



# CarMiA

*Caring Masculinities in Action*

**NATIONAL AWARENESS RAISING EVENT:**

**National meeting for exchange of experiences from schools, participants in  
CarMiA Project, Bulgaria**

**Date: 06.02.2024**

**Place: zoom**

**organized by: Center of Women's Studies and Policies**

**Country: Bulgaria**



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## 1. Introduction

The event was organized to gather professionals and peers from all five schools in Bulgaria which took part in the CarMiA project as well as other professionals who are working in the field of prevention of violence, gender equality, non - violent communication and youth work, mental health of young people and social services for families in the community.

CWSP organised the event online to give opportunity of participants from five towns in different parts of Bulgaria to see, analyse and discuss the project results, to exchange ideas and recommendations for further work on the topics in schools and follow up of the project. The event also gave opportunity of people involved in the project to feel as a bigger connected community, dedicated to the purpose of introducing the topic in educational institutions and in everyday school life. The winter period and the flu epidemy, officially announced in great part of schools in the country for the period 30 January – 8 of February was another reason the event to be organised online.

## 2. Methods

Presentations and discussion of results and recommendations: All five schools presented the project development from the initial ideas gained in trainings for professionals to development of programs for peers' trainings and programs for students' workshops in the same schools. Presentations showed the step-by-step the involvement of the whole school community, development of social media campaign materials and effects of the project in schools.

## 3. Stakeholders

Teachers – 1 man and 10 women

Peers – 16 boys and 12 girls

Directors of schools – 2 women

UNICEF Bulgaria – 1 woman

NGOs – 3 women

**Total number: 45**

## 4. Discussions and Recommendations

**Impressions of professionals from trainings:** Trainings for professionals in Sofia were a good start for introducing the topic of masculinities and non-violent conflict resolution in schools. Exchange of ideas between teachers at different schools about real cases, possible solutions and approaches for professional help discussed, were beneficial for school representatives to structure the project implementation according to the needs of every school community. Common opinion is that the methodology of the project is very adaptable, and teachers could internalise it according to their school realities and interests of peers. That was the most valuable in the project as the context is very different in participating schools.



Violence and violent communication between teenagers are a hot topic in Bulgarian schools. Media regularly present cases of brutal behaviour between schoolmates which are often reason for vivid public discussions what could be done, what can help for safer school environment, how the school staff may intervene to prevent it. The problem is approached by different programs of Ministry of Education and Science, European projects, school programs. None of these, however, have addressed much gender stereotypes, masculinities norms, toxic masculinity as a possible reason for aggressive behaviour. Prevention of violence might be much more efficient in schools if these topics are discussed regularly and as a preventive measure. Moreover, these topics are very interesting for young people, who otherwise search information from social media and sometimes are confronted with inappropriate content which reinforce toxic masculinities.

Common opinion was that trainings of professionals need to scale up and involve more schools, as the need is big in the country. This project model where schools have a methodology and can adapt it by developing their own approach is really helpful. Even though the project started through different entry topics as: tolerance, care for the family, sport against anger, caring for school mates and local communities, it passed through one and the same path of discussions about gender roles and stereotypes, toxic masculinities and femininities, non-violent communication, gender-based violence and healthy intimate relationships. The idea of collecting posts of social media campaign on a common Bulgarian page with the hashtag #carmiaprojectbulgaria was very helpful as schools could benefit from ideas of other schools or at least be sure that are on the same page in the process.

**Participation of young people in the project:** The trainings for peers were successful in all schools. Boys from 10<sup>th</sup> 11<sup>th</sup> and 12<sup>th</sup> grade were trained by teachers and school psychologists according to the project methodology. In peers' groups participated not only active students as for example those from the school students' councils, but also more shy boys and girls who were interested to find possibility for improvement of their presentation skills and skills to work with peers. The topics of the project were interesting and important for them, so majority of trained peers decided to continue in the project after the peers' trainings and to plan the workshops. As one of the peers shared in the meeting:

*"This was not just a project; this was a real-life story, and we are grateful for having the opportunity to be part of it. Me personally I invited friends out of my school from the fitness I go to involve in the social media campaign, because I think it is important to spread the message about healthy behavior and non-violent masculinities."*

**Experiences of peers:** Peers shared in the meeting that the project opened many discussions in the workshops. It took time for students in the groups to agree on common ideas about materials for social media, but this was exactly the interesting part – the opportunity given by the project to discuss gender stereotypes, masculinities, toxic behaviours, limits in intimate relationships which are all real-life stories that are not discussed much in school premises with facilitation provided by trained professionals.

It was obvious that students had the need to express their opinions, some of them contradictory, but all based on personal experiences, doubts and reflections. Students had the impression that they are heard and their opinions matter, therefore these discussions provoked bigger interest. Students were open to learn and think about how they can present their ideas in visual art and in other forums even outside of their schools after the workshops. For example, a peer from the Sofia school Jhon Atanassov presented the topic of Gender Inequalities on a scientific conference on bioethics and law: "Challenge the Law", organised in Sofia University Saint Kliment Ohridski. She shared that many students at this conference did not agree with her presentation, but she felt confident that she can defend it, as it was discussed already in her school, and she had the arguments.

Students in Karlovo organised series of challenges in their school and in the local community, in the city gallery and organised events in kindergarten. Here the topic of tolerance and kindness to each other opened many doors and gave a floor for spreading the message to wide audience by showing with their personal example



of confident young people the importance of being tolerant, caring, positive and active no matter of gender. Speaking about tolerance and care is powerful way to show what caring masculinities mean in real life.

Students in Veliko Tarnovo organised a day of emotions, where all students and teachers in the school were challenged to dress for a day in colours symbolizing their predominant emotions; interviewed men teachers in the school talking with them on masculinities norms and care professions and invited teachers and students to be models for their campaign posters. The interest to the topics was vivid, posters were spread in the school to attract attention to gender stereotypes about care and professions. Stickers on care and masculinities were produced and also spreaded in and out of the school. No negative reactions to these visual materials were provoked. On the contrary people asked questions about the project and wanted to involve.

