# GL!TCH

We have a range of workshops for women who want to understand how to have an online presence that will be a positive force to help them achieve their goals both professionally and personally. These workshops are particularly suitable for women either in or thinking about stepping into leadership roles, public appointments, and all forms of public life and activism.

# Workshops

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**Digital Self Defence:**

In this workshop, you'll learn vital digital self-defence tips, how to effectively document abuse, gain the skills needed to be safe when using online spaces and how to use digital tools to protect your information and privacy.

**Digital Self Care:**

In this workshop, you'll learn how to set and stick to personal digital boundaries and have a flourishing online presence centred around your self-care and wellbeing. You'll come away with practical tools and feel in control of your online presence that will support you mentally and emotionally. You'll be equipped to plan your response to online abuse and begin building your digital resilience action plan.

# Workshops

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**Digital Self Defence and Self Care:**

Our most popular workshop covers our top Digital Self Defence strategies and Digital Self Care methods. You will gain the skills needed to be safe when using online spaces, be able to use different digital tools to protect your information and privacy, understand how to set your boundaries in online spaces, and begin building your digital resilience action plan. You will also understand what to do if you witness someone else experiencing what to do and how to be a good online active bystander. We are also able to offer a standalone workshop focusing on being an Online Active Bystander.

**Hosting Conversations with our Toolkit 2.0**

This aims to help you feel prepared to use our toolkit 2.0 with your community or network and looks at how Online Gender-Based Violence is an intersectional issue that disproportionately impacts Black Women and gives you the skills and knowledge to host your own conversations about OGBV to help end it.

# Workshops

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**Digital Citizenship for Schools:**

The objective of the Digital Citizenship workshop is for young people to leave with greater knowledge and understanding of digital rights and responsibilities, democracy and law in online spaces and interaction, how to be responsible digital citizens and digital health, wellbeing and critical thinking.

**1-2-1 Training**

Our 1hr 1-2-1 Training Sessions are designed to give you the skills and tools to feel confident using your voice online. These sessions equip you with digital self-defence tips, share ways to prioritise your own wellbeing online and help you set and stick to your personal digital boundaries. The sessions will explore different scenarios to help you to construct your responses to online abuse to help you feel prepared.

# Workshops

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## Digital Democracy

Online abuse is a barrier to women seeking a career in politics or activism. At Glitch, we want women to feel safe to use their voices online, as well as offline, at all stages of their political career, whether a student activist, a campaigner, an elected official, or someone seeking to stand. This workshop will help you to look after yourself online and to support those around you.

## Workshops