



Virtual conference

NO MEANS NO: WOMEN WITH DISABILITIES RESIST VIOLENCE

03.12.21

Day of Persons with Disabilities

Technical and accessibility information

- You can write **questions or comments** in the chat
- There is **International Sign Language** translation.
Click on the button under the video.
- **There is simultaneous transcription.**
Click on the CC button on the video screen.
- There are **Easy-to-Read slides of the presentations.**
Click on the “Slides box” above the video.



Other practical information

- There is **Sign Language translation** for Poland, France and Belgium.

Click on the button with the flag below the video.

Belgian-French sign language translation **ONLY** in the afternoon

- The **conference is recorded.**

Everyone can watch it online later.

- We want to know **what you think** about the conference.
- We will send you a link to tell us what you think.



Agenda

10:30 – 11:00

Registration, welcome and accessibility introduction, Liz Chornenki, *Moderator*

11:00 – 11:15

Introduction, Helena Dalli, *European Commissioner for Equality*

11:15 – 11:30

The **NO MEANS NO project and feminist self-defence for women with disabilities, Irene Zeilinger, *Garance***

11:30 – 11:45

Presentation of results in France, Diane Kachour, *Faire Face*

11:45 – 12:00

Q&A

12:00 – 13:00 Lunch Break



13:00 – 13:15

Presentation of results in Germany, Doris Kroll, *Bundesfachverband Feministische Selbstbehauptung und Selbstverteidigung*

13:15 – 13:30

Presentation of results in Poland, Ewa Rutkowska & Agata Teutsch, *Autonomia*

13:30 – 13:45

Presentation of results in Belgium, Dorothee Van Avermaet, *Garance* & Emmanuelle Perin, *AVIQ*

13:45 – 14:00

Q&A

14:00 – 14:10 Break

14:10 – 14:30

Violence against women with disabilities, Dr. Monika Schröttle, *University of Applied Sciences of Ravensburg-Weingarten & Institute for Empirical Sociology at Nürnberg University*



14:30 – 14:50

Feminist self-defence as primary prevention, Liz Kelly, *London Metropolitan University*

14:50 – 15:10

Feminist self-defence for women with disabilities, Lydia La Riviere Zijdel, *Stichting Lydia Zijdel Foundation*

15:10 – 15:30

Q&A

15:30 – 15:40 Break

15:40 – 16:00

Women with disabilities' active role in combating violence through feminist self-defence, Carina Tränkner, *frauen.stärken.frauen*

16:00 – 16:20

Conclusions, Evelyn Regner, *Chair of the Women's Rights and Gender Equality Committee of the European Parliament*



Questions and Answers

You can **ask questions** by writing in the chat.
You can do that at any time during the conference.

The speakers will **answer** at the end of each session.



These organisations have supported the project :



With financial support from the Rights, Equality and Citizenship Programme of the European Union (2014-2020)



The content of this conference represents only the views of the speakers and is their sole responsibility. The European Commission assumes no responsibility for the use that may be made of the information contained therein.



INTRODUCTION

Helena Dalli, *European Commissioner for
Equality*

THE NO MEANS NO PROJECT AND FEMINIST SELF-DEFENCE FOR WOMEN WITH DISABILITIES

Irene Zeilinger, *Garance*

The NO MEANS NO project and feminist self-defence



Irene Zeilinger

Garance ASBL



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What is feminist self-defence?

Holistic approach to the primary prevention of gender-based violence :

- Entire continuum of violence
- Intersection of oppressions
- Co-construction of knowledge and knowhow
- Broad range of tools for resistance
- Trauma-informed, survivor-centred
- Places the responsibility with the perpetrator
- Overcomes women's isolation



The impact of FSD

Scientific evaluations show :

