



COMMISSION ON DOMESTIC VIOLENCE

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Dear PSCD teachers,

I am writing on behalf of the Commission on Domestic Violence, to provide the following toolkits: 'Expect Respect' and 'REaDAPT', with the full support and collaboration of the PSCD Education Officers, and with permission from the toolkits' owners. The toolkits' modules can be utilised in the existent PSCD syllabus, as indicated by the PSCD Education Officers (explained in each section below). This initiative is in line with **article 14 Education** of the Istanbul Convention that came into force in Malta in November 2014, with the aim of preventing domestic abuse while promoting healthy relationships.

Form 1

Expect Respect (Year 7, Section 3, pages 1 – 8): Unwritten Rules and Managing Conflict

REaDAPT! (Module 1): Gender and Equality Issues

These indicated resources can be used when addressing the following topics in the form 1 syllabus:

Negative effects of bullying; Abusive relations and situations – agencies that offer help and skills needed; Confidence and Self-esteem - how to handle feelings in difficult circumstances; Gender stereotypes and media; Assertive skills – healthy lifestyle choices

Form 2

Expect Respect (Year 8, Section 3, pages 1-8): Introduction to Domestic Violence and Abuse

REaDAPT! (Module 2): Healthy and unhealthy relationships

These indicated resources can be used when addressing the following topics in the form 2 syllabus:

Everyone is of equal worth (regardless of race, gender, etc); Respect for others; Bullying as a result of gender etc.; Students reflect on different family setups which present different roles and responsibilities; Discuss about issues related to sexuality and relationship education.

Form 3

Expect Respect (Year 9, Section 3, pages1-12) Myths and Realities

REaDAPT! (Module 3) The effects of different types of abuse

These indicated resources can be used when addressing the following topics in the form 2 syllabus:

Communicating one's emotions verbally, non-verbally; Different ways to express anger and promote a non-aggressive attitude towards dealing with emotions; Identify stressful situations and coping strategies; Different types of relationships and skills needed to build positive relationships; Identify what is a caring and non-caring relationship – rejection, abusive, aggressive, caring, non-caring; Stereotypes; Reflect and practice conflict management skills; Inappropriate sharing of personal information; ABC model.