

# SOLIDARITY CIRCLE

## A FEMINIST FACILITATOR'S GUIDE TO CREATING A SAFE SPACE FOR YOUNG PEOPLE

A brave and safe space to bring young people in your community together to share and reflect on their experience of education as a safe and nurturing space, free of violence.



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# A letter to the Facilitator

Dear feminist facilitator,

Welcome to Solidarity Circle, a feminist world of empathy, healing & solidarity.

We recognize that each person has a different feminist journey. In the context of this Guide we are defining a 'feminist' as someone who believes in and advocates for equal rights and justice with and for those who have faced historic discrimination and violence due to their gender, race, class, ability, national origin, religion, gender identity and sexual orientation. A feminist is someone who works to dismantle patriarchal structures, and applies an intersectional lens. A feminist is someone who puts their feminist principles and values into practice in everything that they do. Feminist principles include equity, respect, inclusion, sharing power, accountability, and care.

We are inspired by Srilatha Batliwala's definition of feminist leadership as "a process of transforming ourselves, our communities, and the larger world, to embrace a feminist vision of social justice. It's the process of working to make the feminist vision of a non-violent, non-discriminatory world, a reality (...) It's about mobilizing others around this vision of change".<sup>1</sup>

We are grateful for the work that you do and for leading a solidarity circle in your community.

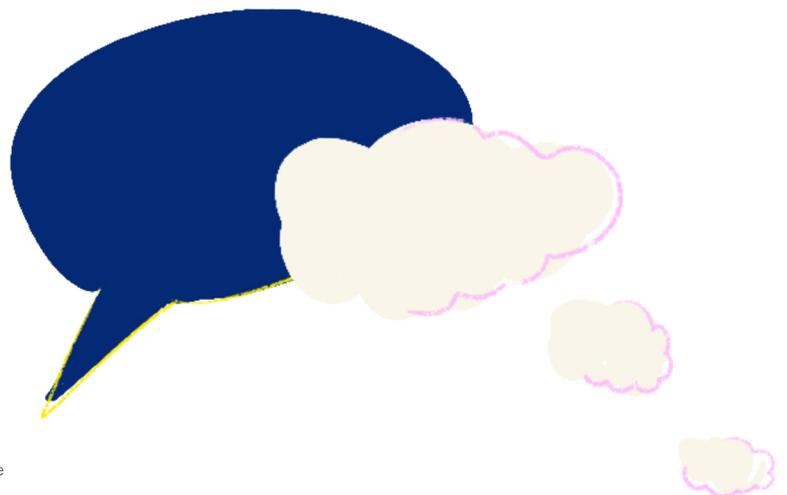
We recognize that this work, albeit important, can trigger old memories and surface uncomfortable feelings. We hope you give yourself time to rest and grace to heal. We hope you realise the long-term impact that holding this circle will have. By choosing to create this space you have helped someone begin their healing journey and brought old wounds to light.

We hope that this guide inspires you and supports you in feeling comfortable and well.

These are suggestions, and we encourage you to do what is best in your context.

In solidarity,

UNGEI and Transform Education



1. [Meet Srilatha Batliwala - The Feminist Leadership Project](#)

## Introduction

Globally, more than half of the world's children - upto 1 billion girls and boys - have experienced violence in the past year, and much of that violence occurs in and around schools.<sup>2</sup> Minimum global estimates suggest that 20-37% of students aged 11-17 years old experienced bullying, physical, emotional and/or sexual violence in the past year.<sup>3</sup> School-Related Gender-Based Violence can be described as acts or threats of sexual, physical, or psychological violence occurring in and around school, perpetrated as a result of gender norms and stereotypes, and enforced by unequal power dynamics. For students, it affects their ability to get to and from school, to learn effectively while in school, and to remain there long enough to reap the benefits. Girls and gender non-conforming children are particularly vulnerable to SRGBV, the consequences of which can jeopardise health, lead to unwanted pregnancy, and keep whole families entrapped in the cycle of poverty.