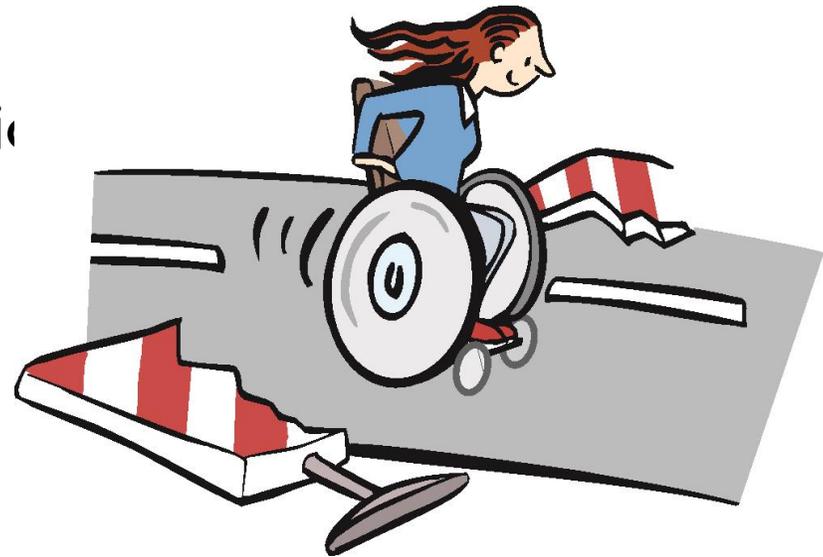
- Significant reduction of completed and attempted violence, in particular sexual violence
- Fewer negative psychological consequences in case of victimisation
- Beneficial to survivors of violence
- Improvement of self-confidence, body image and self-efficacy
- Decrease of rape myths, fear and avoidance strategies



Why NO MEANS NO?

2015 : some of the partners meet in the European Parliament at the very first hearing on feminist self-defence.

- Need for awareness raising around FSD
- Shared difficulties in rolling out FSD for women with disabilities
- Need for international cooperati
- NO MEANS NO project



The NO MEANS NO partners

EU-funded (REC programr

France, Germany, Poland a
Belgium (45% of EU
population)

6 of the 7 partners are FSI
organisations

4-5 languages

Main goal : making FSD mc
accessible and inclusive



NO MEANS NO in France

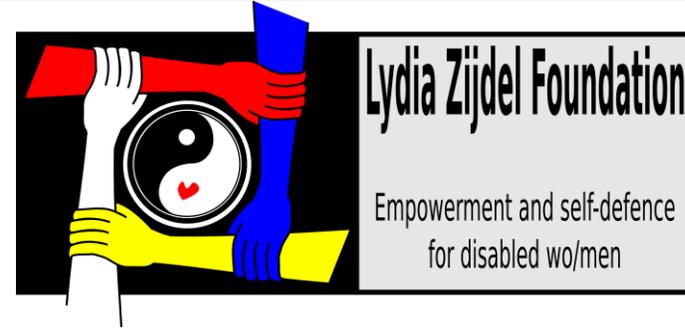


AUTONOMIA.
FUNDACJA



Training of trainers

Lydia Zijdel Foundation as international experts on FSD for women with disabilities



Five modules :

- Introduction on gender, disability and violence
- Working with women with physical disabilities and chronic illnesses
- Working with women with learning disabilities
- Working with Deaf and hard-of-hearing women
- Working with women with visual impairments

36 trainers, 7 of whom are women with disabilities

FSD workshops

Each of the trained trainers facilitated workshops

On 30/11, the total was at **715 participants**

Very flexible formats due to covid :

- Online and offline
- Very small and larger groups
- Training camp in Poland



Evaluation – sneak preview

N=245 + 83

Mean age : 38, from 16 to 82

Impact

Ability to recognise violence : 4.4

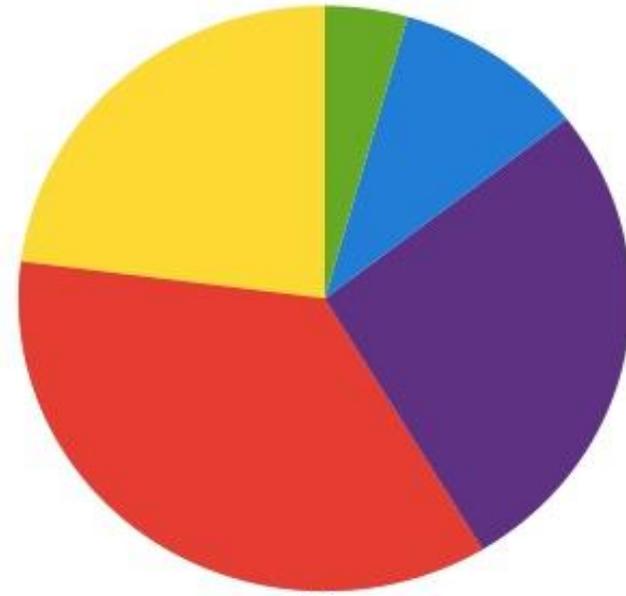
Ability to set boundaries : 4.4

Felt safe during workshop : 4.9

Know where to find help : 4.4

82% of participants with learning disabilities are confident to be able to self-protect, 98% felt safe in the workshop.