Students in Sopot participated in a competition for best family video involving their fathers and other important men in their families to talk about stereotypes about masculinities and what means to be a real man in our society and in family today. The production of videos was also a process in which students were challenged to explain and discuss with their men relatives' masculinities norms. It was interesting experience for students, as well for their fathers/brothers/grandfathers to speak in front of the camera. The video experience was a path for both sides to sit together and see differences and similarities in stereotypes about masculinities that they believe in.

Students in Iskar participated in sport and cooking competitions and forum theatre performances where students and school staff from another school in Kneja were invited. The competitions were based on activities that show how boys cook, train for improving their health and overcome negative emotions as anger. The events involved step by step all students in the school and trough different channels spread the message of care in personal life and care in community.

All these events opened intriguing discussions and created a space for exchange on emotional level and contributed a lot for bringing the school communities together. For students it was opportunity for making new friends in the school and the most important – to create more positive atmosphere in class and in the school. People felt closer as they learned from each other a lot.

The impression of peers is that it took time for them to feel ready to lead the process, but as the topic is very close to their everyday life and they can see the effect in class and in the school, it is really mattered to participate and involve other peers. They feel proud to be peers' educators in this project and are ready to transfer this experience to younger students.

**School community involvement:** In all five schools the school community benefitted from the project a lot. The events in all schools provoked interest, participation, and inclusion. As one of teachers shared in the meeting:

*“Children felt supported, many shy students involved, even many children with special needs were included and enjoyed the activities. A spirit of friendly supportive atmosphere encouraged younger students to participate, especially students from 8<sup>th</sup> grade – 1<sup>st</sup> year in high school. Due to their enthusiasm the project was very well accepted and developed in so emotional and mass activities. We have already students from 7<sup>th</sup> grade who want to be trained by 8<sup>th</sup> graders. The project will naturally continue because children have interest and the good example of the first peers.”*

Peer to peer approach was very well accepted in all schools. Teachers see a potential and are confident in the methodology which is adaptable, suitable for different needs and schools in the country and need to involve more actively the parents. In some of the schools' parents were involved trough participation in the events, competitions, and videos. After the first stage, all schools are even more open to think about other ideas for involvement of parents as they see good opportunities and are confident it will reinforce the good spirit in school communities.

Initial fears that the topics of the project will be hard to discuss were not true. In reality the personal approach and the feeling that hard topics might be approached trough positive messages was the key to overcome them. In all schools, professionals dedicated a lot of time to support peers, gave them freedom for creative ideas, encouraged them to discuss and prepare their own social media materials with their own ideas gathered from



workshops. The process developed gradually, by introducing of the topic by peers at first in 1 or 2 classes or smaller groups and step by step it went to organising events for the whole school community. It shows that the model of peer-to-peer approach, especially when it comes to gender stereotypes takes time and needs dedicated professional support. The result however may out pass the expected effects in terms of level of participation and improved school environment.

### **The follow up of the project:**

The follow up of the project is quite clear for the schools which took part in the project: the workshops will continue with younger students. School events dedicated to tolerance and non-violent communication are good opportunities to gather more students. Some of the schools already have plans for training new peers, others will search for partners from new schools to enlarge the project. In all schools were shared opinions that the project already gained speed and it definitely will continue.

In Karlovo and Sopot NGOs professionals participating in the Carmia project training already won a new project involving 4 new schools in Karlovo and Sopot where the project model of trainings based on peer-to-peer approach will be reproduced and enriched. It will add the topic of cyber violence and harassment.

For CWSP it is a clear sign that the Carmia project model is very successful and needs to develop in a direction to present the model and involve new schools. Methodology and instructions for organizing training for peers and workshops for students in Bulgarian language will be published on the CWSP website and information for them will be widespread via social media and other channels (professionals' meetings, educational forums and discussions) to other schools and programs dedicated to prevention of violence. In Bulgaria this program has a potential to grow via demonstration of the methods to school staff and directors and to other professionals that support schools for inclusive education and social emotional learning in prevention of violence. CWSP will search for national and European financing for training and reproduction of the model in 2024.

## **5. Evaluation**

Evaluation of the event was performed at the end of the meeting through a reflection round on the following questions:

1. What did you gain from the event?

Answers: New ideas from other schools and peers. The feeling that we are part of one and the same group of professionals working for the same purpose – prevention of aggression in schools. We are not alone and it is good to feel that other colleagues in other schools have the same enthusiasm and vision for the right path.

2. In your opinion, can the CarMiA project promote caring masculinities among adolescents aged 14-18? If yes or no, why?

The answers are definitely yes. The arguments of participants are presented above – the methodology is adaptable, promotion of caring masculinities in Bulgaria is possible through variety of topics that were chosen by schools – care for the health of men, care for the family and care for the community, men in care professions.

3. Considering the format and organisation of the event, please share your opinion on what we can improve or do differently next time?

Gathering of teachers and students from different schools in the country on one place is a challenge. Schools have different programs, and it is hard to organise a group of young people to come in Sofia for a meeting. Therefore, this online meeting was a good opportunity to see each other in one place and exchange. Especially



peers from different towns. Of course, personal meeting is always better, but we hope it will be organised as an exchange of peers in next projects.

Further comments or suggestions.

It will be good to engage more schools and include the first Carmia schools' staff and peers as trainers in the new schools or organise exchange of peers.

6. **Annexes:** invitation and program of the national event, stakeholders list, presentations (samples or screenshots)

1. Invitation:





**6.2.2024****14.00-16.30**

Срещата е посветена на обмен и дискусия: базирани на опита от 5 училища в България за прилагането на методики и училищни практики с фокус работа с момчетата; насочени към превенция на насилието в междуличностните отношения, включително на насилието въз основа на пола; основани на:

- Грижа за психичното здраве чрез работа с емоциите
- Подхода Връстници обучават и подкрепят връстници
- Работа с цялата училищна общност

**Линк за срещата**

Meeting ID: 876 8549 0829

Passcode: I75579

Срещата се организира по проект CarMiA – Грижовните мъже в действие, Договор за финансиране №: 101049485 - CERV-2021-DAPHNE, Генерална дирекция „Правосъдие и потребители“ на Европейската комисия.

