

WIR SIND STARK ●

**Selbstbehauptungs- und
Selbstverteidigungskurse
für Migrantinnen ab 12 Jahren**

Für ein gewaltfreies Zuhause

Der Runde Tisch
im Kreis Kleve

Kleve

**Samstag, 11. – Sonntag,
12. Dezember 2021
jeweils von 10.00 – 16.00 Uhr
Braustraße 55, Raum 313,
47533 Kleve**

**Anmeldung:
02821/84-279
oder Mail an
gleichstellungsstelle@kleve.de**

**WE
ARE
STRONG !**

Self-assertion and Self-defence course for migrant women

In the courses, self-confident appearance and action are trained.
In addition to strengthening self-confidence, effective liberation techniques are also learned,
effective and easy-to-implement liberation techniques.
The aim of the courses is to become aware of one's own strength, to trust it and to use it effectively in difficult situations.
to use one's own strength effectively in difficult situations.
Sportswear is not required, comfortable everyday clothing is recommended.
Please bring your own food and drinks.
Cooperation: Equal Opportunities Officer, trained trainer: Britta Tiggelkamp,
Crime Prevention / Victim Protection of the Kleve District Police, Impuls women's counselling centre

What we learn:

In the group, the women learn how they can better assert themselves and which self-defence techniques they can use.
Self-assertion is mainly trained in the form of role plays.
Identifying and maintaining one's own boundaries, strengthening self-confidence and respectful cooperation within the group make it possible to practise self-defence self-defence techniques.

The aim of the course is to strengthen the self-confidence of the participants - they should

They should gain stability and learn to assess their abilities:

- Where are my limits?
- How do I set boundaries and show them to my counterpart?
- How can I deal with conflicts?
- How can I protect and defend myself in verbal and physical attacks?
defend myself?

That's what we do:

- Proximity-distance exercises
- Exercises to strengthen assertiveness
- Perception exercises to quickly and confidently assess situations and develop and to develop sensible strategies for action.
- Exercises on body language, voice and movement, to appear confident and and to defuse delicate situations.
- Liberation techniques that are effective and easy to learn.
- Re-enactment of "unpleasant" everyday situations in order to get to know our own to get to know our own reactions better and to develop safe behaviour.
- General information on the topic of violence, safety and tips "For a better feeling"

Gefördert vom

**Ministerium für Heimat, Kommunales,
Bau und Gleichstellung
des Landes Nordrhein-Westfalen**

