

## POSC 4340: Empowering Them Reflective Assignment

**Due Date:** May 16, 2025, by 23:59 PM Newfoundland Time

**Assignment Objectives:** This assignment provides you with the opportunity to complete an online gender-based violence training program and reflect on its purpose and potential political impact. Reflective analyses combine analysis with personal reflection and respond to an experience, learning or realization and provide thoughts on future actions. You can quickly review reflective analysis writing by accessing guides from the University of Waterloo (<https://uwaterloo.ca/writing-and-communication-centre/critical-reflection>) and the University of Northern British Columbia (<https://www2.unbc.ca/sites/default/files/sections/academic-success-centre/reflectivewritingnh.pdf>).

### Assignment Instructions:

1. Prior to accessing the training program, write a one-page summation of your current knowledge base about and/or experience with gender-based violence. You might list the types of GBV you are aware of, you might list prior training on GBV you have completed, or you might outline anything you learned about GBV in primary, secondary or tertiary education. You might sketch out times you were on the receiving end of GBV or witnessed GBV or believe you were an aggressor in/contributor to GBV. This page should establish your baseline GBV knowledge that you will use as a comparison point once you have completed Empowering Them.
2. Register for **Empowering Them**. This training module through the St. John's Status of Women Council (2022) can be found here: <https://sjwomenscentre.thinkific.com/courses/empowering-them>.
3. Complete **Empowering Them**.
4. Choose one (1) of the following question sets:
  - a) What did you learn about gender-based violence from the training program that was new to you, why is this learning important to you and what potential political next steps can you envision yourself taking with this knowledge?
  - b) Consider your positionality/positionalities. As you completed the training program, what sections were challenging for your positionality/positionalities, why were these sections challenging for you and what potential political next steps can you envision yourself taking because of/with these challenges?
  - c) The majority of this training program focuses on intimate partner violence. If you have experienced intimate partner violence, you may find some of this training program to be triggering or irritating or been-there-done-that boring. If this is so and the first two options above do not appeal to you, you can opt to use your experience to reflectively evaluate the training program through this question set: what sections of this training program confirmed my experiences or contradicted my experiences, what sections of this program would I want to share with/discuss with my support network, and what would I want to see included in or expanded on in the next module(s) if this training program was merely an introduction to a series of GBV modules?

### Assignment Specifications:

- between 750 and 1000 words (3 to 4 pages double spaced)
- no reference list is required for this assignment **unless** you refer to content from or quote any of the external videos within the training program (such as the Brené Brown or Jackson Katz TedTalks)
- submit your assignment to the Brightspace dropbox

- upload your certificate of completion from the course to the Brightspace dropbox