Съфинансирано от  
Европейския съюз

## 2. Agenda:

### Програма

**14.00 - 14.15 Добре дошли! Въведение в целите на срещата****14.15 - 14.35 Стратегия за справяне с гнева - проектът в СУ “Христо Смирненски”, град Искър****14.35 - 15.00 Проектът в СПГЕ “Джон Атанасов”, гр. София****15.00 - 15.20 Видео презентация СУ “Васил Левски”, град Карлово****15.20 - 15.40 Дейности по проект “Грижовните мъже в действие” - СУ “Емилиян Станев”, гр. Велико Търново****15.40 - 16.00 ПГ“Владимир Заимов”, град Сопот****16.00 - 16.30 - Дискусия: Какво ще си вземем от проекта и как ще продължим ?**

Срещата се организира по проект CarMiA – Грижовните мъже в действие, Договор за финансиране №: 101049485 - CERV-2021-DAPHNE, Генерална дирекция „Правосъдие и потребители“ на Европейската комисия.

Съфинансирано от  
Европейския съюз





### 3. Participants

The screenshot shows a Zoom meeting interface. At the top, there are several video thumbnails of participants: Roza Dimova, Димитрина Шопова, Стойка Иванова, ПГ..., Нина Минева, Деси, and Zoe H. The main content is a PowerPoint slide show. The slides have a red and white striped popcorn bucket, a film reel, and a clapperboard. The text on the slides is in Bulgarian and discusses the importance of friendship and support. The bottom slide shows a group of people and the title "Колесни подаръци от моят мъж".

Zoom Meeting | You are viewing Димитрина Шопова's screen | View Options

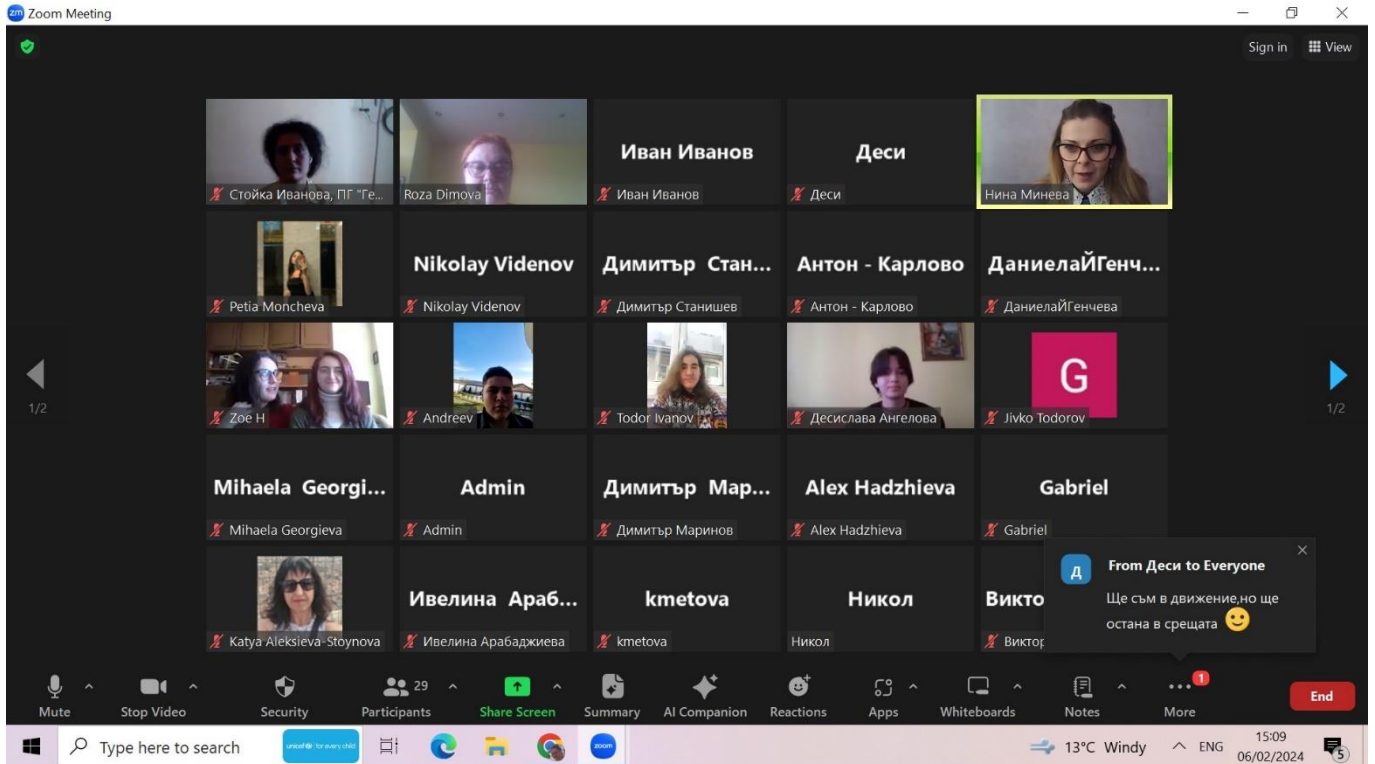
Roza Dimova | Димитрина Шопова | Стойка Иванова, ПГ... | Нина Минева | Деси | Zoe H

