



Mentors in Violence Prevention

Challenging Gender Based Violence, Everyone's Responsibility

Professional Learning Workbook

This document provides space to write notes whilst undertaking the professional learning course. This can be printed out and brought along to the training day although is an **optional** supplement to the course.

Introduction and Values

Write down your school values and consider how MVP might be able to support delivery of those values.

Core Component 1: Exploring Violence Through a Gendered Lens

[Miss representation](#) film -notes

[Tough Guise](#)-notes

Gender box activity-notes

[Breaking the box](#)-notes

Reflective questions:

- To what extent do the practices in your school reinforce gender norms?
- When, currently, are gender norms explored within the curriculum?

Core Component 2: Developing Leadership

What makes a good leader?

General Morrison film-notes

Core Component 3: Using a Bystander Approach

What is a bystander?

In what ways do bystanders have power?

Pluralistic ignorance-notes

Diffusion of responsibility-notes

Helper effect-notes

[Liverpool street station](#)-notes

Empathy exercise-notes

[South Africa Social Experiment](#)-notes

Barriers and mitigations-notes

Stages of bystander intervention-notes

Reflective questions:

- What barriers might be encountered when discussing the bystander approach with young people?
- Young people listening might have been in situations of domestic abuse or other situations where it did not feel safe to intervene in any way. How best can we ensure young people do not feel shame about their actions?

Follow-up reading:

Bystander Theories, Mentors in Violence (MVP) and the Prevention of Gender based Violence
<https://blogs.glowscotland.org.uk/glowblogs/public/mvpscotland/uploads/sites/9030/2021/04/08093543/Bystander-Theories-and-MVP.pdf>

Core Component 4: The Scope of Violence

Types of abuse and respect-notes

Violence Pyramid-notes

Core Component 5: Challenging Victim Blaming

Katz [use of language](#) film (3.47m to 6.5 min)-notes

The Hart brothers-notes

Media portrayals-notes

Reflective questions:

- How common are victim blaming conversations amongst people in your personal life and in your education setting?
- What knowledge and skills, if any, have you identified that you wish to develop in order to deliver MVP effectively?

Example Scenario - 'Party'

Party scenario-consider the discussion points that might be raised by your learners.

Follow up reading:

Scottish Government (2019)

['Healthy relationships and consent: Key messages for young people'](#) P. 12-22

MVP Scenarios

SESSION NAME	TOPIC	SESSION NAME	TOPIC
*CORE SESSION 1	What is GBV/ A gendered lens	NAMES	Transgender bullying
*CORE SESSION 2	The Bystander/Scope of Violence	EXPOSURE	Viewing pornography
CORRIDOR	Domestic violence	EXPLOITED	Child sexual exploitation
MESSAGING	Controlling behaviour	HARASSMENT	Sexual harassment
PRESSURE	Sexting - coercion	HONOUR	Honour-based abuse (new)
PHOTOS	Sexting – images	BODY IMAGE	Body image and gender (new)
LABELLED	Shaming	MISOGYNY	Misogyny (new) [2 parts]
KNIFE	Carrying of weapons	EXPECTATIONS	Impact of pornography on relationships
WORDS	Homophobic language	PARTY	Alcohol and consent

* MANDATORY

For Scotland's learners, with Scotland's educators

Post-course Evaluation

Please complete! The link to the evaluation is [here](#).

Useful links

The MVP website can be found [here](#). You will find resources, information, policy links, guest blogs and events.

The twitter handle is @MVPScot and the Facebook page (a private page) is [here](#). These give a flavour of school-related activity and issues related to gender-based violence.

The MVP Wakelet is [here](#).

The following websites provide current information and statistics and should be checked regularly:

<https://www.gov.scot/>

<https://www.rapecrisisscotland.org.uk/>

<https://www.zerotolerance.org.uk/>

<https://www.girlguidingscotland.org.uk/girls-in-scotland/>

<http://www.ssa.natcen.ac.uk/read-the-reports/scottish-social-attitudes-2014/violence-against-women.aspx>

<https://womensaid.scot/>