We, as United Nations Girls Education Initiative (UNGEI) are working with our partners to prevent and end SRGBV and promote gender equality in and through education. We aim for justice, we aim for improved learning environments that are gender transformative, we aim for effective policies, and we aim for healing, self care and positive mental health. There are many students that have been subjected to school-related gender-based violence, either in the form of a harsh derogatory comment, a physical beating, sexual harassment or abuse. Many take these as normal and 'part of life', and may not have had a safe space to tell their story and be heard. Safe spaces which bring students and young people together can contribute to creating a sense of belonging, collective healing and action.

This is why solidarity circles exist. We hope that this guide inspires teachers, organisations and activists of all ages to come together and have open and honest discussions on feminism, gender, education and violence. We also hope that these solidarity circles will be the start of many discussions and activities that put wellbeing and solidarity at the centre. We strongly believe in the power of local organising, action and collaboration and the impact this has on creating safe spaces in and around schools.

As we work together to develop our collective feminist praxis, we also offer this space to be one of learning that centers genuine love and kindness in its approach. Your commitment to transformative work in the areas of education, and ending school-related gender-based violence sets the tone for the future. We want to ensure that we prioritise our wellbeing and others as we engage in this type of work that sometimes requires sacrifice. Solidarity is support. Solidarity is oneness. Solidarity is space-making. We are here to traverse this space together, one circle at a time.

"When we are engaged in acts of love, we humans are at our best and most resilient. .... If love were the central practice of a new generation of organisers and spiritual leaders, it would have a massive impact on what was considered organising." - Adrienne Maree Brown, Emergent Strategy.

2. Hillis, S., et al., Global Prevalence of Past-year Violence Against Children: A Systematic Review and Minimum Estimates. *Pediatrics*, 2016. 137(3): p. e20154079  
Devries, K., et al., Who perpetrates violence against children? A systematic analysis of age and sex specific data. *BMJ Pediatrics*, 2018. 2: p. e000180.

3. Policy brief - SRGBV and school reopening Final.pdf (ungei.org)

## What is a Solidarity Circle?

A Solidarity Circle is an informal gathering. It seeks to be a brave, safe and inclusive discussion that takes place in a circle, where everyone is seated at the same level (ie. on the ground or in chairs). The discussion may be hosted by a network or individual. It is meant to be an organic conversation where people participate as equally as possible and no one person owns or leads the conversations. Everyone is encouraged to share if comfortable. The space allows for the sharing of relevant issues and ideas around the theme of the discussion.

## Who Can Participate?

Solidarity circles are for learners, teachers and members of organisations who are working towards creating safe schools. Young people and teachers in your community can join these circles. This is a space for all intersections of identities, with shared values around equality, respect, kindness and collective action.

## Who Can Organise?

Solidarity circles can be organised by a trained facilitator or one who has several years of experience facilitating groups, especially with children and young people. Facilitators are advised to be over the age of 18. We recommend having a co-facilitator who can support the facilitator, especially if challenging situations arise.

## Role of the facilitator and Co-facilitator

Facilitation is an art of holding space for others to express themselves. A good facilitator has confidence in and respect for the knowledge and capacities of each member of the group. Because of this, a good facilitator treats everyone as equal and poses questions for reflection rather than lecturing or teaching. It is always beneficial when the facilitator is known and respected by the community, speaks the same language and understands the prevailing norms, beliefs and attitudes around gender.

Young people of different ages have diverse interests, personalities, and preferences and facilitators must be able to use a mix of age-appropriate activities, ice breakers, art, music and story-telling medium.

Suggested materials: Pen, paper, crayons and coloured markers, post it notes, tape, flip chart paper

We recommend inviting a trained counsellor to be present, in order to have additional support during the session. In case this is not possible, contact an organisation that offers psychosocial and counselling support, and child protection services in your area.