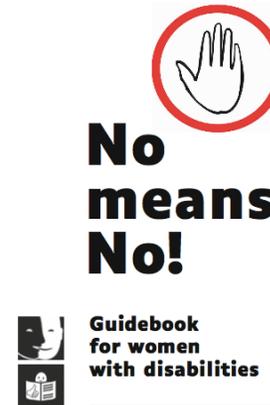
FSD participants by type of disability



Safety guides

To promote FSD for women with disabilities, to provide a written support for participants and share FSD knowledge with women who could not (yet) participate

- 4-5 different formats in 4-5 different languages
- Including success stories from women with disabilities
- Available on www.nomeansno.eu



Awareness raising

Women with disabilities who encounter violence are often caught in the middle between women's specialised services that are unaccessible and disability support services that are not prepared to support victims of gender-based violence.

Awareness raising towards anti-violence sector, disability sector and policy makers

National awareness raising events

Advocacy meetings and networking



Awareness raising – No Means No

At the European level :

- European conference (today)
- Partnership with European Disability Forum and Inclusion Europe
- Advocacy within Women Against Violence Europe (training, workshop at annual conference)
- Networking with other organisations working specifically on violence against women with disabilities
- Meetings with EU policy makers and participation in consultation processes

Sustainability and outlook

All partners are equipped to continue and increase FSD workshop provision.

Several partners plan to train more women with disabilities as FSD trainers.

Safety guides remain available and are translated into other languages.

But more needs to be done, so join us ! **Together we are stronger!**



PRESENTATION OF RESULTS IN FRANCE

Diane Kachour, *Faire Face*

The NO MEANS NO project in France

Diane Kachour

Who we are

Faire Face is not the only organisation in France that participated in the project.

We had help from 3 other self-defence organisations :

- Arcaf in Paris and Marseille
- Lorelei in Montpellier
- Impact in Lyon

7 feminist self-defence trainers participated in the project.
One of them is a woman with disabilities.

Covid was a huge problem

In March 2020, all of France was put in lockdown.

The situation stayed like that for the rest of the year.

Therefore it was difficult to do everything in the project.

We had to change our plans all the time

so that women with disabilities could participate

in self-defence workshops.

Our trainers get trained

Most of the training in person was cancelled.

A lot of the training of trainers happened online.

Our trainers had to use a lot of their time to watch the lessons and read the texts.

They were not paid for their time.

We organised three meetings in France to do that work and practice together.

Our feminist self-defence workshops

We decided to not do the workshops online.

Therefore we had to wait for 2021

to be allowed to do workshops in person.

We have organised 14 workshops in five cities.

3 more will take place in December.

130 women with disabilities participated.

The largest group of participants are Deaf women.

We raise awareness

We met people who can make political decisions.

We explained the project to them.

We asked them to fight violence against women with disabilities with us.

We met people on all levels : municipality, department, region, the state

We also talked with 9 disability organisations.

We also talked with 12 organisations that fight against violence against women.

Our safety guides

We worked with the other partners in France and in Europe to write the safety guides.

The audioguide is ready.

We still work on the video guide in French sign language

And on the print guide.

You can find them all at the end of the year

On the project website www.nomeansno.eu

Our conference

We organised a conference on 17 November in Toulouse.

Everything was translated into sign language.

10 organisations and institutions were present.

20 women with disabilities came, too.

They want to participate in our feminist self-defence workshops.

What we want to do after the project

We want to continue to work with the organisations and people we have met.

For example with the collective Zef.

We continue to talk about violence against women with disabilities in our contacts with other organisations and with journalists.

We will make our website, posters and flyers accessible, for example in Easy to Read.

What we think about the project

Covid made it very complicated to do the project.

We had to change plans all the time to reach out to more women with disabilities.

It was worth the effort.

We are proud of what we were able to do.

