

FREE Empowerment Self Defence for Women

Course Details

Age Group: Women 16 years of age and older (no upper age limit).

Numbers: A minimum of 12 and a maximum of 26 women participants in each programme

Duration: Each programme is to be 5 – 6 hours in duration. This can be arranged according to participant preference.

Venue: TBC. Programmes are generally held in community venues, e.g. school, community centre, marae.

Cost: Zero Fees. This course is fully funded by Oranga Tamariki

Programme Content (It will include)

- Awareness discussions re violence: e.g. 'victim' / 'attacker' dynamics, power and control issues, recognising and responding to early signs of potential violence.
- Self-esteem and confidence building: building the belief in one's own abilities to deal effectively with situations of potential / actual risk of sexual violence.
- Strategies to keep / get safe: from sexual violence, including cyber sexual violence (internet, text, etc).
- Physical skills and strategies: e.g. strong voice, vulnerable points, grab and strangle releases, defences from ground position, defences from weapon attacks etc.
- Programme content will be tailored to suit the needs, strengths and abilities of programme participants. Age and disability are no barrier. We focus on what participants can do, not on what they cannot.
- Programme content will also reflect issues of sexual violence risk as identified by programme participants.

Programme Evaluation

1. Participant Evaluations

Evaluation sheets for these programmes will seek evaluation ratings from the women participants about:

- Awareness discussions re sexual violence
- Self-esteem and confidence building
- Strategies to keep / get safe from sexual violence
- Physical skills and strategies

2. Partner Organisation Evaluations

We will also seek input from the community programme partners using evaluation sheets regarding the effectiveness of the programme.

Further Information:

Contact: Mel (Melissa Goodin) 0274841894 (text or call) or email mel@wsdn.org.nz

Or search our Womens Self Defence Network – Wāhine Toa website www.wsdn.org.nz