## Qualities of a Good Facilitator

- Conveys authenticity and sincerity;
- Displays empathy and humility;
- Acts with emotional maturity;
- Has an interest in and openness to others and other ideas;
- Ability to think on one's feet;
- Ability to guide discussion and enable everyone to participate;
- Ability to respond constructively to challenge;
- Ability to listen actively, deeply and read body language;
- Ability to make others feel safe and comfortable discussing sensitive topics;
- Know their own limits and limitations;
- Commitment to inviting feedback and ongoing reflection on one's own practice.



## Where Can a Solidarity Circle Be Held?

It is important that the solidarity circle is hosted in a private and safe space. It can be a space where people cannot overhear the conversation. We recommend you reach out to a local gender equality or education NGO or community based organisation (would be cool if it's youth-led or youth focused!) to see if they can provide a space. It could also take place at school if you are doing it in collaboration with teachers and if you feel confident that participants will be comfortable there.

## When Can It Be Held and How Long Should It Be?

We suggest you host the Solidarity Circle after school or during a weekend. If this is taking place at school with teachers, then it could be during school hours. The length is dependent on your context. An ideal solidarity circle can be 1 hour 30 minutes.

We have example sessions for 1 hour 30 mins and for a half day session (4 hours +). We encourage a half day session to be moderated by an experienced facilitator.

## How Many People Can Attend?

To have an intimate meaningful conversation, you need only 3 people. We recommend having a maximum of 15 participants.

## What Can Be Achieved?

Solidarity Circles provide space for young people to reflect on schools as safe havens, free of violence and harassment. These conversations can enable honest and open discussion about what it means to have a school that is a positive, safe and nurturing environment. How does that feel? What role did others - peers, friends, teachers and community members play?

In exploring and answering these questions, participants are able to determine the issues and solutions that are commonly shared and that exist within themselves and their work. These outcomes allow for the development of recommendations that can all fill the gaps identified. Identifying clear next steps and recommendations can only be fruitful if all parties involved are open and willing to be part of the process. Therefore it is imperative that each participant shows up fully with all biases checked at the door.

It is important that the intention and outcomes for a Solidarity Circle is set in the beginning of the circle by the participants themselves. As a facilitator, clarify at the outset that this is not meant to be a trauma healing or professional counselling support group.

Tangible content can come out of these circles, and the process of how they are disseminated and who sees them must be decided by the participants. The following are some examples of tangible actions that can come out of these gatherings:

- Art work, or anonymous quotes can be produced to share in school;
- A list of key demands to make learning safe for school administrators or district education officials;
- A list of actions that all members of a school can take;
- Letters or journal entries can be developed

There may be a desire from the participants for these conversations to be continued, or for the group to remain connected. Facilitators can establish expectations for the solidarity circle for the day and clarify that if participants want to keep these conversations going, they could identify another person in the group to facilitate. Whatever follow up is decided, should be communicated clearly, so participants know what to expect.

## Guiding Principles for a Safe Space

These principles should be reviewed and agreed upon in the beginning of the solidarity circle.

- Confidentiality - whatever is shared within the circle should not be discussed or shared without permission. Agree that the identities of group members sharing in the circle must be protected so that they are safe and an incident cannot be traced back to any person.
- Respect - for diversity of opinions and experience
- Kindness
- Empathy and active listening
- Be present- this includes putting your phone away!
- Everyone's voice and experience is valuable

## Other Issues to Plan For

The safe space you have created might lead some participants to disclose incidents which are serious and life-threatening and warrants medical, psychological or legal support from experienced professionals. It is highly recommended that you identify local support services and contacts that you can refer to. Please have this information printed out beforehand so that you can hand it out, if needed (See Annex iii).

In some countries, reporting sexual violation is mandatory for minors. Facilitators need to be aware of this and of the law of their country.

