

Rotary

D-2420



**A Peaceful Society
For Children and Parents:
Don't Fight! Talk It Out...**

**Rotary District 2420 and YÖRET
Peace Project Proposal**

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1. Introduction

28.3% of Turkish population consists of children. In 2017, 64% of children out of this population were involved in crimes and violent activities. A research conducted revealed that out of 440 primary school children who were interviewed, 73.41% of them were physically abused or faced violence at their home environment and 13% of these children were bullied at school. As Rotary District 2420, we refuse to accept violence and conflict as a way of life especially where children are concerned. Children are our future, and we want to change these statistics!

Our goal is to help establish a culture in our society that prevents violence and that promotes children's rights, peaceful communication, and conflict resolution. We believe when we create peace in our community now, we will ensure lasting peace in our future that will also have a global effect.

To achieve our goal, as Rotary District 2420, we teamed up with YORET Foundation (www.yoret.org.tr) and agreed on implementing the **"Don't Fight! Talk It Out..."** peace project that offers training to foster understanding and provide communities with the skills to resolve conflicts in peace. This violence prevention project aims to support children using experiential techniques such as group games, role-plays, creative drama, group discussions, and mindfulness techniques.

The project, its organizational background, YORET Foundation, project goals, project activities, budget, etc. are described in more detail in the following sections of the document.

2. Project Aims

Reach out to minimum 100-maximum 200 children by the implementation of Don't Fight! Talk It Out...

With the Non-Violent Communication Windmill Workshops, it is aimed to reach 1200 children in total from 30 leaders with groups of at least 10 people.

Thanks to 20 Rotaract members and 10 psychology and psychological counselling and guidance students who will be trained during this project, the effects and gains of this project will be sustainable for years to come. In addition, some of the trainings which are revised to be applicable on-line, will have the chance to continue in the coming years at very low costs in cases and times when face-to-face training cannot be carried out.

3. Organizational Background

Rotary District 2420 and YORET Foundation intend to cooperate on this global grant project aiming to promote children's rights and non-violent communication through projects, educational activities, and programs for children, parents, and professionals who work with them. Rotaractors will be participating in the project thus providing the sustainability of this mission in the coming years.

3.1. About YORET Foundation

YORET Foundation contributes to developing civil society and the volunteer culture by supporting children and young people's participation with its Young Volunteer's Club.

It contributes to creating peace within, between, and among the individual by promoting peaceful communication, gender equality, respect for diversity, prevention of violence and discrimination against children, creating child-friendly areas and schools, implementing and advocating for children's rights. YORET tackles issues such as; child's rights, prevention of violence and discrimination against children, enhancing the positive parenting skills for underserved families, creating child-friendly schools and environments, promoting democratic culture, and increasing children's and young people's participation within the society.

YORET Foundation's mission: Increasing the quality of life in society by continually carrying out education and service projects to contribute to children and young people's development. The Foundation enjoys ensuring that children protect themselves against abuse and violence by raising awareness of children's rights through taking on children's rights advocacy as a mission.

YORET Foundation is a non-governmental, non-profit rights-based organization. Since 1972 YORET has been working to increase human development quality in society by raising generations who are at peace with themselves and others.

4. The Need for this Project

Families going through a crisis related to economic difficulties, migration, and displacement due to war and violence are more likely to go unresolved. It is essential to acknowledge this underserved group's needs and provide additional support services. In the communities where underserved families live, refugees such as Syrians and Iraqis fled from the war in their country. The city can have tension among its social groups and unrest regarding discrimination. There is a risk of children not being schooled, dropping out of school, violence in the family and against children, and risk for criminal involvement.

By this date, the child population in Turkey is 28.3%. In 2017, out of this population 64% of these children were involved in crimes and violent activities. A research conducted revealed that out of 440 primary school children who were interviewed, 73.41% of them were physically abused or faced violence at their home environment and 13% of these children were bullied at school.

According to above research, it is known that violence is a problem that most children face at least once in a lifetime. Children develop their values and attitudes early in the family environment, later in school and in interaction with their peers. Children who face violence early in life are prone to engaging in violence in their future life. Therefore, we need to find ways to cope with, prevent and reduce the effects of violence faced by children.

Prevention of violence and anger control are issues faced by teachers and counsellors in schools today. Violence exists between peers, from adults to children (abuse) or from children to adults due to anger, learned values such as ideological extremism, beliefs or lack of impulse control. Children who are underserved are at a higher risk of being involved in violent crime.