PowerPoint Slide Show - [Презентация]6.2.24 грижовни.pptx - Microsoft PowerPoint

15 / 12 / 2025 15:06 | 14-Ламби Кандев 0712

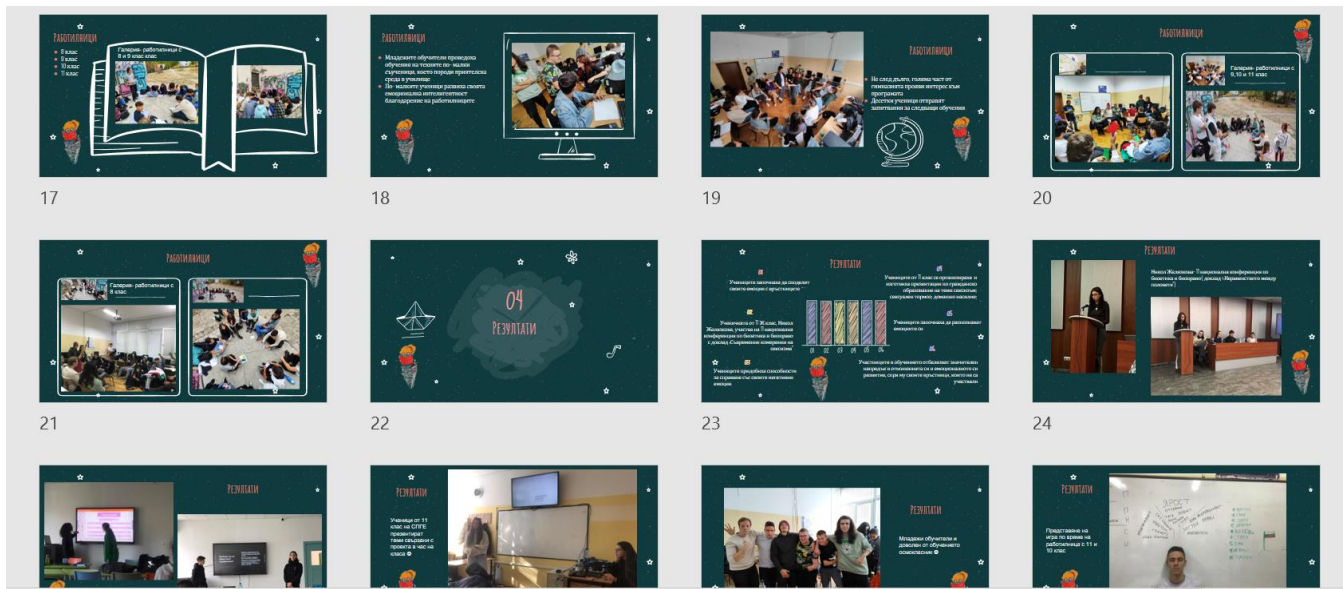
Mute | Stop Video | Security | Participants (32) | Share Screen | Summary | AI Companion | Reactions | Apps | Whiteboards | Notes | More | End

Type here to search | 13°C Windy | ENG | 14:21 | 06/02/2024



## Presentations

### 1. Sofia Professional Gymnasium on Electronics – Jhon Atanassov Sofia





Slide 35 of 35 English (United Kingdom) Accessibility: Investigate

## 2. Presentation of school Emilian Stanev Veliko Tarnovo





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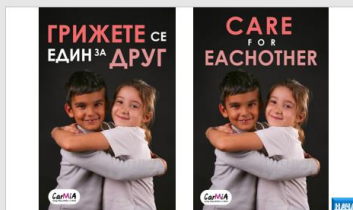
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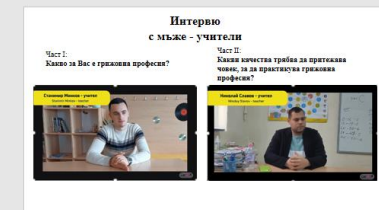
17



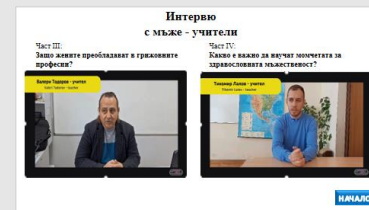
18



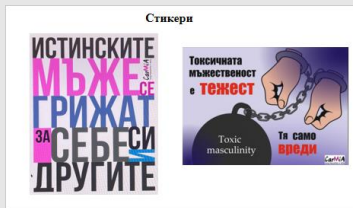
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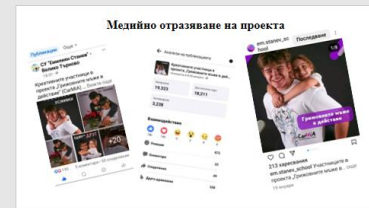
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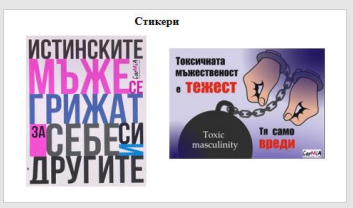
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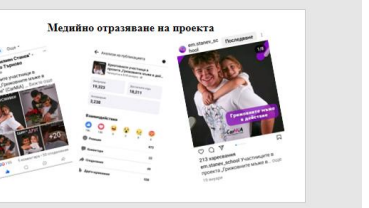
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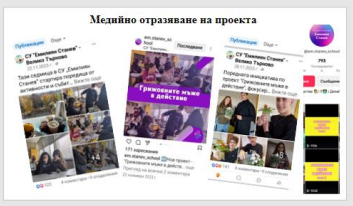
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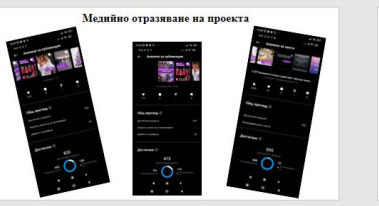
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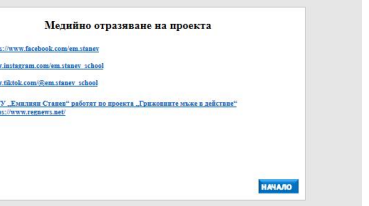
24



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26



27

### 3. Presentation of school Hristo Smirnenski – Iskar



**„СТРАТЕГИЯ ЗА СПРАВЯНЕ С ДЕСТРУКТИВНОТО ВЛИЯНИЕ НА ГНЕВА“**

**Съдържание**

- Стълка 1- „СПОРТЪТ – МОЕТО ОРЪЖИЕ СРЕЩУ ГНЕВА“
- Стълка 2- „ГРИЖАТА КЪМ БЛИЖНИЯ – НАШИЯ СЪЮЗНИК В БИТКАТА С ГНЕВА“
- Стълка 3- „ИЗКУСТВОТО – БОЙНОТО ПОЛЕ НА ПОБЕДИТЕЛИТЕ“
- Стълка 4- „Творим, значи се развиваме“

**Стълка 1- „СПОРТЪТ – МОЕТО ОРЪЖИЕ СРЕЩУ ГНЕВА“**

- разпознаване на спорта като средство за позитивно управление на енергията, себеусъвършенстване и неутрализиране на раздразнителността
- задаване на добри примери за подражание сред спортувачите момчета и момчета, които показват самодисциплина, волеви качества, стремеж за развитие и издръжливост
- оборудване на спортнища, че спортът е арена предимно за момчетата, показване, че и двата пола се справят еднакво добре

**събития**

- Провеждане на творческо събитие „Игра на волята“ -27.10.23г.
- Провеждане на БТОРО творческо събитие „ГЛАШАТОРСКИ БИТКИ“-16.11.23г.

