

THE BROCHURE FOR THE TRAINERS

The brochure consists of the materials using during the trainings for educators.

- 1. Age in Europe**
- 2. Human Trade**
- 3. History of Polish Solidarity**
- 4. Religious violence**
- 5. The factors of violence against women**



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the European Union**

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The people in Europe

The number of people in Europe (August 2024) -
742.172.416 people

The average age in Europe - 43,0 years

(source: <https://www.populationof.net/pl/europe/>)

The sex of people in Europe in 2023

- Women - 382 843 000
- Men - 359 271 000
- It means 938 men for 1000 women.

How change average age in Europe

- In 1990 – 36,6 years
- In 2000 - 38,6 years
- In 2015 – 41,5 years
- In 2023 – 42,8 years

Silver revolution

- [Silver revolution](#)



The population and average age in the partners' countries - 2023

- Belgium - 11 780 611, average age – 42,2 years
- Portugal - 10 026 636, average age – 46,1 years
- Poland - 37 324 786, average age – 43,3 year

How long we live in Europe

- Life expectancy at birth in the EU was estimated at **80.6 years in 2022** (0.5 years higher than in 2021), reaching 83.3 years for women (0.4 higher than in 2021) and 77.9 years for men (0.7 higher than in 2021).
- *(source: eurostat).*

Internet – connection between generations

- [Internet and seniors and young people](#)



The seniors in Belgium

- Age: 60-64 – 3,28%
- Age: 65-69 – 2,99%
- Age: 70-74 - 2,61%
- Age: 75-79 - 2,22%
- Age: 80+ - 3,48%

The seniors in Poland

- Age: 60-64 – 3,27%
- Age: 65-69 – 3,77%
- Age: 70-74 - 3,31%
- Age: 75-79 - 2,39%
- Age: 80+ - 3,05

The seniors in Portugal

- Age: 60-64 – 3,81%
- Age: 65-69 – 3,46%
- Age: 70-74- 3,2%
- Age: 75-79 - 2,8%
- Age: 80+ - 4,52%

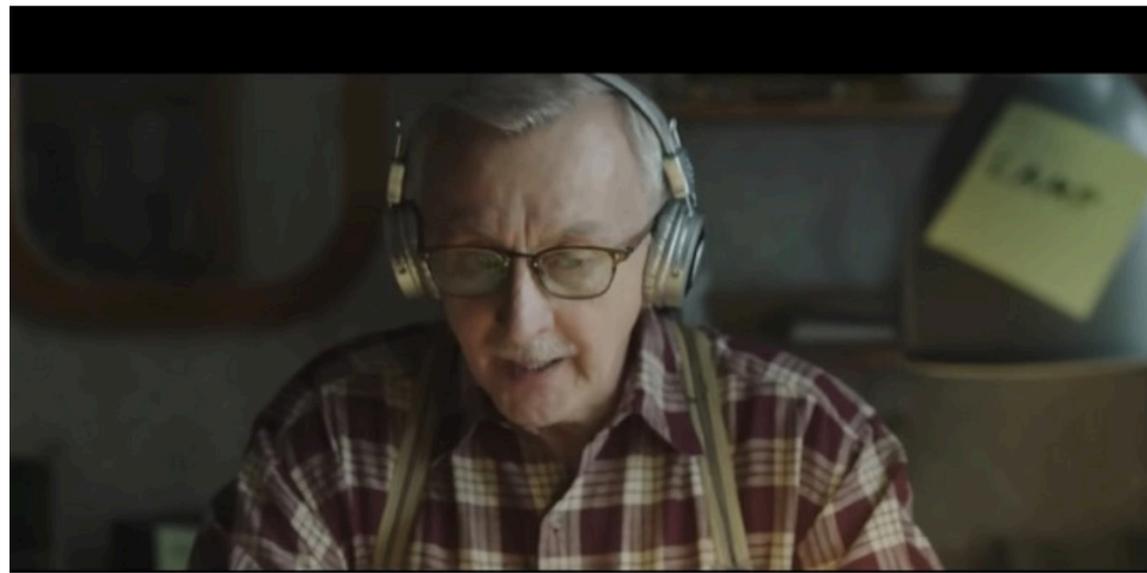
The stereotypes of seniors

- seniors in Europe



The activities for the seniors

- [active seniors- the way to connection between the generations](#)





European
Union Citizen

Human rights

Combating human trafficking

The materials prepared in Erasmus+ projecti

The European Union is based on a strong commitment to promoting and protecting human rights, democracy and the rule of law worldwide. Human rights are at the heart of EU relations with other countries and regions.

