## Workshops for young people

## from the Special School and Educational Center in Puławy

In the months of October and November 2023, a series of educational classes and workshops for young people from the Special School and Educational Center in Puławy was implemented in the field of violence prevention. As part of the meetings held, young people were able to obtain basic information about the phenomenon of violence and the possibilities of obtaining support in the event of experiencing it. During the workshops, they learned how to behave assertively and communicate properly with another person, build safe relationships based on mutual respect, respect for each other's rights.

The interest and involvement of the participants was enormous. They looked forward to the next meetings. This is largely thanks to the leading people - ladies teachers from the Special School and Educational Center, whom we thank very much for their commitment and cooperation.

We hope that the knowledge and skills gained will allow young people to better and more effectively respond to any symptoms of abuse of people in their environment and protect themselves from violence - because that was our goal.

We wish you good luck in your adult life.