**Стълка 2- „ГРИЖАТА КЪМ БЛИЖНИЯ – НАШИЯ СЪЮЗНИК В БИТКАТА С ГНЕВА“**

- ангажиране на учителите и екипите им в съзидателната практика по създаване на грижа и малки жестове към близките, с което се провokra толерантност, взаимопомощ, опознаване и сплотяване на различните участници в работилниците, даване на добър пример пред общността
- Увлекателно, емоционално и зареждащо училищно събитие, в което Творците на грижа и внимание са Герои

**CarMiA**  
ИЗПИЩАНО СЪБИТИЕ НА СУЩОБНОСТИТЕ  
„ДЕТСТВО ИДЕА“  
03.11.2023. - 10.30

**Бъди грижовен и книжковен! Обучавай и се забавлявай!“**

**Стълка 3- „ИЗКУСТВОТО – БОЙНОТО ПОЛЕ НА ПОБЕДИТЕЛИТЕ“**

- Разпределяне на участниците в работилниците в три организационни групи по провеждането на общо три модула по завършване на програмата с няколко училищни събития, посветени на театрални, театрални и културни изяви
- Участие на ангажираните по проекта младежки групи в една по-различна светлина, издръжка обръщане им, дава им свобода на изказа, възможност също да се изправят срещу стереотипи и да посочват грешни модели и неправотни практики. Същите стават смелти творци, актьори и преизмозват съзнателността от предрасъдите в малките затворени общности

**Стълка 2- „ГРИЖАТА КЪМ БЛИЖНИЯ – НАШИЯ СЪЮЗНИК В БИТКАТА С ГНЕВА“**

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- Увлекателно, емоционално и зареждащо училищно събитие, в което Творците на грижа и внимание са Герои

**CarMiA**  
ИЗПИЩАНО СЪБИТИЕ НА СУЩОБНОСТИТЕ  
„ДЕТСТВО ИДЕА“  
03.11.2023. - 10.30

**Бъди грижовен и книжковен! Обучавай и се забавлявай!“**

**Стълка 3- „ИЗКУСТВОТО – БОЙНОТО ПОЛЕ НА ПОБЕДИТЕЛИТЕ“**

- Разпределяне на участниците в работилниците в три организационни групи по провеждането на общо три модула по завършване на програмата с няколко училищни събития, посветени на театрални, театрални и културни изяви
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**събития**

- Провеждане на Търсач Фотум „Лобод рика“ и краткотечно шоу предизвикане на акторите на дн.14.10.23г. - Съветите им да толерантността
- Провеждане на Творческия конкурс за изработка на театрална драматургия посветена на всички участници „Аз, аз, аз!“
- Провеждане на училищна изложба „Добри жестове от златни уста“ - на дн.04.10.23г. и дн.17.10.23г. - 23.10.23г.
- Срещи на учениците и учителите в театрална Палата и изложба в Музея на Трояна - откриване на проект „Творим за по-добро общество“ и участие в конкурс за театрална драматургия
- Участие на работилниците и актьорите в конкурс „Съветите им да толерантността“
- Работилниците за всички следва изложбата - на дн.04.10.23г. - 14.10.23г. и следва на „Съветите им да толерантността“ изложбата посветена на всички участници от всички от всички работилниците обучавачи след изложбата на Музея „Шар Брайан“ и участие в благотворителния сал на всички участници на дн.14.10.23г.

**Стълка 4- „Творим, значи се развиваме“**

- ДЕТАЛИЗИРАНЕ НА ДОБИТИЕТЕ И ИЗЯВИТЕ ОТ ТЕАТРАЛНИТЕ РАБОТИЛНИЦИТЕ СРЕЩУ СЪЩОБНОСТИТЕ ПУТЪСТВИИТЕ И ТВОРИТЕЛНОСТИТЕ НА СЪЩОБНОСТИТЕ ВЪВ ВЪВЕЖДАТЕЛНАТА СЪРЕДА НА КУЛТУРАТА И НА ИЛИЯТА НА НАШИЯ СЪЮЗНИК В БИТКАТА С ГНЕВА. Изложбата посветена на всички участници от всички работилниците и работилниците на всички участници от всички работилниците
- Участие на работилниците и актьорите в конкурс „Съветите им да толерантността“
- Търсач Фотум „Лобод рика“
- Проект „Творим за по-добро общество“
- Участие на работилниците и актьорите в конкурс „Съветите им да толерантността“
- Проект „Творим за по-добро общество“
- Участие на работилниците и актьорите в конкурс „Съветите им да толерантността“
- Проект „Творим за по-добро общество“