There are many possibilities for continuing the work

And we are excited to continue next year.

More information

We made a video with subtitles in several languages about self-defence during the first lockdown.

There have been more police reports on domestic violence in 2020 than before.

Domestic violence means that someone is violent against their partner or ex-partner.

Therefore we think that the video was necessary.

You can find it on Youtube.

LUNCH BREAK



PRESENTATION OF RESULTS IN GERMANY

Doris Kroll, *Bundesfachverband Feministische
Selbstbehauptung und Selbstverteidigung*

The NO MEANS NO project in Germany

Doris Kroll

The partners in Germany

There were 3 partners in Germany.

BV FeSt is a national organisation for feminist self-defence.

Wendo Marburg is a organisation for feminist self-defence in Marburg.

Unvergesslich weiblich is a organisation for feminist self-defence in Giessen.

We worked together.

The training of trainers

We wanted our trainers to learn how to work with women with disabilities.

BV FeSt sent an invitation to all the trainers in Germany.

- They chose 10 trainers from different cities to participate in the training.
- 5 of the trainers are women with disabilities.

3 self-defence trainers from **Wendo Marburg** participated.

And 3 trainers from **Unvergesslich weiblich** participated.

16 trainers participated for Germany from many different places.

The self-defence workshops

We offered feminist self-defence workshops to women with all types of disabilities.

BV FeSt had 117 participants.

- 8 participants were equal opportunities officers.
- That means that the people in their organisation voted for them to speak for all women in the organisation.

Wendo Marburg had 102 participants.

Unvergesslich weiblich had 108 participants.

327 women with disabilities participated in Germany.

The national conference

We wanted to tell other people about our project. In July, we organised a conference for the whole country.

It was accessible for all women with disabilities. There was speech-to-text transcription and translation into sign language and into Easy language.

317 people participated in the conference. It was a huge success !

What we think about the project (Germany)

Covid made it difficult to do the project.

But we are happy that we could do the project.

Many women with disabilities could learn to defend themselves.

And we will continue to make feminist self-defence accessible for all
women

Also after the project is over.

PRESENTATION OF RESULTS IN POLAND

Ewa Rutkowska & Agata Teutsch, *Autonomia*

The NO MEANS NO project in Poland

Agata Teutsch
Ewa Rutkowska

Autonomia

Autonomia is a feminist organisation in Poland

We fight for women and girls

So that they can be safe, strong and free.

We want all women and girls to have equal possibilities.

We teach women and girls how to resist violence and
injustice.

That is called feminist self-defence.

Intersectionality

Intersectionality means looking at all reasons for injustice at once.

- It is not only about injustice against women and girls.
- It is not only about injustice against people with disabilities.
- It is not only about injustice against Black people.

We look at all these things together in everything we do.

It is important for us that women with disabilities themselves decide what they want to fight for and how.

Accessibility

We are the only feminist and queer organisation in Poland with an accessible office.

Women and girls with disabilities can come.

They do not need to pay anything for participating.

There is sign language translation at some of our activities.

We got a prize from the City of Krakow because we care about accessibility.

The situation in Poland

This was the first project in Poland that fights against violence against women with disability.

The situation in Poland is difficult.

We are a small organisation.

The government does not support us.

They do not like what we do,
and they make life difficult for us.

Disability organisations do not always want to work with us.

The situation in Poland II

The government and the Church do not want people to fight against violence against women.

They do not want women to have the same rights and possibilities.

This is especially hard for women with disabilities.

There is no information, no help service for victims of violence who are disabled.

There are not many organisations of women with disabilities to defend their rights.

Covid made everything worse.

How we solved the problem

Together we are stronger.

Therefore, we asked many organisations to help us with the project.

We asked women with disabilities to be ambassadors for the project.

That means that they tell other women with disabilities about the project.

And they tell us how to organise the activities so that they work best for women with disabilities.

We had 12 ambassadors.

Awareness raising in Poland

We wanted to tell many people about violence against women with disabilities.

And about what we can do to fight against it.

We organised two events.

We had an online conference last year. It took place on an important day, the International Day of Persons with Disabilities.

We had an in-person conference in September.

120 people participated in these events.

Many participants were women with disabilities.

Awareness raising

We also talked about violence against women on the Internet and to journalists.

