

**OMENA PEER EDUCATION TRAINING: AN INITIATIVE TO BREAK THE CYCLE OF EMOTIONAL ABUSE IN MADAGASCAR.**



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In December 2021, Omena introduced a social change pilot training — the first of its kind!

During our training:

- ✓ our youth got a better understanding of Omena’s vision, mission, goals, and values.
- ✓ We learned together what emotional abuse is: its definition, causes, consequences, and why it’s crucial for us to break the cycle.
- ✓ We also delved into Omena’s solutions, based on social-emotional learning and the importance of creating safe spaces.
- ✓ Throughout the training, we learned about who we are, our core beliefs, how emotions work, how to facilitate difficult conversations, and how to self-advocate.

We conducted pre-and post-evaluation, and we learned that prior to the workshops, students didn’t know about the different existing emotions nor about emotional abuse. After the workshops, students were able to recognize emotional abuse and understood the importance of breaking its cycle through social-emotional learning.

*“Two days of training and I’m so thankful to be a part of this community. I found my safe space so that I can express myself without being afraid or judged by someone 🥰🥰 Omena made me aware of the danger and the consequences of emotional abuse. We don’t really talk about it but it’s a big problem that we simplify in our daily lives. Many people go through hard times, suffer, are traumatized because of society and some of them are every day in war in their life. Unfortunately, we don’t really care about our emotions, or our entourage doesn’t really care about it. Omena was founded to break the cycle of emotional abuse. I joined this community for helping others, to say that you’re not alone and Omena is here for you.”*

*“Over the past two weeks, I completed a peer educator training with Omena. As an organization working mainly remotely, I have never met most Omena members. So when we started this training, I did not know what to expect. After 2 days (around 20 hours spent together), I can tell you I have never met such an understanding and safe community as the one I have with Omena. Those 2 days were more than training; it was about meeting people who wore their hearts on their sleeves. I have never been in a space where I felt like my reactions were validated and my past experiences somehow shared. It felt right in all the ways possible, and my hope is to be and create more safe spaces like those in the future to break the cycle of emotional abuse. I have deep respect for the people who attended the training because I admire your bravery and ability to share your past. Thank you!”*

**Next steps:**

10 peer educators were trained. Each peer educator is now ready to reach at least 25 students.

In the next months, starting from March, Omena will continue to connect educators via monthly group video chats and in-person meetings. This builds a community of practice, where people can share questions and answers, build relationships, learn and provide ongoing support to each other

**Annex:**





