

ESC MESSENGER WORKSHOP

INTRODUCTION

During my ESC project at INEX Slovakia I was suggested to make a workshop regarding a subject I was interested in. So, after some thinking, I decided to do "Bullying and Discrimination".

In this workshop I explained the term "bullying" and the reasons of why this is happening to a person. Also, the point of view of the bully and solutions regarding the victim to have a safe environment.

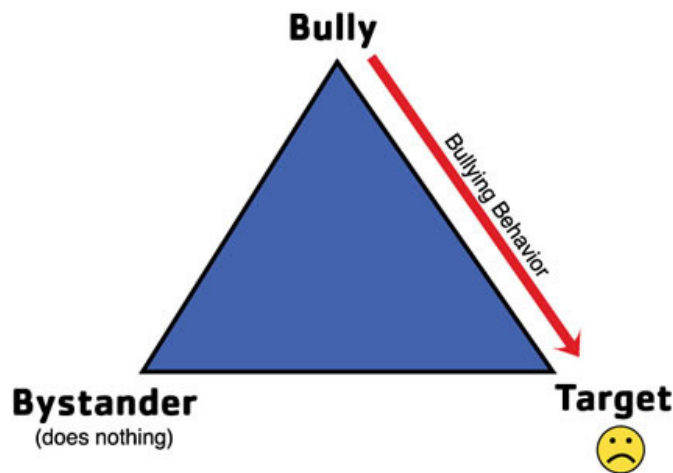
In the beginning of the presentation, I showed me aims and objectives about the issue and we played a game of the types of bullying.

WHY DID I DO THIS WORKSHOP?

I was very fond of that subject because as a teacher and as a human being I want people to be more informed and open to new knowledge and issues that exist nowadays. To be more sensitive and have empathy to other people's feelings and uncomfortable situations.

And to fully understand the meaning behind the act of bullying. That's not only hitting or swearing, for example, but also any kind of behavior that put anyone in a difficult position.

We specified the basic categories of it and tried to find examples in daily life. This way it was more interactive and made them more interested in participating or even telling personal experiences.



HOW DID I DO THIS WORKSHOP?

First of all, as I said earlier, I divided bullying into two parts. Physical and emotional.

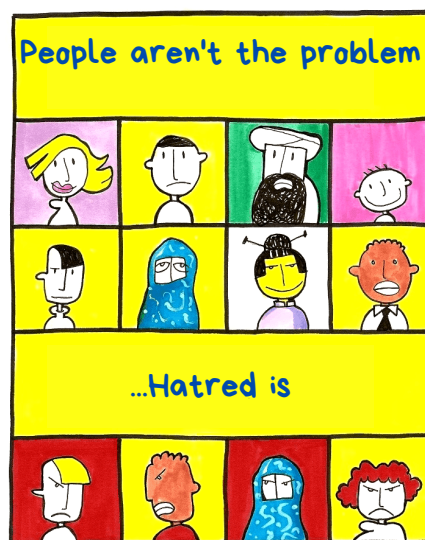
Physical:

- Hitting/pushing
- Fighting/yelling at someone
- Rude gestures

Emotional:

- name calling
- Laugh at someone
- Starting rumors

Then, we talked about our personal opinions and point of views.



THEORETICAL PART

Regarding discrimination or other types of bullying, I gave as an example stereotypical phrases or words that keep us away or limit us from our true desires and feelings.

Such examples were:

- "Blue is for boys and pink for girls"
- "Women can wear make up and boys don't"
- "You are fat so you cannot do sports!"

I saw that it was easier for participants to express themselves, after I made the start. In order to feel more safe and maybe realize that these kind of stuff happen to anyone and that they are not alone. I am glad that I made them feel comfortable.


PRACTICAL PART

After the theory and explanation I was thinking of having an exercise taken from the "**COMPASS: Human Rights**", which is called "**take a step forward**". In that one the participants gather to a circle or a straight line, where the instructor making some questions that they don't know. Then, whoever responds affirmatively, take a step forward. As the time passes they see themselves moving on or not and from that we want to take results.

To be more specific, the questions regarding the subjects were more like: where you grew up, if you went to school or university, if you are worried about paying your bills or having food, if you mistreated someone in the past or if you stood by even if you saw someone else doing it, were they looking or just moving forward without any consideration? etc.

These kind of questions in the end made us all think of pretty common things for a person, but not so much, maybe for another. We were observing ourselves and others if they moved through the circle or not.
How did that make us feel.






We discussed them upon the end of the event and thankfully, we all thought we were taking some things for granted. That even if it did not happen to us, it doesn't mean that didn't happen to somebody else.

That was actually the point of the exercise. To be more aware of what's in our lives and to others. To be more empathetic and compassionate to people.

In the online meetings we split in groups and presented both the theoretical and practical part of the workshop. Obviously, I did the exercise a bit differently to match the online requirements. As I was informed later, it was quite easier for them to play it from distance, because it could be anonymous and were feeling more comfortable to answer.

Also, in order to be easier we used nicknames in the tabs so that no one knew the identity of the others. And I assured them that in person we should close our eyes if they were feeling stressed.



WHERE DID I DO THE WORKSHOP?

At first, we tried our workshops at the democamp with the trainers online. They informed us of what we should or should not change and then we were ready for live presentations at the international volunteering camps.

Firstly, we went at Presov at the "Barlicka seniors" camp. That time we weren't so many volunteers, but the team was good and we had fun along with the elders. In the middle of it, I presented my workshop to the girls and in the theoretical part were very interested in and we were discussing lots of points of views. On the other hand, we didn't do the exercise because they felt a little overwhelmed by it and I didn't want to bring them in a difficult position, so I left it as it was.

In the second workcamp, Eco-Slatinka we had amazing time and the place is just magical! A whole other energy and you should definitely try going there. The people are great, very helpful and you're going to love the nature. Due to our busy schedule there I managed to do the presentation at the last day in a little hurry because we had to pack and leave For the bus station.

So, once again I didn't do the practical part, but it was for a whole other reason. although, it would be a great place, full of space, to accomplish that. Personally, I think it would be easier and more interesting to a natural environment and we would feel more eager.

CONCLUSION

While I was preparing the project I was happy and full of energy because I knew that somehow was going to help people and that was a motivation for me. It took me some time to search for it, but I felt great when my colleagues and other leaders told me that it was nice and advised me through it.

It was a wonderful experience and met interesting people because of it. I would definitely suggest to everyone to find a subject that is really interesting to it and make it real. The feeling that you learn something new is unique!



BULLYING AND DISCRIMINATION

BE
BRAVE



DEFINITION OF BULLYING

When someone doesn't know what something is, they won't be able to identify it when they see or experience it. The same can be true for bullying. They can see bullying happening or experience it themselves and not know that it's bullying.

Bullying is when someone is being hurt either by words or actions on purpose, usually more than once, feels bad because of it, and has a hard time stopping what is happening to them.

WE SHOULD POINT OUT DIVERSITY IN ORDER
~~SHOULDN'T~~
TO HELP PEOPLE

~~SLUT SHAMING
PERIOD SHAMING
BODY SHAMING
FAT SHAMING
EMOTIONAL SHAMING~~

DISCRIMINATION
Equality

Trample
Preserve

Point out
Acceptance

Narrow minded
Open minded