We talked about it during the Campaign against violence against women.

A campaign means that many people and organisations work together

to talk about the same topic and to ask for changes.

Many people can hear the message and think about it.

The Training of trainers (Poland)

5 of our self-defence trainers participated in the training of trainers.

Some of our trainers are women with disabilities.

They speak different languages.

One of them speaks Polish sign language.

The other trainers also started to learn Polish sign language.

The self-defence workshops (Poland)

We organised a lot of workshops.

110 women with disabilities participated.

There were women of all ages.

Nearly all participants said that they learned to recognise violence.

Nearly all said that now they know how to defend themselves.

Nearly all said that they now know where to find help.

The Stronger and safer camp

We also organised a camp for 30 women with disabilities.
We wanted them to meet each other
And to work together for defending their rights.
We did feminist self-defence.
Everyone felt stronger and
safer in the end.
It was a huge success.



The safety guides

We made different types of safety guides for women with disabilities :

- A paper guide in hard language
- A paper guide in easy language
- A film in Polish sign language
- An audiodescription

We also translated the cartoon film into Polish and Polish sign language.

These are the first guides for women with disabilities in Poland.

The results of the project

Women with disabilities are better heard and have better access.

More people know about their situation.

Two of the camp participants want to become self-defence trainers.

We continue feminist self-defence for women with disabilities.

We have better tools to do so.

We continue to work with organisations in other countries.

What we think about the project (Poland)

It is a good idea to work with other organisations in other countries.

We have made good tools that women with disabilities can use. But it would be better to be able to do that for a longer time.

We need money and other support for that.

Our countries and the EU should pay for fighting violence against women with disabilities

And to make help services accessible to all women.

PRESENTATION OF RESULTS IN BELGIUM

Dorothee Van Avermaet, *Garance*
Emmanuelle Perin, *AVIQ*

The NO MEANS NO project in Belgium

Dorothee Van Avermaet
Emmanuelle Perin

The partners in Belgium

There were 2 partners in Belgium.

Garance is a feminist self-defence organisation in Brussels.

AVIQ is a public service in Wallonia.

That is the half of Belgium where they speak French.

AVIQ informs and helps people with disabilities.

Garance and AVIQ worked together.

The work of Garance

Garance has two tasks in the project.

We organise the partners in the different countries so that we work well together.

And we do the same activities as the others in Belgium :

Training our trainers, self-defence workshops for women with disabilities, conferences, talking with many people and organisations...

The Training of trainers (Belgium)

AVIQ organised the training of trainers.

The second part of the training took place in Charleroi.

The other four parts took place on the Internet.

6 trainers from Garance participated.

They learned to work with women with disabilities.

Garance organised a meeting of all trainers on the Internet.

25 trainers from different countries participated.

The self-defence workshops (Belgium)

It was hard to organise the workshops.

Because of Covid, many disability organisations were closed.

But we needed them to reach women with disabilities.

We only could start in May this year.

We did workshops in different cities.

148 women with different types of disabilities participated.

Many organisations helped us with the workshops.

Awareness raising (Belgium)

Garance met a lot of disability organisations.

We met many organisations to talk about the workshops.

But we also met disability organisations to talk about fighting against violence against women with disabilities together.

Some of them wrote articles about the project for their magazines.

Webinar on accessibility

Garance and AVIQ organised a webinar for support services.

Women with disabilities shared their experiences.

They explained that women with disabilities cannot use the services

Because there are barriers.

The participants got new ideas how to make their services accessible.

65 people participated in the webinar.

Awareness raising II

Garance works with many other feminist organisations to fight against violence against women.

We told them about the project

And about violence against women with disabilities.

We included the needs of women with disabilities

In the letters and speeches that we wrote together.

A large feminist magazine wrote about the project.

Awareness raising III

We met also with politicians.

They can decide how services work and how much money there is

For fighting against violence against women.

We met several ministers.

Two of the ministers visited our workshops.

They listened to the women. They heard what women with disabilities need.

Belgian conference

We also organised a conference on the Internet.

90 people participated.

Different people explained what they did to fight against violence against women with disabilities.

Many of them were women with disabilities themselves.

In the afternoon, women with disabilities talked about what needs to be done.

We wrote down their ideas and sent them to the politicians.

