



Rape Crisis
Cape Town Trust

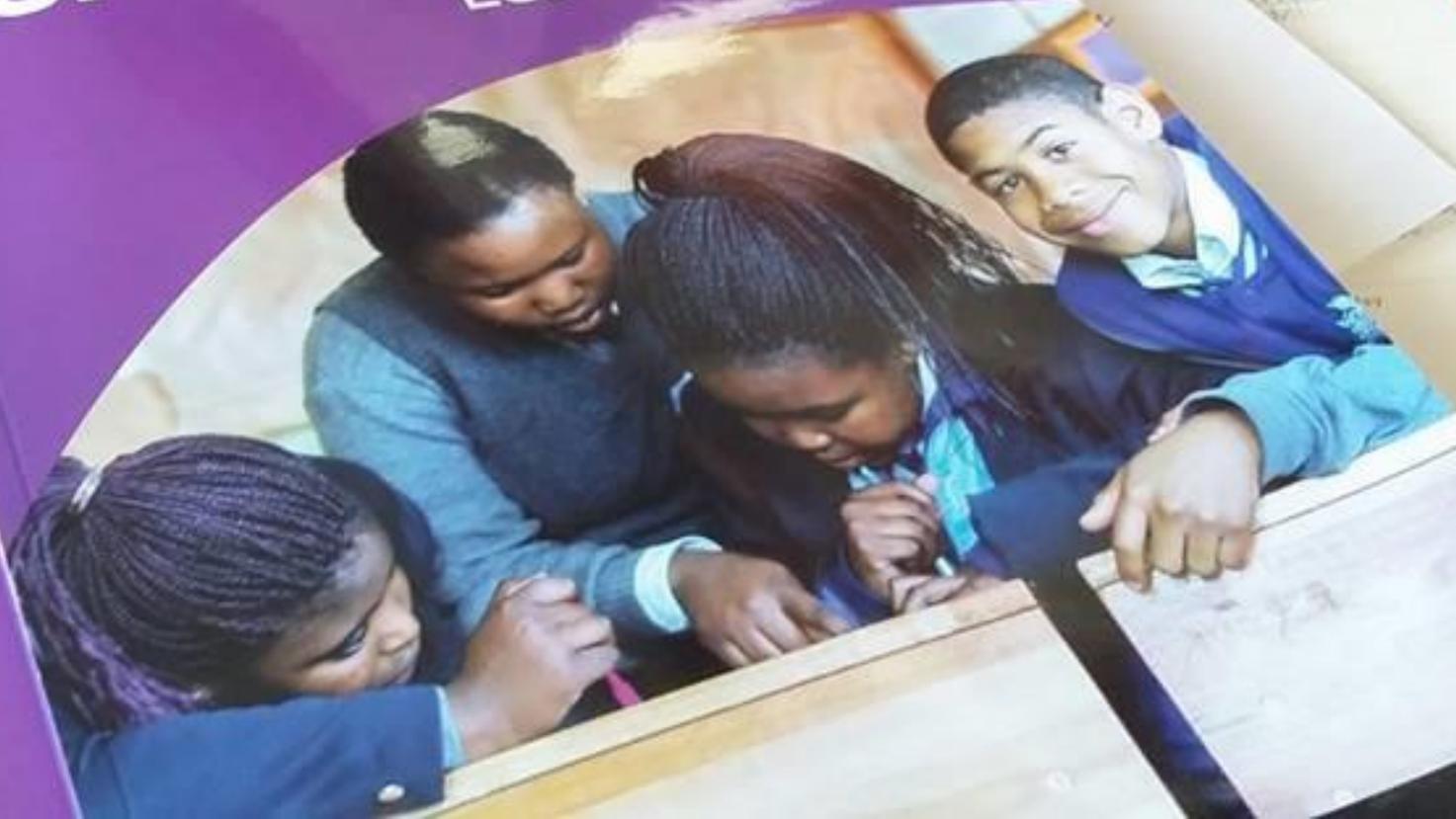
*Birds and Bees:
Partnering with School Learners
to Prevention Sexual Violence*

The Birds and the Bees

Facilitator Guide

The Birds and the Bees

Learner Guide



BMZ
Federal Ministry for Economic Cooperation and Development
welcome to use this information on condition that you credit Base Crisis Cc
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The Birds and Bees Model

- Identify high schools at risk for sexual violence
- Negotiate introductions through the local school social worker
- Meet the principal and key staff
- Run a series of information sessions about the programme with staff, learners and parents
- Invite learners to apply
- Conduct screening through paper selection and interviews
- Conduct a 12 session workshop series after school
- Learners design and implement a safety plan

Talking about Rape

If you think about sex as a series of activities that take place across a spectrum then what would the opposite of rape be?

An organisation like Rape Crisis will talk about sex from the point of view of the potential ***abuse of power***. An HIV prevention NGO will talk about it from the point of view of the ***transmission of disease***. The nurse at the Reproductive Health Clinic will talk about it from the point of view of ***potential pregnancy***.

None of these are likely to be the viewpoint of our target group in the moment when sex is imminent.

What are we consenting to?

Sex is often impulsive and spontaneous, driven by internal forces like hormones, instincts and deep emotions, and fuelled by alcohol and drugs. It is influenced by powerful external forces like relationships, peer pressure, social norms, culture and religion.

But the dynamic between the sexual partners is probably the most important thing.



Setting the Scene for Conversation

- Small groups
- Seated in a circle
- Relatable facilitators
- Boys and girls together
- 12 sessions minimum
- Each session is three hours long
- First six sessions on personal growth - getting to know ourselves and bonding with one another in the group
- Orientation, acceptance and trust building
- Final six sessions are about topics related to rape
- Power within, power over and power together



The Commodification of Sex

- Sex as a transaction, as a form of exchange
- Sex as work
- Sex within marriage
- Sex in the media
- Sex in popular culture
- Sex and religion
- Sex as procreation
- Sex, HIV and other STIs
- Sex and drugs and alcohol
- Sex and pornography

Abuse of Power

Myths and Stereotypes

- About what it means to be a woman
- About what it means to be a man
- About what it means to be gender non conforming
- About heterosexuality and homosexuality
- About rape
- About what causes rape
- About rape victims and rape survivors



Safety Planning

- Learners conduct a safety audit
- They map physical danger points and identify problems with rape culture at the school
- They map potential assets and resources
- They draw up a plan to improve safety at the school
- They present the plan to the principal and key staff
- They implement a programme aimed at building a culture of respect for consent in assembly and in Life Orientation classes
- They act as a resource to learners in need of support or advice



Thank You

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