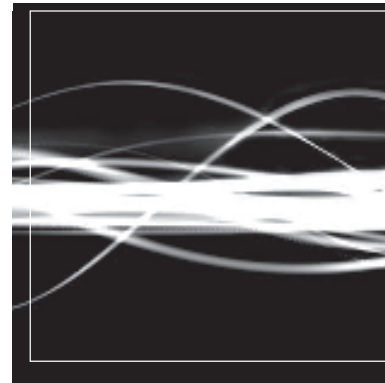


# contents

|   |     |
|---|-----|
| Preface                                   | 2   |
| Introduction                              | 3   |
| Tips for Facilitators                     | 4   |
| Icebreakers, Introduction and Tonesetting | 5   |
| Young Women's Leadership                  | 15  |
| Economic Justice                          | 23  |
| HIV and AIDS                              | 33  |
| Human Rights                              | 49  |
| Peace                                     | 71  |
| Self Esteem and Body Image                | 81  |
| Sexual and Reproductive Health            | 95  |
| Violence Against Women                    | 109 |

# icebreakers, introductions & tonesetting



---

## **Adding icebreakers, introduction and tonesetting exercises to a workshop helps to**

- ▼ create a positive group atmosphere
- ▼ relax participants
- ▼ break down social barriers
- ▼ energise & motivate
- ▼ encourage participants to think outside the box
- ▼ enable participants to get to know one another