BREAK TIME



VIOLENCE AGAINST WOMEN WITH DISABILITIES

*Dr. Monika Schröttle, University of Applied Sciences of
Ravensburg-Weingarten & Institute for Empirical
Sociology at Nürnberg University*

FEMINIST SELF-DEFENCE AS PRIMARY PREVENTION

Liz Kelly, *London Metropolitan University*

Women's self defence can prevent violence

Prof Liz Kelly

A long history

100 years ago, women used self-defence, for example the suffragists.

The suffragists were women fighting for the right of women including the right to vote in elections.

50 years ago, many help services for women who were raped included self-defence classes.

Women activists use it all over the world, for example in Egypt.

But few people believe that self-defence for women is important and useful.

No support for self-defence

Prevention means to act so that something does not happen.

Many political documents speak about prevention. But they are very general and do not mention self-defence.

Governments mention self-defence less often in their plans to fight violence than 10 years ago.

Governments and the EU do not give money to self-defence organisers.

Self-defence is useful for women

Some people give poor advice to women.

They say that women should limit their freedom to stay safe.

Self-defence does the opposite.

It tells women how to be free to do and decide what they want.

It tells them that they are important and strong.

It is also for women who encounter more violence, for example women with disabilities.

Self-defence is about using your body to be strong and able.

Many women who have experienced violence choose to learn self-defence.



What is women's self-defence?

Women's self defence adapts martial arts and teaches women new ways to be in their bodies. It does not include telling women to limit their freedom. Women's self-defence looks at who is responsible for violence. It always is the person being violent, never the victim.

There are different types of women's self-defence. Feminist self-defence is a type of women's self-defence.

What is special about self-defence

We hear more about violence against women than about women fighting against violence.

Many people think that way.

Women's self-defence is about teaching women to fight against violence.

What does research say?

Women fight against violence and often it works.

Self-defence teaches women how to do that.

This gives women the space and the ability to act for themselves.

Self-defence helps victims of violence to feel better.

Women and girls who do self defence can stop abuse.

Self-defence prevents violence.

One important study in Kenya

Kenya is an African country.

They organised self-defence classes for many school girls.

After a year, they asked the girls questions.

Fewer girls said that they had been raped.

Most girls said that they had used the techniques from the classes.

It worked to prevent violence, and it was cheap.

One important study in Canada

Canada is a country in North America.

They organised self-defence classes for many women students at university.

They asked the students questions after a year.

The women said that they were less often attacked and raped than other women at the university.

What makes good self-defence?