As immediate steps, you can do the following to help the person (see Annex v for other resources):

- Have your co-facilitator take the person away from the group.
- Offer water
- Keep a box of tissues handy, should the person need it
- Allow time and space for the person to process their feelings
- Listen, Listen, Listen
- Reassure the person that their/his/her privacy will be respected and maintained
- Ask the person if it is ok to take their/his/her hand and ask for permission for physical touch
- Discuss the options if the person would like further support in accessing medical or psychological support
- Seek help from a professional

## Helpful Tips

*Don't fear...Education Transformer, Anoziva, is here!*

As an organiser and facilitator, try to engage with each participant when they arrive at the venue, before the event gets underway. Greet them, smile, ask their names and share a joke etc. before the circle discussion begins. This helps the participants feel at ease during the discussion. Throughout the session, there might be participants that are quiet and not engaging as much, make sure to check in on them in the quiet moments, but do not pressure them to speak if they are not comfortable or ready.

If you are hosting a circle for adolescents, ask if they are comfortable with their parents/guardians being involved in the discussions or would they prefer for them to go outside? If the latter, ask for consent from parents/guardians to hold the circle without them. They can stay at the venue in close proximity to where the discussion is taking place. Sometimes young people feel uncomfortable or are reluctant to open up about issues relating to violence or sexual and reproductive health rights (SRHR) when their parents are in the room for fear of judgement.

Ask a few non-leading questions to get the conversation going. Once participants get talking, let them carry the discussion forward on their own. You can moderate here and there to ensure every participant gets an opportunity to speak and share.

We start our solidarity circles with a group agreement and commitment in which participants decide for themselves the rules of the circle and what is expected of each participant. Participants also commit to being each other's keeper and to not sharing what they hear in the circle, outside of the circle. Agree that the identity of persons sharing in the circle must be maintained so that they can be safe and the incident cannot be traced back to any person.

## What's Next?

As a facilitator, it is important to clarify expectations for the solidarity circle at the outset (see section above). If participants have agreed, you may share the outcomes of the circle with the UNGEI Secretariat or with your Education Transformer. While the facilitator is under no obligation to hold more solidarity circles, if the group has identified that they would like to continue meeting, they may choose someone to facilitate or decide to meet informally.

Follow up actions may be required if there is sensitive information shared by a participant, where they require psychological, legal or medical help. In this case, please keep contact information for referral services handy (see template in Annex iii) and seek professional help.

# Annexes



## Annex i. A Draft Session Plan

We are sharing below draft session plans for you to adapt according to your need, comfort and facilitation style.

