R program. My experiences have improved my people skills and I've learned facilitation skills which have helped me to spark conversations and feel more comfortable in the classrooms. As well as helping my skills, I enjoy being on the youth team because it helps put out an important message to youth about all types of respectful relationships. Because the Youth Team are high school students, middle school students generally look up to us and are more willing to talk about issues when we join the [adult] facilitators in the classroom. Going into classrooms is a rewarding experience because you know you are influencing youth in a positive way." - Cassandra Storey, age 17, grade 12



BOOK REVIEW - Contributed by Sarah Hook-Nilsson

The Growth of the Mind: And the Endangered Origins of Intelligence - Stanley I. Greenspan, M.D. with Beryl Lief Benderly

Dr. Greenspan is an experienced psychiatrist, clinical researcher, and author of more than 27 books. In "The Growth of the Mind" he writes about the developmental approach identifying emotions as the "primary architect" for the growth of the human mind. He proposes that in order to meet our current social challenges, we must discard the traditional view of separating the mind into distinct and sometimes opposing factions of intellect and emotion. Drawing on a wealth of clinical experience, particularly with autistic children, he demonstrates that the relationship between child and caregiver is a continual exchange in which caregiver and a child both elicit responses from one another that shapes the growth of the mind.

Greenspan illustrates the six levels of emotional development which form the basic structure of the mind. From the developmental perspective, emotional, moral and cognitive intelligence emerge together in a predictable sequence of observable developmental stages when an individual is placed in a rich, nurturing environment. In Greenspan's view, it is our capacity for experiencing emotion which allows the mind to grow from consciousness to intelligence.

Greenspan explains that the consequences of stunted emotional development are apparent in the prevalence of violence in the world today; the high divorce rates, the disintegration of families, and on a larger scale, even war. He describes the disastrous effects of increasing impersonality in every aspect of life in modern society and offers some viable solutions.

In terms of SWOVA's theory of change, the anticipated prevention outcomes for R+R curriculum describe what Greenspan calls a "reflective mode", which he suggests is the "hallmark of maturity" and include; Increased capacity for empathy; decreased gender stereotyping; increased evidence of communication, problem solving and conflict resolution skills, as they apply to relationships. Discussion and dialogue are the foundation of the R+R approach to learning and the circle is a forum for interaction about emotional themes.

As Dr. Greenspan notes, it is not the matter of when but whether every child is given the opportunity to develop the

capacity for abundant inner experience, emotional richness, and relating to the world beyond oneself for a sound sense of personhood. It is the process of continuing growth, deepening intimate relationships, and developing more meaningful inner reflection which is the hallmark of mental [and emotional] health.

The Growth of the Mind: And the Endangered Origins of Intelligence; is available in the SWOVA library.

SWOVA'S LIBRARY IS FREE TO ALL COME CHECK IT OUT!

We have developed an extensive library of books and videos that cover a range of subjects with a focus on education and information about violence, abuse and violence prevention. Our library is open to all individuals and organizations seeking information or referrals. Call ahead for hours of operation; 250-537-1336.

COMING EVENTS

OCTOBER - 2007

Breast Cancer Awareness Month
Women's History Month –
www.swc-cfc.gc.ca/dates/whm/index_e.html

NOVEMBER - 2007

16: International Tolerance Day –
www.unac.org/en/news_events/un_days/women2.asp

20: Universal Children's Day/ National Child Day -
www.unac.org/en/news_events/un_days/children1.asp

DECEMBER - 2007

6: National Day of Remembrance and Action
on Violence Against Women in Canada
SWOVA vigil in Centennial Park,
Salt Spring Island, - 6 pm

MARCH - 2008

8: International Women's Day

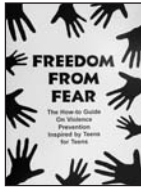
APRIL - 2008

21-27: B.C.'s Prevention of Violence
Against Women Week

SWOVA PRODUCTS AVAILABLE FOR SALE

Freedom From Fear: The How-To Guide on Violence Prevention Inspired by Teens for Teens.

A hands-on guide for youth and adults to creating a schools/community violence prevention partnership, Co-created for SWOVA by a team of youth and adults. The book outlines the steps for teens and adults to work together to develop and facilitate workshops on violence prevention for students of all ages. Attractive and highly readable, it is simply bursting with tips for youth involvement and leadership. Includes instructions, philosophy, stories and sample workshops. 68 pages, 8-1/2 x 11"



Price: \$15.00 ea. (20 or more) \$10.00 ea. plus S&H.

Women and Violence: Education is Prevention.

This is a 20 minute video in which project staff, teens, teachers and other community members talk about the schools-based "Women and Violence: Education is Prevention" project -- describing what it is, what it does, the reasons it has worked so well, and the reasons they are supporters and participants. It's not a 'how-to' film, rather it's a 'why-to' film. The conviction and enthusiasm of the interviewees is inspirational, especially the words of the teens themselves. No matter what kind of community you come from, but especially if it's a rural community, you will see that you too can make a difference by launching this kind of project where you live. Price: \$25.00 includes shipping and handling.

TO ORDER: SWOVA.org or 250-537-1336

You can help to support the work of SWOVA

Become a Member or supporter of SWOVA

By joining SWOVA you will actively participate in the struggle against violence and you will be kept informed of the work of SWOVA as well as other events or activities related to violence prevention initiatives through newsletter and e-mail updates. You will also receive an invitation to our Member's Reception and our Annual General Meeting. Membership is open to women and men, adults and youth. Annual membership dues are \$25.00.

Whether or not you wish to be a member of SWOVA, any cash donation you make to SWOVA will be used to maintain and improve our program and services. You can even specify where those funds will be applied. tax receipts will be issued for donations of \$20 or more.

Please check appropriate box below:

YES! I am choosing to be a **member** of SWOVA! My \$ _____ cheque is enclosed.

NOTE: The membership year is from May to May
(Prorated - \$2.00 per month for remaining months of the cycle)

YES! I am choosing to become a **supporter** by making a **donation to SWOVA**, My \$ _____ cheque is enclosed.

I am choosing to **sponsor the R+R Program in School District #64;**

- I want to donate \$100 X _____ Student(s) = \$ _____
- I want to support a whole classroom for the year (\$3,000) \$ _____
- I want to help. Here's what I can offer \$ _____

PLEASE PRINT CLEARLY

Name: _____
Address: _____
Postal Code: _____

Telephone: _____
FAX: _____
**E-Mail: _____
Date: _____

Please make cheques payable to SWOVA.
390 Upper Ganges Road Salt Spring Island BC V8K 1R7

*“Education is the most powerful
weapon which you can use to
change the world.”*

Nelson Mandela

