

PRACTICAL GUIDE

WORKSHOPS, ART THERAPY, AND PLAYFUL ACTIVITIES

Having fun, creating, and feeling in order to raise awareness more effectively

Why are mediation workshops essential?

In festive environments, awareness-raising cannot rely solely on informational messages or top-down communication. Celebration is a space of bodies, sensations, relationships, and pleasure. Mediation workshops make it possible to address issues of gender-based violence, consent, respect, and care through experience, play, and creative practices.

At Souk Rassek, we stand for a simple yet fundamental idea: it is possible to have fun while raising awareness. Pleasure, curiosity, and creativity often make messages more accessible and longer-lasting. Workshops thus become spaces where people laugh, create, and share, while opening up deep and sometimes intimate reflections.

Mediation through pleasure and creativity

Having fun does not mean minimizing the issues at stake. Pleasure and creativity help ease the fear of saying or doing the wrong thing, make topics accessible to diverse audiences, and create a climate of trust that encourages speaking out. Artistic activities often reconnect participants with their inner child. They invite curiosity, experimentation, play, and openness, all of which serve as entry points for discussion and the discovery of new ideas.

Topics related to gender-based violence can be unsettling, awaken strong emotions, or generate resistance. Mediation through creativity then acts as a soothing detour. It makes it possible to move away from direct confrontation, reduce the immediate emotional charge, and offer a space where reflection can take place without feeling attacked or accused. This detour does not erase the depth of the subject, but facilitates its understanding and appropriation.

Workshops as spaces of collective experience

Workshops create longer, more grounded moments within the festival. They can take the form of discussion circles, guided exchanges, or hybrid formats combining dialogue, creation, and movement. The aim is not to transmit fixed knowledge, but to foster collective reflections rooted in the lived experiences, feelings, and perspectives of participants.

These formats draw on practices of cultural mediation and popular education, where lived experience takes precedence over theoretical discourse. They make it possible to address questions of consent and respect within a non-moralizing framework, allowing each person the freedom to engage in reflection at their own pace.

Art therapy workshops

Art therapy workshops bring a particularly valuable dimension to mediation. They make it possible to address gender-based violence beyond verbal discussion, through drawing, writing, collage, movement, or breathing.

These workshops offer a space where emotions or difficult experiences can be expressed in a symbolic and gentle way. They help reconnect the body, emotion, and thought, and create spaces for transformation that respect each person's pace and boundaries. In subsequent editions of Souk Rassek, these workshops further enriched the collective reflection by giving it a more concrete and sensory dimension.



Complementary activities as playful entry points

Complementary activities play a central role in mediation. They attract, spark curiosity, and create a light and welcoming atmosphere, which then opens the door to deeper discussions. They make it possible to address sensitive topics without direct confrontation and help make the stand lively, accessible, and warm.

Symbolic practices: Tarot as an outreach tool?

One of the most compelling examples of outreach tools is the use of tarot and symbolic practices. By operating outside traditional awareness-raising formats, these tools make it possible to engage audiences in informal and festive spaces without requiring any prior commitment on their part.

Used as projective rather than predictive supports, they open spaces for dialogue around emotions, boundaries, relationships, and consent, while breaking away from conventional mediation codes.

This type of outreach encourages a more accessible, less confrontational approach, grounded in lived experience, thereby fostering a freer circulation of speech on sensitive issues related to gender-based violence.

Glitter bar and reimagined festive practices

The glitter bar is an example of a deliberately playful and creative activity that, beneath its festive appearance, can become a genuine space for mediation. Behind the glitter, colors, and playful engagement with appearance, deeper conversations often unfold around self-expression, gender identity, bodily autonomy, and the way one is perceived by others. The act of applying makeup, transforming oneself, or playing with one's image becomes a symbolic gesture, allowing experimentation, gentle transgression of norms, and self-affirmation within a safe framework. These spaces contribute to the creation of zones of care within the festival, where people feel legitimate in being themselves, curious, vulnerable, or bold, without pressure or injunction.

The playful and joyful nature of the glitter bar also helps to soften the directness of certain topics related to gender-based violence. By engaging through pleasure, play, and creativity, mediation becomes more accessible and less intimidating. The conversations that emerge are often spontaneous, sincere, and embodied, precisely because they arise in a context where one does not expect to "talk about GBV." This approach helps free speech and open spaces for reflection that might have been more difficult to enter within a more formal setting.

The activation carried out with Asgun Records during its launch event fully illustrates this approach. By placing its trust in the 4S association, Asgun Records chose to offer a hybrid framework combining a glitter bar, caring tarot readings, and facilitated discussions around gender-based violence. This combination of artistic, symbolic, and relational tools created a sensitive and engaging experience, where celebration became an entry point for reflection. The audience was able to engage with the topics at their own pace, within a warm and non-moralizing setting, demonstrating that awareness-raising can be fully integrated into the festive experience, not diminishing it, but rather enriching it.



An activation combining a glitter bar, the distribution of Souk Rassek documentation, and mediation practices through tarot, which also served as a space for discussion and awareness-raising around gender-based violence.

Playful games and interactive formats

Games are powerful tools for fostering empathy and the ability to identify with others. Card games, role-playing games, quizzes, or interactive formats make it possible to address situations of gender-based violence in an indirect way. They give the audience the freedom to reflect, react, and engage in dialogue, often opening up spontaneous, sincere, and meaningful discussions.



Example of Souk Rassek mediation

During the first edition of Souk Rassek in 2023, we chose to combine theatre and awareness-raising. An actor specialized in forum theatre embodied the central character of Souk Rassek. This character moved throughout the site, interacted with the audience, asked questions, and staged situations that invited people to reflect differently on the dynamics of gender-based violence.

This initiative generated strong enthusiasm around Souk Rassek. It actively engaged the audience, made the topic visible without being moralizing, and sparked spontaneous and meaningful discussions. This approach was complemented by a playful game inviting participants to strengthen their empathy and ability to identify with situations of gender-based violence. It is in these moments that the importance of mediation tools becomes fully evident, as they are capable of redirecting, soothing, and encouraging reflection, even within a festive context.

Designing effective mediation workshops

Mediation workshops must be accessible, open, and free of charge, with no prerequisites. It should be possible to participate for just a few minutes or to engage more deeply over a longer period. Individual rhythms must be respected, and participation must always be voluntary. The teams facilitating these spaces must be trained in active listening and in handling sensitive situations. The framework is essential to ensure that creativity remains a tool for openness rather than a source of pressure.

In Summary

Mediation workshops are spaces where people have fun, create, connect, and reflect together. By engaging the inner child, curiosity, and pleasure, they make it possible to approach sensitive topics with greater gentleness and openness. For Souk Rassek, creativity is a care tool in its own right. It is by making these spaces desirable, joyful, and embodied that messages of respect, consent, and kindness become sustainably rooted in the experience.