Resist:
Skills for stopping harassment, abuse, and assault

#WomensConvention22
#GetEmpowered
#DefendYourself
#SelfDefense

Today

- Intro/agreements
- Spectrum of gender-based violence
- Assertiveness + boundary-setting
- Physical strikes
- (Quick demonstration)
- Closing

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Self-defense paradox

Aggressors alone are totally responsible for the harassment, abuse, and assault they carry out…

and

…those of us at risk of gender-based violence can take action to increase our own safety.

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Agreements

- Confidentiality
- Challenge/choice: All participation is voluntary
- Self-care
- Variations/adaptations are available
- Be safe! Only practice to the air.

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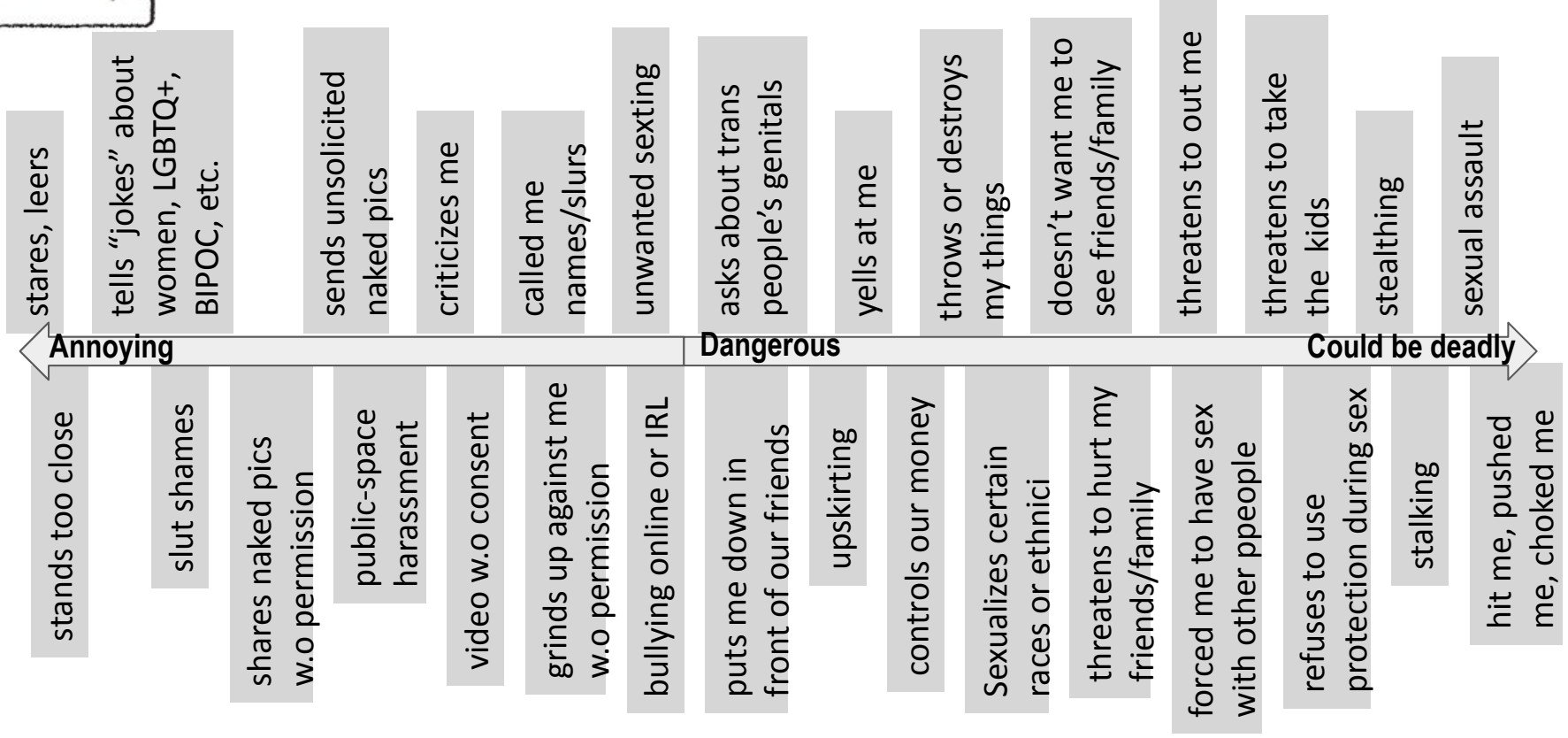
Gender-based violence



defend yourself

BREATHE

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Boundary-setting

- Voice
- Face
- Body

- Tell them what you want
- Repeat yourself and get more intense

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ASSERT
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Self-defense choices

Run: don't be there

Yell: use your voice

Tell: get help

Hit: only if you have to

Go along: if it's the safest option

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Thank you!

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