4. Presentation of school Vassil Levski – Karlovo

CarMiA  
Caring Masculinities In Action

**СЕДМИЦА НА ТОЛЕРАНТНОСТТА**  
13-17.11.2023

„Във всеки човек скриват сили, които ние не виждаме!“

**Събития и предизвикателства:**

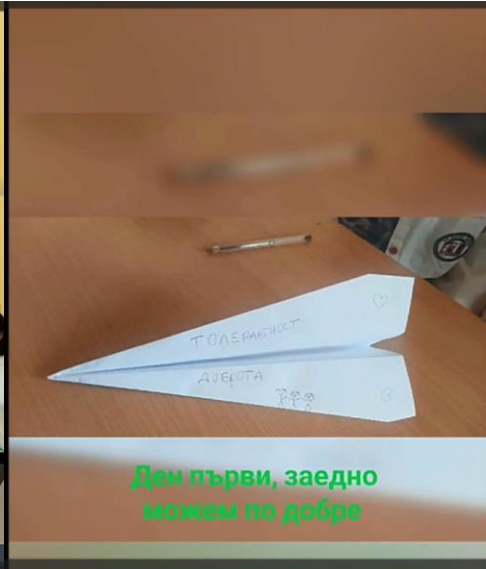
- 13.11. - 17.11. Изложба на работилниците „Детство и идеал“
- 13.11. Търсач на изобретения - изработка на работилница и участие на всички работилници
- 14.11. Предизвикателство за всички. Творим заедно и Обществото сплотява. Изложбата - изложба на всички работилници
- 15.11. Предизвикателство за всички. Творим заедно и Обществото сплотява. Изложбата - изложба на всички работилници
- 16.11. Творим заедно и Обществото сплотява. Изложбата - изложба на всички работилници

**Ден първи, заедно можем по добре**

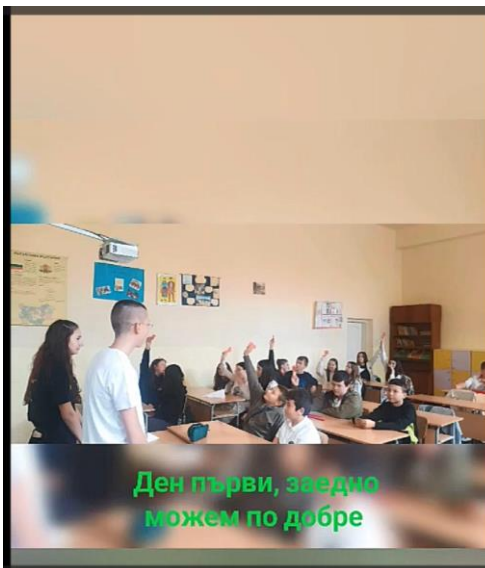
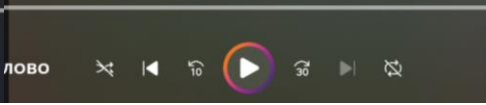
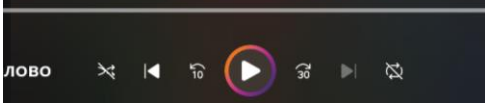




Ден първи, заедно  
можем по добре



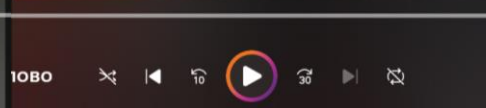
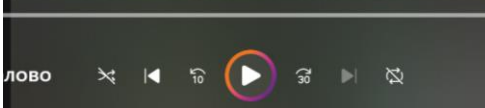
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можем по добре