EU policy includes:

- promoting the rights of women, children, minorities and displaced persons**
- opposing the death penalty, torture, human trafficking and discrimination**
- defending civil, political, economic, social and cultural rights**
- defending human rights through active partnership with partner countries, international and regional organisations, and groups and associations at all levels of society**
- inclusion of human rights clauses in all agreements on trade or cooperation with non-EU countries**

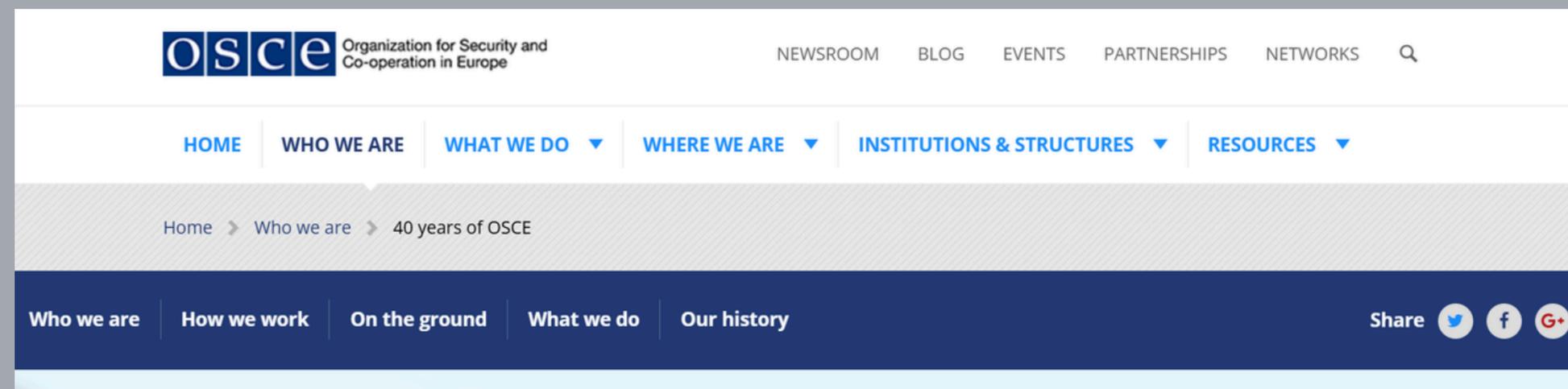
EU Strategy on Combatting Trafficking in Human Beings (2021-2025)

On 14 April 2021, the Commission adopted a new [EU Strategy on Combatting Trafficking in Human Beings \(2021-2025\)](#) . This initiative provides for a comprehensive response to the crime – from preventing the crime, and protecting and empowering victims to bringing traffickers to justice. As trafficking in human beings is often carried out by organised crime groups, the Strategy on Combatting Trafficking in Human Beings is closely linked to the [EU Strategy to Tackle Organised Crime \(2021-2025\)](#) .

The strategy builds on EU's legal and policy framework in place to address trafficking in human beings, rooted in the [Anti-trafficking Directive](#) . The Strategy focuses on:

- reducing demand that fosters trafficking
- breaking the business model of traffickers through effective operational means against the criminal business model, tackling the culture of impunity by building capacity for a robust criminal justice response, as well as the digital business model of traffickers
- protecting, supporting and empowering the victims with a specific focus on women and children
- promoting international cooperation

The OSCE has a comprehensive approach to security that encompasses politico-military, economic and environmental, and human aspects. It therefore addresses a wide range of security-related concerns, including arms control, confidence- and security-building measures, human rights, national minorities, democratization, policing strategies, counter-terrorism and economic and environmental activities



Participating States



Flags of the OSCE participating States (OSCE/Mikhail Evstafiev) [Photo details](#)

The Organization comprises 57 participating States that span the globe, encompassing three continents - North America, Europe and Asia - and more than a billion people.

The OSCE has 57 participating States from Europe, Central Asia and North America:

The tasks of the organization

- **Prevention**, including addressing root causes and awareness-raising;
- **Prosecution**, including investigation and adjudication ; and
- **Protection** of victims' rights, including assistance and compensation.



