



## VIOLENCE SHATTERS A WOMAN'S IDENTITY AND MAKES HER LOSE SIGHT OF HERSELF AND OF HER RESOURCES



### WHAT'S OUR GOAL?

With the **Mariposa project**, we want to provide new tools that can help **women affected by gender-based violence** to **identify the unhealthy dynamics** in which they are involved and overcome them through the development of a **personal life plan** and orientation towards **relevant professional support**.

At the same time, we intend to **guide peers and supporters** in encouraging the **empowerment** of women women affected by gender-based violence and developing **support networks and campaigns** for the prevention and fight against gender-based violence.

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Being able to spot the toxic relationships and power dynamics underlying the phenomenon of gender-based violence represents the first, necessary step to break the cycle of violence, rebuild self-esteem and create a personal life plan for the future.



# THE INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

As the **International Day for the Elimination of Violence against Women** was just observed **on November 25th**, we have had the chance to reflect on the significant impact that violence has on women and on their existence.

Violence shatters a woman's identity and makes her lose sight of herself and of her resources. Being able to spot the **toxic relationships** and **power dynamics** underlying the phenomenon of gender-based violence represents the first, necessary step to **break the cycle of violence, rebuild self-esteem** and create a **personal life plan for the future**.



## WHAT HAS BEEN DONE SO FAR?

From March until November 2022, we have worked on the ideation and creation of two online interactive tools that resort to symbols and to the Symbolwork methodology to support women affected by gender-based violence to break away from the cycle of violence, rebuild self-esteem and create a life plan for a future free from violence. In particular:

### "ME and My Resources"

will support women affected by gender-based violence to identify their resources and set objectives

### "EmpowerME"

will help women affected by gender-based violence to reflect on their coping mechanisms and emotions for their empowerment and self-help

The tools are the result of the collaborative work of all project partners, that have met in April and October 2022, in Vélez-Málaga and Paris respectively, to discuss, test and hone the tools.

As of November 2022, we have also started collecting ideas for the development of **two Guides targeting supporters and peers** who want to encourage the empowerment of women affected by gender-based violence and stand by their side. In particular:



A Guide for Peer-to-Peer Support, with instructions on how to support women affected by gender-based violence and encourage their empowerment, particularly referring to the Mariposa methodology and tools developed.



A Guide on Networking and Campaigning, for anyone who wants to campaign against gender-based violence.

## WHAT'S NEXT?

After the two online tools are finalized and translated, we are going to organize **pilot sessions** in each partner country to test them with women affected by gender-based violence and to **collect their precious feedback and perspective** on the instruments. In parallel, we are going to work on and draft the text of the two Guides for peers and supporters.

*All the resources will be available in English, Spanish, Greek, Italian, French, German and Romanian.*

If you want to take part to our project or learn more about the Mariposa resources

[CONTACT US](#)

To learn more about the project, you can also visit our Project Website

[MARIPOSAPROJECT.EU](#)

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