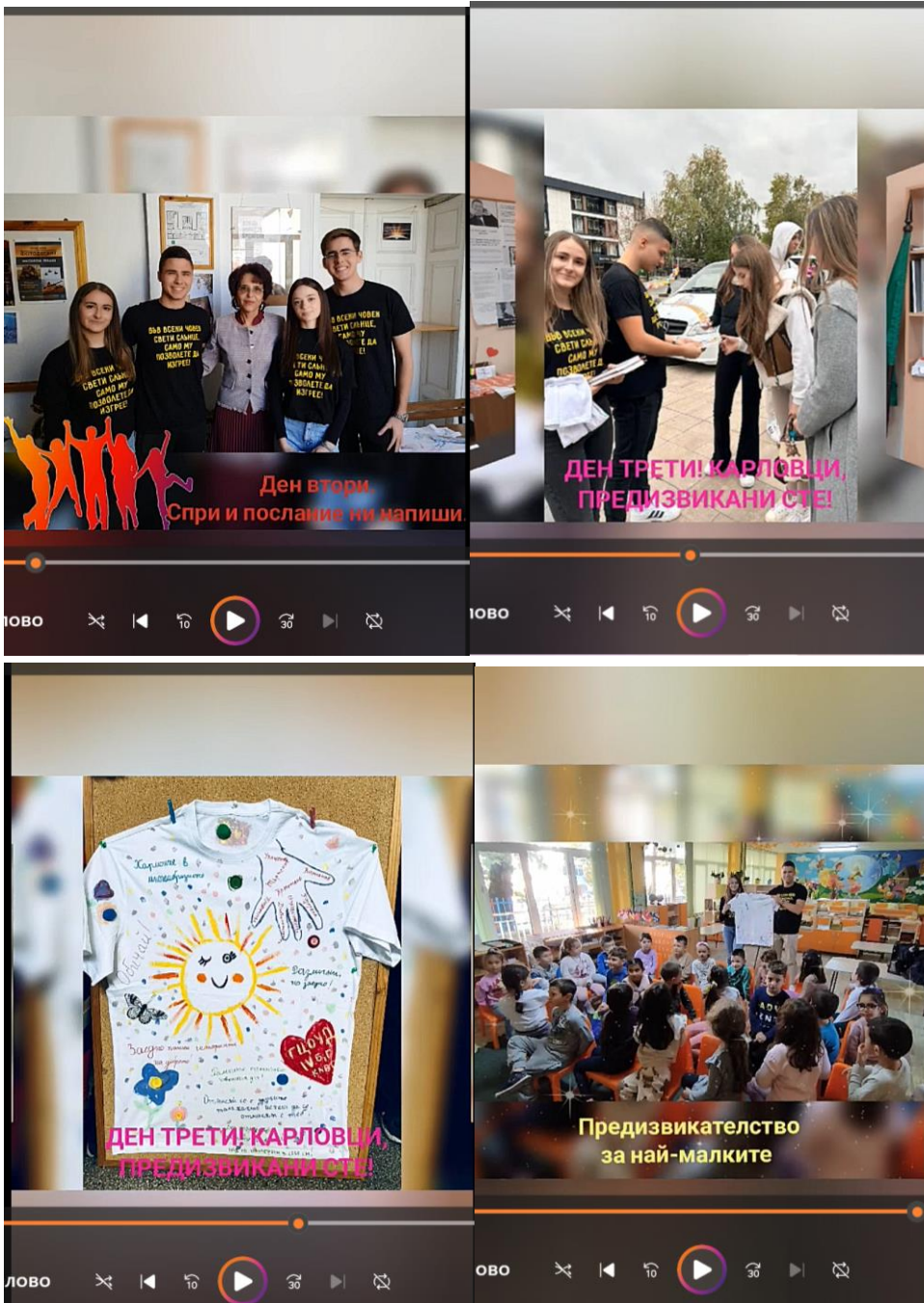


Ден първи, заедно  
можем по добре



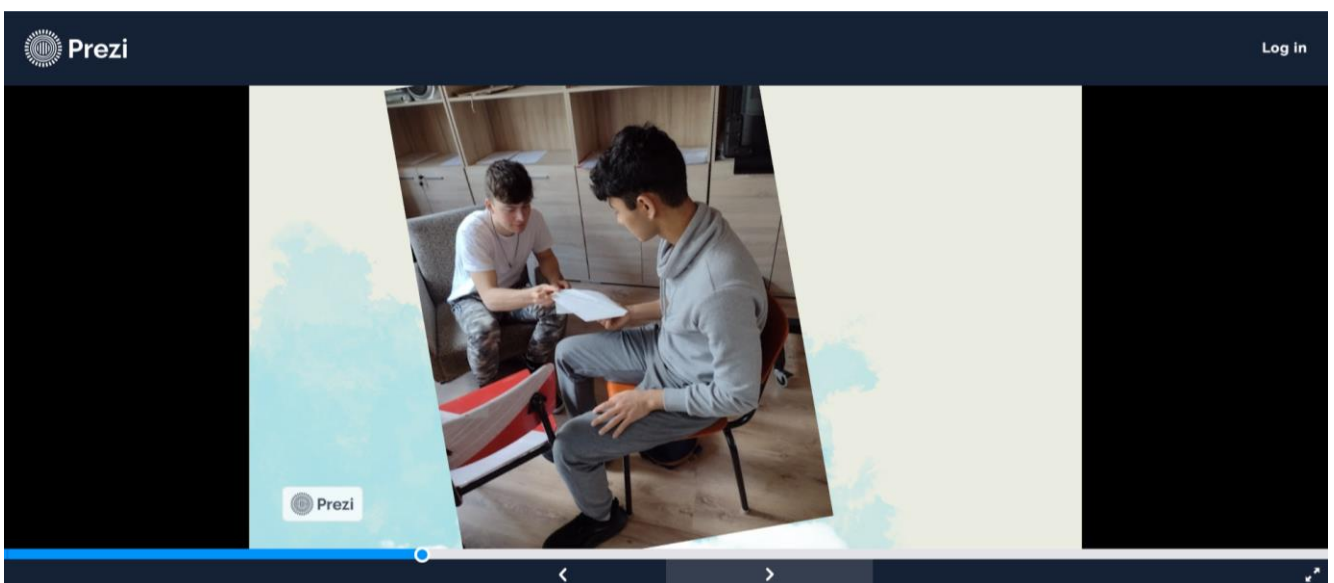
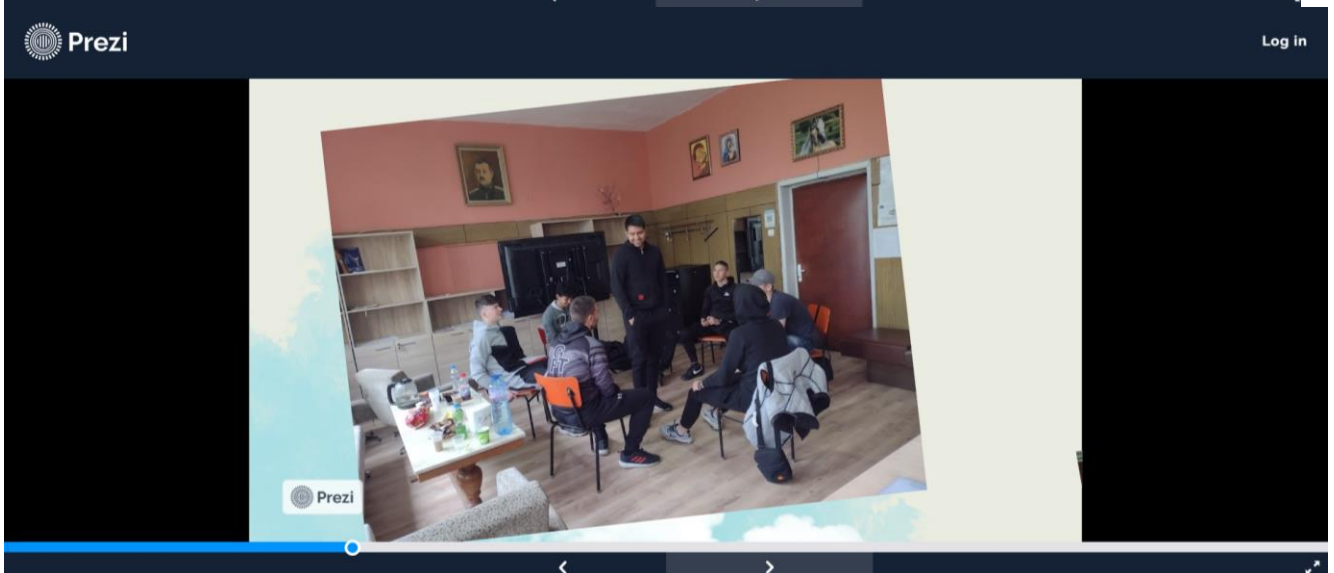
Ден втори.  
Спри и послание ни напиши