Correct information on violence against women

Letting women try out how they want to be in their bodies

Women learning to trust and boundaries

Teaching to use one's voice better

Simple and accessible defence techniques

Seeing other women become stronger

Letting women decide how they defend themselves

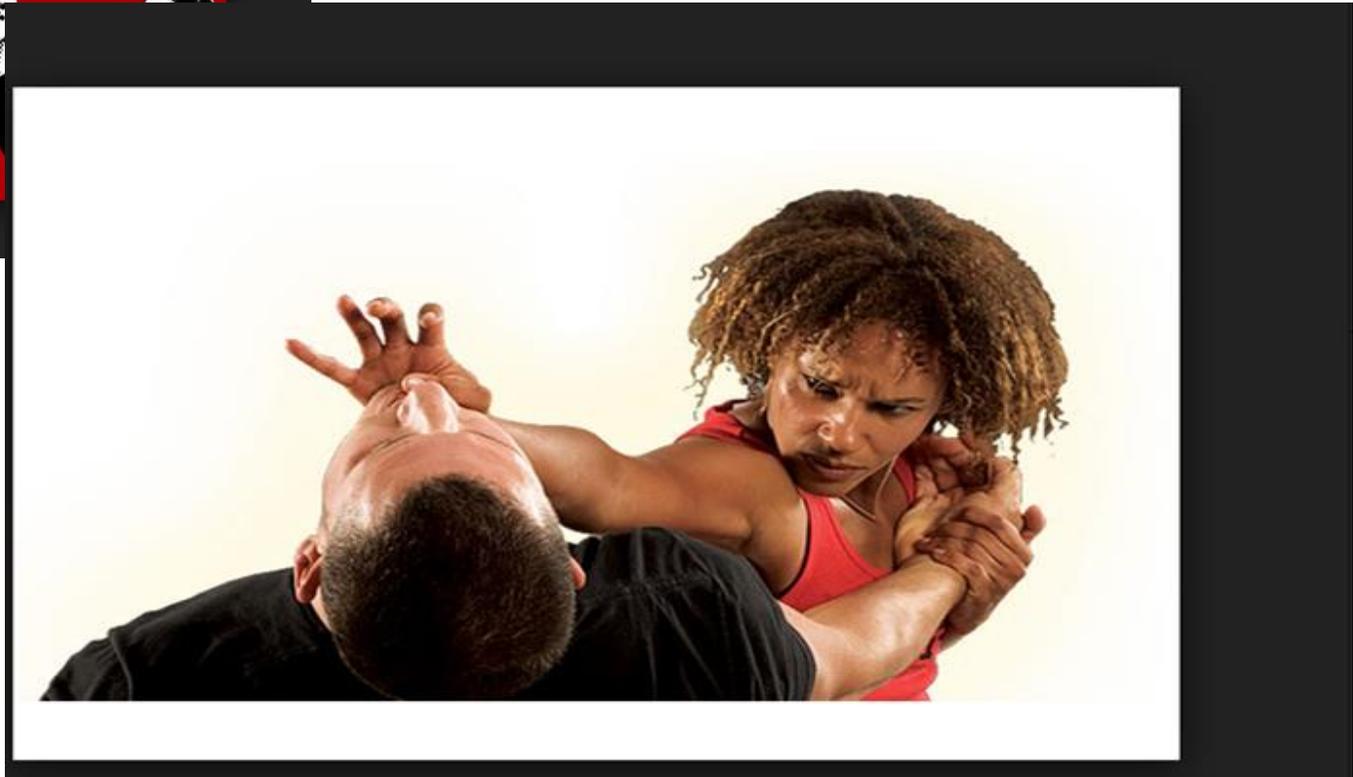
Learning from each other and our experiences, minds and bodies



CHILD & WOMAN ABUSE STUDIES UNIT



Do the pictures show passive victims?



This is what my study found:

Women's self-defence helps to prevent violence against women.

But there are many barriers for all women and girls to learn self-defence.

The EU and the governments should include women's self-defence in their plans.

They should give money for self-defence.

They should pay for more research.



FEMINIST SELF-DEFENCE FOR WOMEN WITH DISABILITIES

Lydia La Riviere Zijdel, *Stichting Lydia Zijdel
Foundation*

Feminist Self-defence for disabled women

Lydia La Rivière Zijdel



Intro



Feminist self-defence is partly different for women with disabilities and women without disabilities.

Feminist self-defence fights against violence that targets women.

Feminist self-defence for women with disabilities

fights against violence that targets them

Because of their impairments or their disability.

It fights for their autonomy.

What is self-defence for disabled women?



Self-defence is more than only

- kicking
- punching
- yelling

Self-defence is an important tool
for the **empowerment**
of disabled women and girls



What is self-defence for disabled women? II



Self-defence includes exercises for the mind and for the body.

The participants become empowered.

That means that they can act themselves

- When people do not let them decide or do things.
- When people treat them badly, even in small ways.
- When people want to exclude them.

Everyone should see that disabled women are not fragile, helpless or unable!

What is self-defence for disabled women? III



Self-defence teaches disabled women to **defend themselves**

Against physical violence, sexual violence, financial violence.

More than half of the time, we do mental exercises.

The rest of the time, we do physical exercises.

Participants feel safer.

They are proud of themselves.

They believe in their abilities.

What is self-defence for disabled women? IIII



Everyone can learn self-defence!

But not everyone can teach it.



Effect of self-defence for disabled women



Feminist self-defence takes away the **medical model**

The medical model sees disability as a lack, a limitation.

Self-defence puts **empowerment and autonomy** into practice.

It looks for the abilities and possibilities of the participants.

Participants can discover that their bodies and minds are strong.

They learn to feel good about themselves.

Effect of self-defence for disabled women II



Feminist self-defence increases **personal skills and the skills of everyone in your group**

It helps to reach **your own targets**,

for example living independently, new aids such as wheelchairs, and support in the way you want

It helps to reach **the goals we have together**:

for example to fight together for our rights or to change laws.

NOTHING ABOUT US, WITHOUT US!

