Brave, strong and confident – dealing with sexual harassment and discrimination

TARGET GROUP  Female students of the University of Bonn

TOPICS  Treating each other with respect and appreciation is part of a healthy, productive way of studying at university. What sometimes looks like normal flirting can quickly turn into uncomfortable, pressurizing behavior. Both verbal and nonverbal forms of sexual harassment are often played down or are hardly paid attention to. Aim of the workshop is to show strategies to be able to effectively set boundaries during uncomfortable and dangerous situations in everyday life at university—also in digital settings such as virtual seminars or video conferences.

Topics:
- Forms of sexual harassment
- Recognizing and naming harassment
- Prevention and de-escalation strategies
- Possible behavior and courses of action
- Learning about legal background
- Where and how to get help

Please bring along:
comfortable in- and outdoor clothing, sports shoes as well as slip-resistant socks/ lightweight canvas rubber-soled sports shoes, drinks, pen and paper and face mask. Weather permitting, the training will be held outdoors.

DATE AND TIME  September 29, 2021 from 9 am to 1 pm

EVENT LOCATION  TAI CHI ZENTRUM BONN, Frongasse 9, Bonn-Endenich or via ZOOM when indicated

TRAINER  Antje Meister - police inspector, coach and trainer for Far Eastern martial arts and holistic self-confidence

PARTICIPANTS  max. 10 female students per workshop

REGISTRATION  Via email to sekretariat@zgb.uni-bonn.de

REGISTRATION DEADLINE  September 13, 2021

COSTS  The workshops are funded by the Gender Equality Office.

The Tai Chi Zentrum adheres to a certified hygiene and protection concept which will be communicated to participants and must be followed. Generally only female students who are not part of an at-risk group or who have discussed workshop participation with their doctor and who do not show symptoms common for Covid-19 should participate.