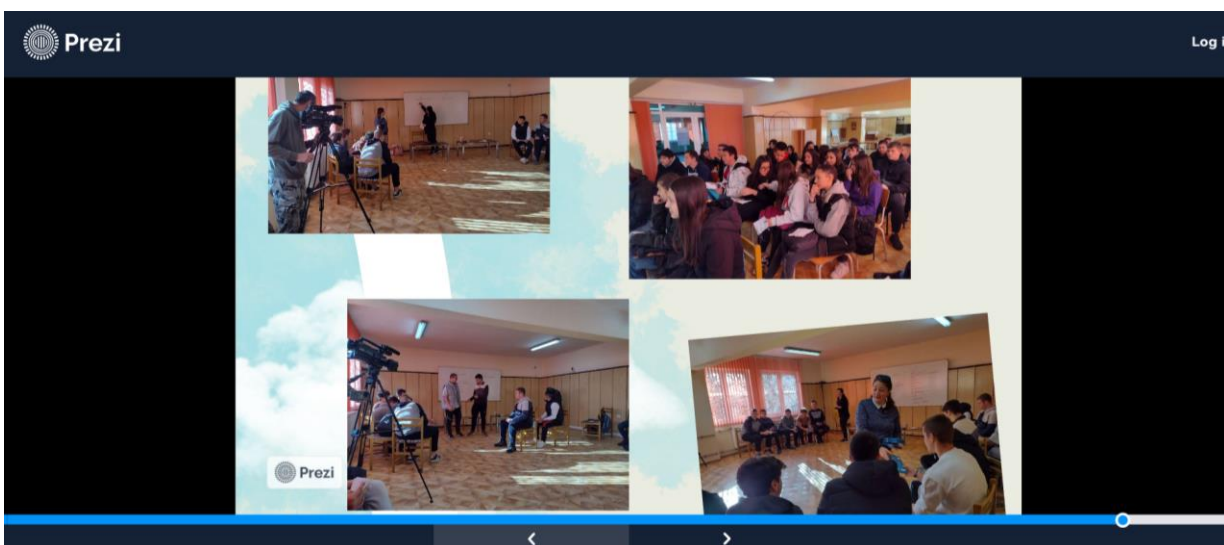
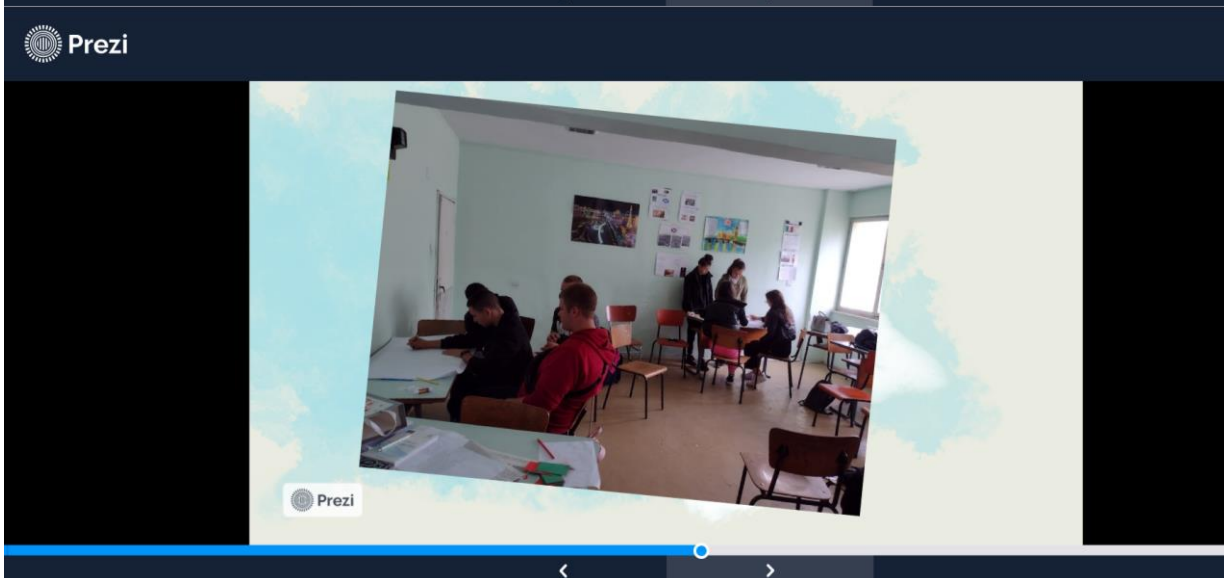




## 5. Presentation of professional gymnasium Gen. Vladimir Zaimov









Prezi Log

ПГ „Ген. Владимир Заимов“

*Викани на*  
**ПРАЗНИК И СЪТЕЗАНИЕ**

**30.11.2023**

*Намания*  
**“АЗ СЪЩО  
СЕ ГРИЖА”**  
*Деца на бъдещето*

Prezi #carmiprojectbulgaria

ПГ „Ген. Владимир Заимов“

**CarMiA**

**ЗА МОМЧЕТА ОТ 14 ДО 18Г.**  
АКО ИСКАШ ДА УЧАСТВУВАШ В СЪТЕЗАНИЕТО, ЗАПОЛНИ ФОРМАТА И  
ПРАВАЩЕ ДОДОБРОМО КЪМ ДРУГЪТЕ МОМЧЕТА НА ТВОЯ ВЪЗРАСТ,  
ДЕЛАЩИ ДА ОПОТВОРЯВАТ НА СЛЕДВАЩИТЕ ТРИ ВОПРОСА:

1. ПОСОЧЕТЕ 3 КАЧЕСТВА, КОИТО Е ВАЖНО  
МЪЖЪТ ДА ПРИТЕЖАВА!
2. КОГА МЪЖЪТ ТРЯБВА ДА Е ПО-СИЛЕН ОТ ЖЕНАТА?
3. СПОРЕД МЕН ДА ПОБЕДИШ ОЗНАЧАВА:

*Формат до 28.11.2023*  
ИЗПРАЩИ КИТА НА Е-МАИЛ: [formata@razvoznabul.com](mailto:formata@razvoznabul.com)

*Намания*  
**“АЗ СЪЩО  
СЕ ГРИЖА”**  
*Деца на бъдещето*

ГАРАНТИРАНИ НАГРАДИ!  
#carmiprojectbulgaria