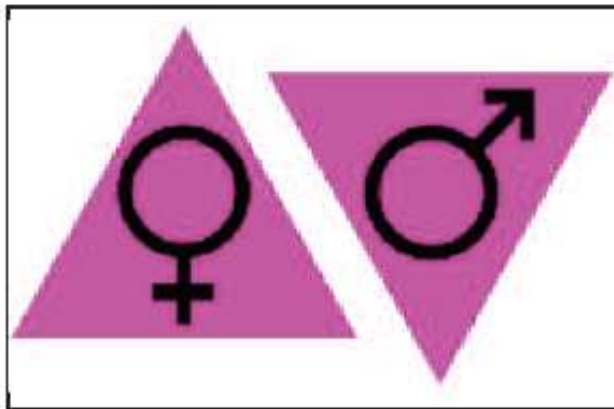


Switzerland and Quebec against bullying

On August 17th 2016, youth from CDN-NDG along with park animators from Prevention CDN-NDG took part in a self defence course at Beaver Lake on Mount Royal. The course was given by Barbara Giason.

Barbara was born in Quebec. She has been teaching self defence for several years at schools in Switzerland, more specifically, projects for youth to stand up against bullying.



In Switzerland, as in Canada, the phenomenon of bullying is a current problem. The course Barbara gives is geared for girls and boys so that each can better under-

stand the reality of the other. Schools usually contact her to intervene in an urgent situation where the problem has gone too far. To follow up, when the crisis is under control, her courses can be given as a preventative tool. In the course, the goal is to demystify genders (men/women) by using role playing to confront taboo subjects etc.



I had the chance to be part of an animation that Barbara presented with about 15 youth at Beaver Lake on Mount Royal. The course

began by each youth presenting themselves. This was very useful and a great way to break the ice! The youth learned how to present themselves in a way that brought out their personalities as well as show self confidence. Next was learning several physical self defence techniques. The group also participated in a game made to express and practice gender equality.

Because a picture is worth a thousand words, the program concluded with an activity where each youth drew on a balloon that they would later pop. This activity was a symbolic gesture to show that everyone is worth something in this society, and it is time to stand up and say no to intimidation.

For more information, you can visit <http://www.selbstverteidigung-in-schulen.ch/>

- Geneviève Bergevin