



STOP
STREET
HARASSMENT

Z
ZERO TOLERANCE
BRISTOL

Sister Courage: Training on street safety

GET INVOLVED IN NEW TRAINING ON SITUATIONAL AWARENESS AND SELF-DEFENCE

This series of workshops are part of the Bristol Zero Tolerance Street Harassment Project and look at reclaiming control for women in situations where harm may become present

Find more information at

www.facebook.com/BristolStreetHarassmentProject/events

WORKSHOP 1 - Situational Awareness and Conflict Management

12th December 2018 7-8.30pm

Hamilton House, 80 Stokes Croft, BS1 3QY Bristol

The first workshop starts with Situational Awareness, which trains the observer to explore the environment for points of advantage or threat. This increases confidence in the decision-making process which enables women and girls to set boundaries earlier and therefore limit harassment and abuse to a bare minimum.

This workshop explores the means to break down an environment to see the threat or support within it. This expands the options for the observer, so that the choice is truly theirs as to what boundaries they might set to avoid feeling controlled or unsafe, and how soon to set them. It covers safety in environments, understanding our own reactions in stress and reading body language, as well as the British Law for Self-Defence.

WORKSHOP 2 - Voice and Physical Presence

19th December 2018 7.30-9pm

Bristol City Yoga, 16 Backfields Lane, BS2 8QW Bristol

The second workshop looks at developing a toolkit of de-escalation tactics through use of voice and physical presence. This assists in establishing healthy boundaries and reframing victimisation through greater recognition that responsibility for conflict and abuse is never the victim's.

This workshop looks at better using the voice and our own body language. Body language accounts for 93% of all communication, of which 55% is non verbal and tone of voice is 38%, however few people ever really learn how to maximise its potential. But when some of us can't even raise our voice, or lose our voice to stress, how can we feel in control, how can we be heard? If some of us feel either invisible or too visible, how do we make our way freely? This is assertiveness, and it doesn't happen over night. But small actions every day lead to great results. This workshop will explore ways in which we can work towards this.

WORKSHOP 3 - Self-Defence

20th December 2018 7.30-9pm

Bristol City Yoga, 16 Backfields Lane, BS2 8QW Bristol

The final session is all about simple physical self-defence for those moments when conflict has become unavoidable. Rather than the traditional presentation of risk and threat on all sides which can only promote avoidance strategies, the desire here is to foster proactivity sooner, so women and girls can assert themselves before the threat level rises.

This workshop is a lesson in physical techniques. When you need to leave, when you must make yourself safe, this workshop presents some simple empowering options for self-defence proper. Because of the physical nature of this session those attending are asked to wear something they feel comfortable moving in.



If you have any questions about the workshop or would like to book a place please contact charlotte@bristolwomensvoice.org.uk

THESE INITIAL WORKSHOPS ARE WOMEN-ONLY.

This is a pilot workshop and depending on interest we may offer more in the future as well as workshops for different groups.

Read the blog from Trainer Imogen Thomas on why situational awareness and self-defence is relevant for everyone - www.bristolzerotolerance.com/why-do-self-defence