### Duration of Full Session: 1 hour and 30 minutes

No.	Activity	Description	Duration
1.	Introduction to Session	<ul style="list-style-type: none"> <li>Facilitators will introduce themselves and briefly speak on the 16 Days of Activism and why everyone has been gathered for this circle. Explain school related gender based violence.</li> <li>Clearly articulate why this circle is happening.</li> <li>Introduce breathing session</li> </ul>	5 Minutes
2.	Mindful Breathing Exercise	<ul style="list-style-type: none"> <li>Facilitator will lead a short breathing session to help set the tone of the circle. The breathing session will also introduce the theme of mindfulness and staying present throughout the session</li> <li><b>Transcript:</b> <ul style="list-style-type: none"> <li>Get into a comfortable seated position and place your hands on your knees</li> <li>Close your eyes</li> <li>Take a deep breath in, hold for 3 seconds and exhale</li> <li>Take another deep breath in, hold for 3 seconds and exhale</li> <li>Take a moment to feel your body, notice where your body touches the seat, where your hands touch your knees, pay attention to any points of tension and discomfort in your body</li> <li>Breathe in, hold for 3 seconds and exhale</li> <li>Take a moment to be grateful for your body and for your breath, be grateful for this moment and the people around you</li> <li>If you find your mind wandering, take note of the thought or feeling that has distracted you and gently bring yourself back to your thoughts of gratitude</li> <li>Don't punish your mind for wandering, just gently recalibrate</li> <li>Breathe in, hold for 3 seconds and exhale</li> <li>Relax your shoulders...relax your eyebrows, relax your whole body, still focusing on your body</li> <li>You are appreciated, you are loved and you are safe here</li> <li>Breathe in, hold for 3 seconds and exhale</li> <li>Today you are brave, today you show up for yourself, today you show up for each other and today that is more than enough.</li> <li>Take a moment yourself and open your eyes when ready</li> </ul> </li> <li>Let participants know that the technique of noticing when their mind has wandered and gently re-focusing will be helpful throughout the session in keeping them present.</li> </ul>	5 Minutes
3.	Creating a Brave Space	<ul style="list-style-type: none"> <li>Establish rules of the circle/How to make a brave space:           <ul style="list-style-type: none"> <li>Assure everyone that everyone is equal and you are facilitating</li> <li>Let everyone know that they can step out at any moment if they need a break.</li> <li>Re-iterate the confidentiality and sanctity of this space</li> <li>Ask questions to begin establishing rules of the circle: How would everyone like to be addressed? What can we do to make this space safe for everyone? What are everyone's expectations of the day? What makes everyone comfortable? What will make this circle a brave space for everyone? What privilege and power do you hold in this space? For example, what are some ways your identity may be considered the social norm?</li> </ul> </li> <li>Inform everyone that they will fill out a reflection survey (see sample in Annexes) at the end of the circle, which will assist you as a facilitator for future solidarity circles.</li> </ul>	5 Minutes

No.	Activity	Description	Duration
4.	Writing session	<ul style="list-style-type: none"> <li>For the first activity the group will spend some time individually writing and answering these questions that the facilitator will ask, giving everyone about 2 minutes to write down their answers. Questions: <ul style="list-style-type: none"> <li>Who are you?</li> <li>Why are you here today?</li> <li>Do you feel safe in your own body?</li> <li>Do you feel safe in school?</li> <li>Can you think of a time or situation when someone at your school created a positive, safe haven space?</li> </ul> </li> </ul>	15 Minutes
5.	Group Discussion: Part 1	<ul style="list-style-type: none"> <li>The facilitator will repeat each of the questions and ask the participants in the circle to share their answer if they are comfortable</li> <li>Facilitator opens a discussion on solidarity, collective care and healing. Ask the group the following: <ul style="list-style-type: none"> <li>What does solidarity mean to you?</li> <li>What does community mean to you?</li> <li>How do you take care of yourself?</li> <li>How do you take care of one another?</li> </ul> </li> </ul>	20 Minutes
6.	Group Discussion: Part 2	<ul style="list-style-type: none"> <li>Facilitator will ask the group to develop a self-care recipe detailing what they believe are the most important ingredients to self-care: <ul style="list-style-type: none"> <li>1 litre of setting boundaries</li> <li>100 cups of listening to music</li> <li>100 cups of kindness to self and others (50 each!)</li> <li>Participants will pitch their ideas and the facilitators will note them down (on a whiteboard or large sheet of paper would be best)</li> </ul> </li> </ul>	10 Minutes
9.	Group Discussion: Part 3	<ul style="list-style-type: none"> <li>Facilitators will start a final discussion on what the students demand from schools and teachers in order to feel safe and supported. The facilitators will note these suggestions down as well. Examples of suggestions: <ul style="list-style-type: none"> <li>Anonymous reporting systems on campus</li> <li>More counselors</li> </ul> </li> </ul>	10 Minutes
10.	Meditation Session	<ul style="list-style-type: none"> <li>In order to end on a lighter note the facilitator will lead a final meditation session. Ask participants to lie down if possible, if this is not possible, participants can sit in a comfortable position.</li> <li>Lead another breathing session, using the transcript from activity no.2</li> <li>Addition to transcript: <ul style="list-style-type: none"> <li>Today you were brave, today you showed up for yourself, today you showed up for each other and today that was more than enough.</li> </ul> </li> </ul>	5 Minutes
11.	Reflection Survey	<ul style="list-style-type: none"> <li>Ask participants to fill out a survey reflecting on the success of the circle</li> </ul>	5 Minutes
12.	Final Remarks	<ul style="list-style-type: none"> <li>Thank participants for attending the solidarity circle</li> <li>Ask them if they have any questions or anything further to add</li> <li>Participants can decide if they want to maintain contact after the session, and if they would like some kind of forum set up for them for communication</li> </ul>	5 Minutes