**European
Union Citizen**

Teaching and learning is a form of prevention

Solidarity



Solidarity emerged on 31 August 1980 at the Gdańsk Shipyard when the Communist government of Poland signed the agreement allowing for its existence. On 17 September 1980, over twenty Inter-factory Founding Committees of independent trade unions merged at the congress into one national organisation, NSZZ Solidarity. It officially registered on 10 November 1980



This is the link for the web site and film about Polish solidarity

History of Polish Solidarity.



The workshop

Religious violence



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What's a religion?

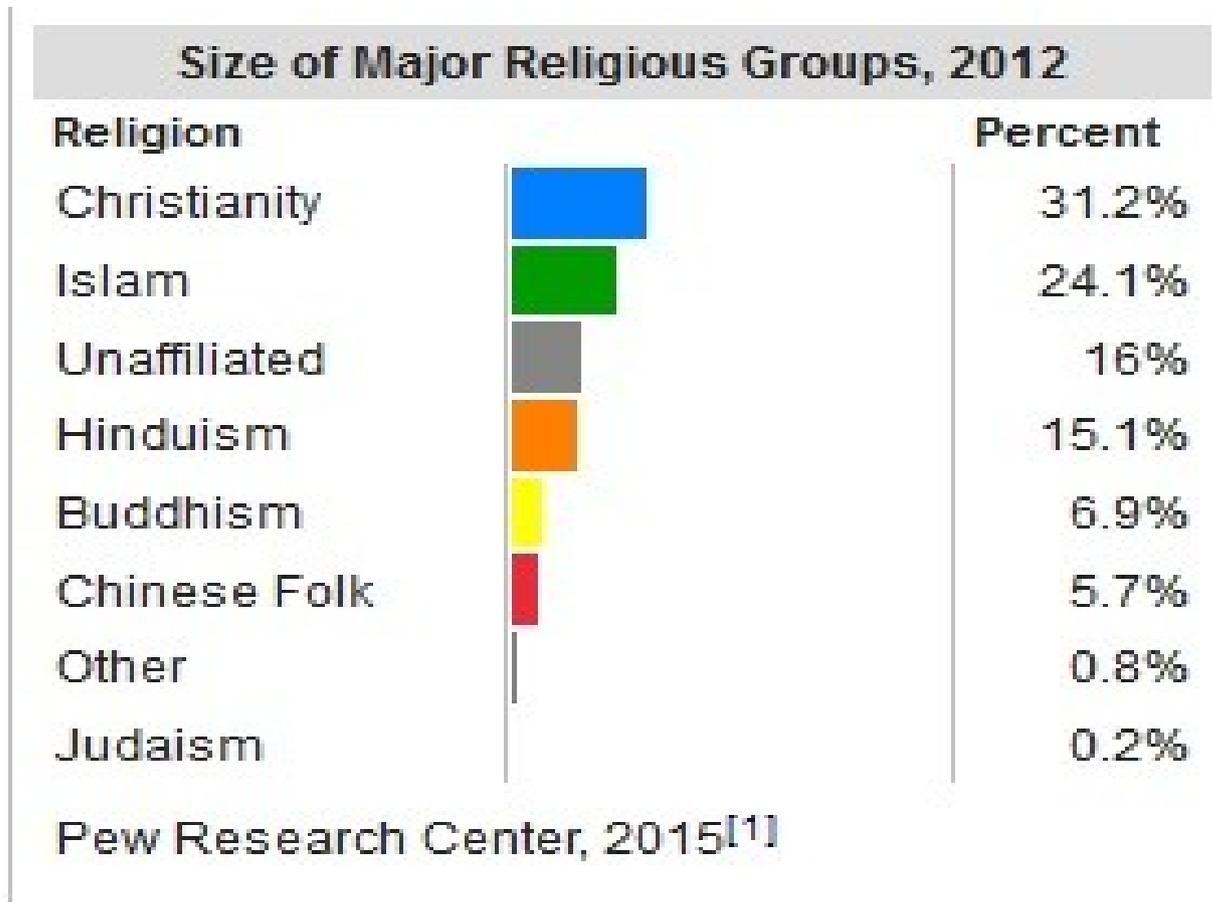
- The belief in and worship of a superhuman controlling power, especially a personal God or gods (<https://en.oxforddictionaries.com/definition/religion>)
- Emile Durkheim defined religion as "a unified system of beliefs and practices relative to sacred things, that is to say things set apart and forbidden - beliefs and practises which unite into one single moral community called a church, all those who adhere to them" (https://en.wikipedia.org/wiki/Definition_of_religion)
- Max Lynn Stackhouse, defined religion as "a comprehensive worldview or 'metaphysical moral vision' that is accepted as binding because it is held to be in itself basically true and just even if all dimensions of it cannot be either fully confirmed or refuted" (https://en.wikipedia.org/wiki/Definition_of_religion)