We also recognize that as a child's resilience grows; their ability to say no increases. They are able to establish positive relationships among other youths. Also, children and youth are highly vulnerable to be victims on violence and be members of violent gangs or groups via social media recruitment. If peaceful communication is not taught and if the cycle of violence in the families is not interrupted, violence will repeat itself in the next generation. It is imperative for children to grow up in peaceful environments and for individuals to resolve their differences peacefully this needs to be learned early on.

Children's language is play and it is important to improve non-violent communication through play. When children learn to identify their feelings, and manage their reactions including disappointment, hurt, and anger they can refrain from engaging in resolving their differences violently. It is also necessary for children to learn by considering the above data, YORET has designed and previously implemented Don't Fight! Talk It Out... project which is explained below in detail.

5. Project Name: A Peaceful Society for Children and Parents: Don't Fight! Talk It Out...

5.1. Goal

This is a violence prevention project that promotes child's rights, peaceful communication, resolving differences peacefully, resiliency building in children. The project aims to support children using experiential techniques such as group games, role-plays, creative drama, group discussions, and mindfulness techniques.

5.2. Target Group

- Children who are from underserved communities
- Target groups will be selected from Istanbul, Kocaeli, Trakya
- As a secondary beneficiary group, project leaders who are mental health professionals, i.e., counselling, psychology, and students will benefit from this project.
- Indirectly parents will be impacted what their children will be learning. Parents of the participating children will also receive non-violent communication training in another project.

5.3. Objectives For Children

- Enhancing the social and emotional development of the children
- Increasing awareness of self and others
- Reducing the level of aggressive behavior and increasing empathy

- Increase peaceful non-violent communication
- Raising awareness on Child's Rights and impact of violence to reduce the abuse risk
- Increasing use of non-discriminative language and behavior
- Providing a safe environment for children to express themselves
- Increase awareness for risk of cyber bullying and safe usage of digital media
- Increase awareness against protective behaviors against bullying

5.4. Techniques Used For Children

- Experiential techniques such as group games, role-plays, creative drama, group discussions, art techniques and mindfulness techniques.
- Using art therapy technique, having a windmill which is the symbol of Non-Violent Society Campaign.
- Don't Fight! Talk It Out... Board Game especially designed for facilitating awareness on child's rights and promoting peaceful communication and conflict resolving skills.
- Infographic videos to be used in training, with parent groups, workshops and social media outreach.

The project will be conducted with children in many forms. Due to the pandemic, online application may be the major use; however, face-to-face applications by forming groups with a small number of people are planned for the people who do not have web access. The project's implementation will be initially at Şişli Municipality, an area with the infrastructure.

Psychology and psychological counselling students and graduate students from Thrace and Kocaeli regions will participate in the training program to apply the project in their designated communities. The plan is to carry on the project face to face if the pandemic situation allows.

6. INFORMATION ON DON'T FIGHT! TALK IT OUT... PROJECT PROGRAMS

6.1. Don't Fight! Talk it Out... Project

The project aims to help children living in disadvantaged areas where students who may show risky behaviors can be seen, to stay away from violence, develop peaceful behaviors in safe environments, get to know their peers with extracurricular activities such as art-drama and games, experience coexistence by accepting differences such as language, religion and culture by playing the Don't Fight! Talk it Out... board game which is one of the materials of the project. At the same time, the project aims to raise awareness of children's rights through social media. In this project, YORET Foundation will support psychology and psychological counselling and guidance students to carry out 10-week application process, with training and supervision.

6.2. Non-Violent Society (Non-Violent Communication-Windmill Children Workshops)

The workshop is for children aged between 8-12, and its aim is to teach and raise awareness about what violence is, the types of violence (physical, psychological, social, economic, sexual, dating violence, virtual-technological violence and neglect) through various examples. Various scenarios about peer bullying will be discussed to help with understanding the process leading to bullying. Children are taught strategies to respond in case of being exposed to violence. Techniques of managing anger, which trigger violence, are taught practically. At the end of the workshop, a windmill, which is the symbol of the campaign, is made with the children. Within the scope of the YORET Foundation's Non-Violent Society- Windmill Campaign, in order to raise awareness about violence in the society and teach ways to prevent violence; a volunteer educator group consisting of psychology, psychological counseling and guidance, and social services graduate students or graduates will be trained. These volunteer groups will organize online non-violent communication workshops with children.