Conditions for self-defence workshops



For a self-defence workshop for women or girls with disabilities, we need:

- An all-women or all-girls group
- A trained female trainer, even better a disabled woman teacher
- A focus on gender and disability together
- The preparation of the other people and organisations around us that we need to try out what we learned

BREAK TIME



WOMEN WITH DISABILITIES' ACTIVE ROLE IN COMBATING VIOLENCE THROUGH FEMINIST SELF-DEFENCE

Carina Tränkner, *frauen.stärken.frauen*

**Women with disabilities can fight themselves
against violence
For example with feminist self-defence**

Presentation by Carina Tränkner, ZIBB e.V.

We have done a project.
It is called **women strengthen women.**
It is a model for other people and
organisations.

We train women with disabilities to
become **self-defence trainers.**

We are ZIBB. That means **Centre for Inclusive Education and Counselling**



What we do:

Education and counselling services for everyone

especially for people with learning difficulties
and for people with hearing disabilities

We work with:

- Bochum Centre for Disability Studies (BODYS)
- Rhineland Regional Association (LVR)



Das Zentrum ist angetreten, die bundesweite Verbreitung und Vernetzung von Bildungs- und Beratungsangeboten für Menschen mit Lernschwierigkeiten voran zu bringen. Mit seiner Zielsetzung, **inklusives** Denken und Arbeiten gesellschaftlich zu etablieren, trägt das Zentrum zur öffentlichen Gesundheit und der Umsetzung der **UN-Behindertenrechtskonvention** bei.

Das ZIBB hat seinen derzeitigen Sitz in Dortmund und agiert auf bundesweiter Ebene. Es kooperiert mit dem bundesweiten Forschungsprojekt **AKTIF** in der Teilhabe- und Inklusionsforschung und Prof. Dr. Saskia Schuppener, **Universität Leipzig**.

Our project

We organised a training to become a **self-defence trainer**

For women **with learning difficulties**

And for women **without** learning difficulties

The training

The training took place from 2018 to 2021.

There were 3 parts of the training.

It took place in Cologne.

The participants received a certificate at the end.

That is a paper that says

that now the participants know

how to give selfdefence workshops.

The participants

There were 13 women with learning difficulties

There were 10 women without learning difficulties

They came from 4 different federal states in Germany.

They learned to work together.

Who became a selfdefence trainer ?

9 women **with** learning difficulties became trainers.

9 women **without** learning difficulties became trainers.

2 women with learning difficulties
became **assistant trainers**.

That means that they can help other trainers.

These are the new trainers



Sandra Ludwiga Heiser

Köln



Lisa Heizmann

Köln



Snezana Tororovic

Hamburg



Carina Tränkner

Göttingen



Brygida Baehr

Mönchengladbach



Angela Dartmann

Beckum



Melina Bèbel

Neuss



Ursula Berief

Münster

How did we do the training ?

Women with and without disabilities **trained together.**

They are all different and know different things.

They can tell each other about their lives

And what they think.

They can **learn from each other.**

That is interesting for everyone.

How did we do the training ? II

We wanted the trainers to form **inclusive pairs**.

That means that two trainers give workshops together
1 and 1 without with learning difficulties.

But we also found other solutions.

The trainers could work **alone**.

They also could work **in teams**.

Advantages

Trainers with disabilities can be a **role model**.

That means that workshop participants with disabilities

See that the trainer is someone like them.

They have it easier to talk about their experiences

And to ask for help.

They believe that they are able to defend themselves.

They believe that they can do the exercises.

What worked well

Women with learning difficulties had **more time** to learn and practice everything.

They worked in smaller groups.

That gave them the courage to work as a trainer.

They were **good role models**.

The participants understood better what they said and wanted to participate more.

What we have learned

People without disabilities often want to help people with disabilities.

But that makes us unequal again.

Therefore we need to listen to each other and to work together.

We need equal rights.

We need to fight against violence together.

New trainings

We will train **deaf women** to become selfdefence trainers.

The training takes place

from winter 2021 to spring 2024.

We will train more women with **learning difficulties** to become selfdefence trainers.

The training takes place

from autumn 2022 to spring 2024.

CONCLUSIONS

Evelyn Regner, Chair of the Women's Rights and Gender Equality Committee of the European Parliament

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today!**



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