The function of a religion

(<http://www.yourarticlelibrary.com/sociology/religious-institutions/religion-3-most-important-functions-of-religion/31380>)

- Religion as an Integrative Force
- Creating a Moral Community
- Religion as Social Control
- Provides Rites of Passage
- Religion as Emotional Support
- Religion Serves a Means to Provide Answers to Ultimate Questions
- Religion as a Source of Identity
- Legitimizing Function of Religion
- Psychologizing Religion
- Religion Acts as Psychotherapy
- Religion as an Agent of Social Change
- Religion as an Agent of De-politicization
- Religion Controls Sexuality.

The most popular religious



Religion – why we choose it?

- Do we understand what does it mean to be „catholic, evenaglic, muslim”?
- https://www.youtube.com/watch?time_continue=425&v=wakl69xds5Q
- Is islam religion of peace?
- <https://www.youtube.com/watch?v=5AkAGc5nOXW>

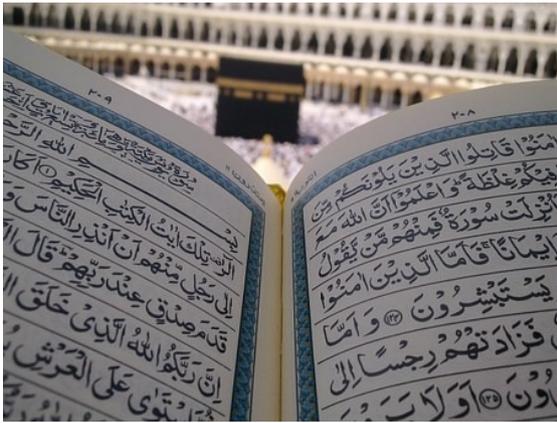
Society and religion

The every society has
things that are sacred
and
things that are profane.

Sacred and profane

- **SACRED -**
 - devoted or dedicated to a deity or to some religious purpose; consecrated;
 - entitled to veneration or religious respect by association with divinity or divine things; holy.
- **PROFANE**
 - characterized by irreverence or contempt for God or sacred principles or things; irreligious;
 - not devoted to holy or religious purposes; unconsecrated; secular (opposed to sacred);
 - unholy; heathen; pagan.

Sacred or Profane?



Secularization and Fundamentalism

Secularization

is the process of the sacred losing influence over society

Fundamentalism

is the desire to resist secularization.

What is a sect?

- a body of persons adhering to a particular religious faith; a religious denomination
- a group regarded as heretical or as deviating from a generally accepted religious tradition,
- (in the sociology of religion) a Christian denomination characterized by insistence on strict qualifications for membership, as distinguished from the more inclusive groups called churches.
- any group, party, or faction united by a specific doctrine or under a doctrinal leader.
- A sect is a subgroup of a religious, political, or philosophical belief system, usually an offshoot of a larger group. Although the term was originally a classification for religious separated groups, it can now refer to any organization that breaks away from a larger one to follow a different set of rules and principles.

Characteristics of sect

- Claim a monopoly of truth
- Membership mainly comes from lower social classes
- No hierarchy of paid officials; often a single, charismatic leader
- Small; strongly integrated
- Challenge the norms and values of society; oppose the State
- Members are expected to make a deep commitment; sometimes expected to withdraw from society

Sect or church?



The sects in Europe

- The list depends of country, but very often the organizations are included:
- Church of Scientology, the Unification Church, the Divine Light Mission, Eckankar, Hare Krishna, Osho movement, Sahaja Yoga, Sai Baba, Sri Chinmoy, Transcendental Meditation, Fiat Lux, Universal Life, and The Family International, Jehovah's Witnesses, The Silva Method,

Sectarian violence

Sectarian violence

is a form of communal violence inspired by sectarianism, that is, between different sects of one particular mode of ideology or religion within a community. Religious segregation often plays a role in sectarian violence.



