

# *BREAKING THE CYCLE OF VIOLENCE*



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MINISTRY FOR JUSTICE,  
EQUALITY AND GOVERNANCE

## SEVENTH SESSION – TRUST, BOUNDARIES AND CYCLE OF VIOLENCE

- 5.00 – 5.30 Trust fall exercise
- 5.30 - 6.00 Boundaries - Activity
- 6.00 - 6.30 Break
- 6.30 - 7.15 Cycle of Violence
- 7.15 - 7.30 Closure

# ACTIVITY - TRUST/MISTRUST

- Brainstorming on trust

Trust fall exercise

- who are the people we trust ?
- who are the people we do not trust?

Rationale:

- To create more awareness and understanding trust/mistrust

# ACTIVITY - BOUNDARIES

- To work individually

Participants are given paper and pens to draw circles around self indicating boundaries of people in their lives

- Processing

Rationale

To become aware that boundaries are there to respect our rights and needs

# CYCLE OF VIOLENCE

- Explanation of Cycle of Violence
- Ways to break the Cycle
  
- Sharing and Discussion

# TERMINATION OF SESSION

- Preparation for closing activity
- Closure and positive reinforcement.