## Longer Session Plan

Duration: 4 hours and 30 minutes

No.	Activity	Description	Duration
1.	Introduction to Session	<ul style="list-style-type: none"> <li>Facilitators introduce themselves and briefly speak on the 16 Days of Activism and why everyone has been gathered for this circle. Explain what school related gender based violence is.</li> <li>Introduce breathing session</li> </ul>	5 Minutes
2.	Mindful Breathing Exercise	<ul style="list-style-type: none"> <li>Facilitator will lead a short breathing session to help set the tone of the circle. The breathing session will also introduce the theme of mindfulness and staying present throughout the session.</li> <li>Transcript:               <ul style="list-style-type: none"> <li>Get into a comfortable seated position and place your hands on your knees</li> <li>Close your eyes</li> <li>Take a deep breath in, hold for 3 seconds and exhale</li> <li>Take another deep breath in, hold for 3 seconds and exhale</li> <li>Take a moment to feel your body, notice where your body touches the seat, where your hands touch your knees, pay attention to any points of tension and discomfort in your body</li> <li>Breathe in, hold for 3 seconds and exhale</li> <li>Take a moment to be grateful for your body and for your breath, be grateful for this moment and the people around you</li> <li>If you find your mind wandering, take note of the thought or feeling that has distracted you and gently bring yourself back to your thoughts of gratitude</li> <li>Don't punish your mind for wandering, just gently recalibrate</li> <li>Breathe in, hold for 3 seconds and exhale</li> <li>Relax your shoulders...relax your eyebrows, relax your whole body, still focusing on your body</li> <li>You are appreciated, you are loved and you are safe here</li> <li>Breathe in, hold for 3 seconds and exhale</li> <li>Today you are brave, today you show up for yourself, today you show up for each other and today that is more than enough.</li> <li>Take a moment yourself and open your eyes when ready</li> </ul> </li> <li>Let participants know that the technique of noticing when their mind has wandered and gently re-focusing will be helpful throughout the session in keeping them present.</li> </ul>	5 - 10 Minutes
3.	Creating a Brave Space	<ul style="list-style-type: none"> <li>Establish rules of the circle/How to make a brave space:               <ul style="list-style-type: none"> <li>Assure everyone that is aware that everyone is equal and you are facilitating</li> <li>Let everyone know that they can step out at any moment if they need a break.</li> </ul> </li> <li>Ask questions to begin establishing rules of the circle: How would everyone like to be addressed? What are everyone's expectations of the day? What makes everyone comfortable? What will make this circle a brave space for everyone?</li> </ul>	20 Minutes
4.	Writing session	<ul style="list-style-type: none"> <li>For the first activity the group will spend some time individually writing and answering questions that the facilitator will ask, giving everyone about 8 minutes to write down their answers. Questions:               <ul style="list-style-type: none"> <li>Who are you?</li> <li>Why are you here today?</li> <li>Do you feel safe in your own body?</li> <li>Do you feel safe in school?</li> <li>Who do you talk to at school when you feel unsafe?</li> <li>'Can you think of a time or situation when someone at your school created a positive, safe haven space?</li> </ul> </li> </ul>	40 Minutes