Spiritual abuse includes:

- psychological abuse and emotional abuse.
- physical abuse including physical injury and deprivation of sustenance.
- sexual abuse.
- any act by deeds or words that shame or diminish the dignity of a person.
- intimidation and the requirement to submit to a spiritual authority without any right to dissent.
- unreasonable control of a person's basic right to exercise freewill in spiritual or natural matters.
- false accusations and repeated criticism by labeling a person as, for example, disobedient, rebellious, lacking faith, demonized, apostate, an enemy of the church or of a deity.
- isolationism, separation, disenfranchisement or estrangement from family and friends outside the group due to cult-religious or spiritual or indigenous beliefs.
- esotericism, hidden agendas and requirements revealed to members only as they successfully advance through various stages of a faith.
- enforced practice of spiritualism, mysticism, and/or other ideologies peculiar to members of that religion
- financial exploitation or enslavement of adherents

The results of being in the sect:

- Loss of choice and free will
- Diminished intellectual ability, vocabulary and sense of humour.
- Reduced use of irony, abstractions and metaphors.
- Reduced capacity to form flexible and intimate relationships.
- Poor judgement.
- Physical deterioration.
- Malnutrition.
- Hallucinations, panic, dissociation, guilt, identity diffusion and paranoia.
- Neurotic, psychotic or suicidal tendencies.
- Loss of families, friends.



The list of sect's methods of psychological coercion is as follows:

- Hypnosis
- Peer Pressure
- Love Bombing
- Rejection of Old Values
- Confusing Doctrine
- Metacommunication
- Removal of Privacy
- Time Sense Deprivation
- Disinhibition
- Uncompromising Rules
- Verbal Abuse
- Sleep Deprivation
- Replacement of Relationships
- Chanting
- Confession
- Financial Commitment
- Finger Pointing
- Flaunting Hierarchy
- Isolation
- Controlled Approval
- Change of Diet
- Games
- No Questions
- Guilt
- Fear
- Change of Dress Codes

The pressure of the group

- The experiment of prof. Zimbardo was a series of studies published in 1958 that demonstrated how people quickly conform to group pressure.
- https://www.youtube.com/watch?time_continue=159&v=NyDDyT1IDhA



Needs of ex-sect's members

- to receive unconditional love and support to feel normal
- to talk to sympathetic and/or empathetic ears to be understood
- to be able to pace his own rehabilitation to feel worthwhile
- to be able to question and be answered to feel wanted
- to be recognised as free thinking again to feel secure
- to be free to talk about the people he met in the cult to feel trusted
- to learn your language while you learn this to feel accepted
- to have a safe place to live at little or no cost to be free to doubt
- to have an opportunity for manual work to give his mind a rest to be respected

The institutions, places for the victims of sect's violence and their families

Poland

- Ruch Obrony Rodziny i Jednostki <https://rorij.pl/>
- Dominikańskie Centrum Informacji <https://sekty.dominikanie.pl/>

The sources:

- "The Global Religious Landscape". The Pew Forum on Religion & Public Life. Pew Research center. 18 December 2012. Retrieved 18 March 2013.
- <https://quizlet.com/31297939/5-functions-of-religion-flash-cards/>
- <https://en.wikipedia.org/wiki/Sect>
- <http://www.dictionary.com/browse/sacred>
- <https://cultinformation.org.uk/index.html>
- <http://fecris.org/it/novita-archivio/metodi-psychomanipulation-sette-e-modi-da-loro-conferenza-a-var-savia/>
- <https://pixabay.com/>
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The factors of violence against women

The online workshop prepared by Polish partner

Co-funded by the
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of the European Union



Do you like a brain teaser?

If you like it, you can answer during the film.

If you don't like it, be patient, the solution will be on the end:

<https://www.facebook.com/bbcthree/videos/10154573248485787/>

The stereotypes are one of the reason and factors of violence



We are raising a children and
we are teaching them the stereotypes

<https://www.youtube.com/watch?v=nWu44AqF0il>

The exercise - Let's give a few examples

....like a man

.... like a women



Mobbing is very popular type of violence against women

Mobbing means bullying of an individual by a group. Usually we use the term when we speak about bullying in the workplace.

Mobbing can include: Verbal aggression, Stonewalling, Exclusion, Gossip and slander, Physical aggression.

The most of victims are women (but women can be perpetrators too).

The stereotypes can be the reason of mobbing too.

We can forgive a bad behavior a man quite easy.

But what happen when the “good male worker” meets “bad female boss”?

<https://www.youtube.com/watch?v=51-hepLP8J4>

What can we do to eliminate the stereotypes,
mobbing, violence against women?

What can we do with it?

Are the campaigns effective?

Are the law is powerful?

Let's discuss about it...

Thank you for your attention.

The online workshop was prepared during Erasmus+ project.