7. Training Programs

7.1. Don't Fight! Talk It Out... Training Contents

- Leadership Skills and Leading Groups, Dealing with difficult children, - (1 day) - Miryam Anjel
- Child's Rights, Discrimination Against Children, Anger Management and Types and Impact of Violence- (2 days) - Suheyra Erdogan
- Internet Safety, Digital Citizenship and Cyberbullying (1 day) - Nurseli Tamer
- Don't Fight! Talk it Out...Board Game Training- (½ day)
- Creative Drama- (½ day) - Dilara Kokturk
- Theraplay, Art Therapy Techniques (1 day)
- Legal and Ethical Issues, child participation on working with children (1 day)
- Creating the program - (1 day)
- Rotaract Members Trainings - (2 days)

7.2. Non-Violent Society- Windmill Children Workshop Training Contents

- Types of Violence and Peer Bullying
- Windmill Making

(Windmill workshop training 2 days for Rotaract members /1 day for group leaders who are mental health professionals or students)

8. Activities

- 1a) Revising Don't Fight! Talk It Out... project in accordance with the new project and adaptation of the implementation forms during the pandemic days,
- 1b) Planning the training module for Rotaract members
- 2a) Training will be provided to university students studying in psychology-related fields (psychology, psychological counselling and guidance, social work etc). Groups of 20 volunteers will receive 9 days (60 hours) of training that they will use in the child groups. This training will be given to 20 volunteers at the beginning of the project.
- 2b) A total of 2-day training on online platforms on principles of working with children; including Don't Fight! Talk It Out... board game and the impact of violence, children's rights and non-violent communication will be given to Rotaract members (20 members), as well as Non-Violent Communication Windmill Workshops training.
- 2c) A one-day training on principles of working with children; including Don't Fight! Talk It Out... board game and the impact of violence, children's rights and non-violent communication will be given to mental health professionals and students, as well as Non-Violent Communication Windmill Workshops training.
- 3) An infographic video is planned to be prepared. The video will be used as supplementary material in group work with children. The topics of the video is determined as follows:
 - 3a) Positive Non-violent Communication (1 video for children)
 - 3b) Preventing Violence and Managing Crisis (visuals about providing anger control and managing crisis moments these days when domestic violence is increasing) (1 video for children)
- 4a) Application of board game activities and Non-Violent Communication Windmill Children's Workshops (including at least 10 children) - involving Rotaract members. Practices will be planned to be carried out face-to-face; if the pandemic allows.
- 4b) Implementation of the 10-week long Don't Fight! Talk it Out... program with children in groups of 10 children with 2 group leaders. Practices will be planned to be carried out face-to-face; if the pandemic allows. Minimum 100 children will be reached. Depending on the time constrains maximum 100 more children will be reached.
- 5) Supervision during the 10-week long, 6 half day supervision for each 10 group leaders
- 6) Closing ceremony in the groups
- 7) Evaluation and Final Report

8. PROJECT BUDGET

Don't Fight! Talk It Out... Project				
1		Number of Units	Unit	Total
1.1	Coordinator	7 Months	600	4200 USD
1.2	Don't Fight Talk it Out Revision	5 Days	250	1250 USD
1.3	Don't Fight Talk it Out Trainers and Supervisors	9 Days Training + 6 (6 supv 1/2) Days Supervision x 2 groups	500	7500 USD
1.4	Supplies for Activities	200 children	20	4000 USD
1.5	Shipment	200 children	5	1000 USD
1.6	Working with children using board game/windmill making to teach non-violent communication and Child Rights Rotaract Member Training (2 groups of 10 attendees each)	2 days + (2 supervision) x 2 groups	125	1000 USD
1.6.1	Training with other volunteers to work with children using board game/windmill making to teach non-violent communication and Child Rights (10 attendees)	1 day training + 1supervision x 1 group	250	500 USD
1.7	Short video making	1	1	2140 USD
1.8	Brochures (for children) and Posters *	500 brochures and 250 posters	2 USD	1500 USD
1.9	General Expenses	7 Months	300 USD	2100 USD
1.11	Evaluation			2500 USD
1.12	Connectivity (Zoom)	2 packages x 6 months	15	180 USD
1.13	Closing Ceremony for each Group*	10 groups	150USD	1500 USD

2	Travel (International, domestic flight, lodging, airport transfer, ground transportation, M&IE etc.)	Number of Units	Unit	Total
2.1	Coordinator	6 months	25	150 USD
2.2	Don't Fight Talk it Out Leaders Transportation to Sites	20 Leaders x 10 days*	10USD	3400 USD
2.3	Don't Fight Talk it Out Leaders from Other Cities travel to Istanbul	10 Leaders	25USD	250 USD
TOTAL of "Don't Fight! Talk it Out... Project"				33.170 USD

*: These items can be budgeted later.

In case of the continuation of the pandemic, planned transportation expenses may not be carried out.