No.	Activity	Description	Duration
5.	Breakaway into Groups	<ul style="list-style-type: none"> <li>The session will break off into two or three different groups, each group will have a facilitator present (if there is only one facilitator present, then you can remain as one large group)</li> <li>The facilitator will repeat each of the questions and ask the participants in the circle to share their answer if they are comfortable</li> </ul>	50 Minutes
6.	Break	<ul style="list-style-type: none"> <li>Short break, participants can stretch their legs, get some fresh air, eat a snack</li> </ul>	20-30 Minutes
7.	Group Discussion: Part 1	<ul style="list-style-type: none"> <li>Everyone comes back together as one large group. Facilitator opens a discussion on solidarity, collective care and healing. Ask the group the following: <ul style="list-style-type: none"> <li>What does solidarity mean to you?</li> <li>What does sisterhood mean to you?</li> <li>How do you take care of yourself?</li> <li>How do you take care of one another?</li> </ul> </li> <li>Facilitator will ask the group to develop a self-care recipe detailing what they believe are the most important ingredients to self-care: <ul style="list-style-type: none"> <li>1 litre of setting boundaries</li> <li>100 cups of listening to music</li> <li>100 cups of kindness to self and others (50 each!)</li> </ul> </li> <li>Participants will pitch their ideas and the facilitators will note them down (on a whiteboard or large sheet of paper would be best).</li> <li>Facilitator will now ask the group to develop a collective care recipe detailing what they believe are most important ingredients of collective care: <ul style="list-style-type: none"> <li>2 cups of checking in on each other</li> <li>1 litre of calling out harmful comments</li> </ul> </li> <li>All suggestions will be noted down again</li> </ul>	40 Minutes
8.	Group Discussion: Part 2	<ul style="list-style-type: none"> <li>Facilitators will start a final discussion on what the students demand from schools and teachers in order to feel safe and supported. The facilitators will note these suggestions down as well. Examples of suggestions: <ul style="list-style-type: none"> <li>Anonymous reporting systems on campus</li> <li>More counselors in schools</li> </ul> </li> </ul>	20 Minutes
9.	Group Art Piece	<ul style="list-style-type: none"> <li>During this time, the participants can take part in a healing art activity. An example of a potential art activity: <ul style="list-style-type: none"> <li>Supplies needed: <ul style="list-style-type: none"> <li>Post-it Notes/Sticky Notes</li> <li>Large A2 or A1 sheet of paper</li> <li>Pens and Markers</li> </ul> </li> <li>Instructions: <ul style="list-style-type: none"> <li>Hand out post-it notes to all members of the circle, about 25 post-its each</li> <li>Decide on a question for all participants to answer (e.g. 'What do you need to feel safe in School?')</li> <li>Write the chosen question on the top of the poster paper.</li> <li>All participants can now write down as many answers as they want on as many sticky notes as they want and stick them on the paper.</li> </ul> </li> </ul> </li> <li>At the end of this exercise, you will have a visual representation of the participants emotions.</li> </ul>	30 Minutes
12.	Final Remarks	<ul style="list-style-type: none"> <li>Thank participants for attending the solidarity circle</li> <li>Ask them if they have any questions or anything further to add</li> <li>Participants can decide if they want to maintain contact after the session, and if they would like some kind of forum set up for them for communication</li> </ul>	5-10 minutes

## Annex ii. Consent Form Template

*We encourage you to use your organisational consent form. If you do not have one, here is an example template.*

CONSENT FORM (for under 18 participants)

Name the organisation hosting, and explain what it is. (1- 2 lines)

(Name of organisation) will be organising a Solidarity Circle. *Explain what the Solidarity Circle will entail and the date it will be held.*

If under 18 years of age or if participant is over 18 but does not have capacity to give consent:

I, \_\_\_\_\_ (Full name), parent/guardian of  
\_\_\_\_\_ (full name and age of adolescent participant) grant permission and give  
my consent \_\_\_\_\_ (full name of adolescent participant) to participate in this  
event.

