



Sister Courage: Training on street safety

NEW TRAINING ON SITUATIONAL
AWARENESS AND SELF-DEFENCE FOR
SCHOOLS, COLLEGES OR STUDENT GROUPS

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

Find more information at:

www.bristolzerotolerance.com/take-action/take-action-as-an-organisation-or-business/sister-courage-training-on-street-safety



We are offering workshops to schools, colleges and student groups in Bristol to build young women's confidence and awareness of street safety and teach them tips and techniques to help keep them safe.



These could fit into the current PSHE or upcoming SRE curriculums or be an extra activity for students.

Our trainer is a martial arts expert and is fully insured, DBS checked and first aid trained.

Participants will be asked to sign a waiver form and be safety briefed.

What people have said about the training:

"I really loved this session, mainly for building my confidence. I feel very empowered!"

"Lots of interaction, well structured, knowledgeable facilitator."

"Openness, camaraderie, honesty and sensitivity."

"Really good, left feeling more confident and empowered on how to react in different situations... Would recommend to others - should be taught in schools."

Workshop content:

WORKSHOP 1 - Situational Awareness and Conflict Management

The first workshop starts with Situational Awareness, which trains someone 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 minimum.

This workshop explores the means to break down an environment to see the threat or support within it. This expands the options, 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

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, 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?

WORKSHOP 3 - Self-Defence

The final session is 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 must make yourself safe, this workshop presents some simple empowering options for self-defence. Because of the physical nature of this session those attending are asked to wear something they feel comfortable moving in.

How to book:

Schools, colleges and student groups can use their own venue or we can arrange an external venue. The workshops are available on a sliding-scale starting at £200 depending on the type and size of your organisation, or for a donation from participants to cover costs.

Workshops are for a maximum of 20 people. Each individual workshop is 1 hour long or can be booked as a 3 hour block with breaks.

The workshops have been designed for women and girls and those who are most vulnerable in public spaces, but can also be adapted for mixed-gender groups if needed.

If you have any questions about the workshops or would like to book any for your school, college or group please contact:

Bristol Women's Voice
info@bristolwomensvoice.org.uk

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Or

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Working in partnership with Bristol's 5 other equality forums, as **BEING** (Bristol Equalities Influencing & Networking Group)