Date: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Email ID: \_\_\_\_\_

Signature: \_\_\_\_\_

## Annex iii. Suggested Format for Referral Mapping

You may wish to identify formal and informal services providers in your area. Please include updated contact information, including phone/cell numbers of key focal points in the organisations.

	Name of organisation	Address and Phone Number
Child protection helplines, victim service units, one-stop shops		
Legal aid		
Mental health, counselling, peer-support groups		
Youth networks and clubs		
Other		

Source: adapted from UNICEF (to be published in 2022). Protocol to Increase Safe and Meaningful Participation of young people, Focusing on Mental Health and Psychosocial Support

## **Annex iv. Solidarity Circle Reflection Survey**

If you are reading this, you have just participated in a solidarity circle. We thank you for showing up for yourself today and we hope this journey of healing you have started continues after this session. We have compiled a list of questions to help us assess how impactful the session was and help us prepare for any future sessions.

### **1. In which country did your Solidarity Circle place?**

### **2. What was your favourite part of this session?**

### **3. Did you feel safe sharing your experiences?**

### **4. How did the meditation make you feel?**

### **5. Would you take part in another session like this?**

## Annex v. Some Useful Resources

### Mindfulness and Feminist Healing

[Staying Resilient While Trying to Save the World \(Volume 2\): A Well-Being Workbook for Youth Activists](#)

[You Are Made of Medicine: A Mental Health Peer Support Manual for Indigiqueer, Two-Spirit, LGBTQ+, and Gender Non-Conforming Indigenous youth](#)

[Self Compassion Break by Kristin Neff](#)

[Blessing Manifesting](#)

[Laura Illustrations](#)

[Meditation: Rain of Compassion](#)

[Exploring Self Compassion Through Writing](#)

### Hotlines, Counselling, Psychological First Aid

*We recommend you to compile a list of local hotlines*

[Find a Help Line](#)

[Psychological First Aid: Guide for Field Workers](#)

### Facilitation

[Chatham House Rule | Chatham House – International Affairs Think Tank](#)

[Training and Mentoring Community Facilitators to Lead Critical Reflection Groups for Preventing Violence Against Women](#)

[Communication Guidelines for a Brave Space](#)

[Talk With Confidence: Secure Platforms for Video Calling](#)

### SRGBV Resources

[Youth Day #NotMySchool Campaign | UNGEI](#)

[Why ending school-related gender-based violence is critical to sustainable development | UNGEI](#)

## A Labour of Love

As this is being written, feminists are contributing to this guide from around the world on a google document. We are commenting on each other's work with affirmations of support and having many smiles. This is the essence of this document: rooted in feminism, care and solidarity. It is a work of collaboration and labour of love.

The main writers of this document are Alinafe Malonje, Natasha Harris-Harb and Sujata Bordoloi

The words and ideas in this guide were inspired by many grassroots organisations and feminist activists we work with and who have pioneered this work in their communities and spheres of influence. We acknowledge the contributions of the following feminists and organisations: Ashlee Burnett (Feminitt), Claudia Mitchell and Leann Brown (More Than Words), Rex Fyles and Aayushi Aggarwal (Gender at Work), Sophie Sandberg (Chalk Back), Chloe Fevre (Safe to Learn Secretariat), Patricia Landinez (UNICEF Consultant) and Antara Ganguli (UNGEI).

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The design and artwork is by [Evelyn Kandin Geler](#)

This guide was produced to support members of [Transform Education](#) to facilitate solidarity circles to commemorate the 16 days of Activism Campaign to end School-Related Gender-Based Violence, led by [the Global Working Group to End SRGBV](#).

### Notes on Use

In the spirit of this guide, we welcome suggestions and ways to build on it. This is a public good, and we encourage the dissemination and use of this guide. Please use this guide as suggestions, and in a way that works for your context and lived experience.

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# TRANSFORM EDUCATION

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