



Self-Defense for Women or Girls WORKSHOP CONTENT

Our philosophy of self-defense is based on Nadia Telsey's *Self-Defense from the Inside Out* workbook and curriculum. Many years ago in New York, Nadia was a black belt in martial arts and an instructor for women, and realized that all of the physical skills she was teaching women to use for self-defense would only be effective if the women were willing to actually use them on their own behalf. She devised a unique curriculum that empowers women and girls to break down their internal barriers to self-defense (such as fearing being judged as rude or impolite) and gain new skills to be assertive, pro-active and resourceful when feeling uncomfortable, threatened, harassed, or attacked by acquaintances or strangers.

We teach a combination of verbal, mental, and physical skills, including (but not limited) to:

- Learning how to yell effectively and confidently, by practicing in a group together
- Gaining self-worth and confidence in our physical and mental abilities by learning in a supportive and encouraging environment
- Reminding participants that we are worth defending, we all deserve to be safe and free from harm and abuse
- Working to undo the victim blaming myths about abuse and sexual assault which are common in our culture by reminding participants that 100% of the fault for assaults lies with the perpetrator
- Using physical strikes such as kicks to use against an attacker
- Assertive communication skills to use when uncomfortable or threatened
- Learning about the dynamics and realities of violence against women (and girls)

Workshops can be tailored to the needs and interests of specific groups.

Let me know if you have any questions or would like to arrange a workshop. I can be reached at the Breaking Free office (usually need to leave a voice message) at 343-5513 or befree@efn.org.

Thanks for your time and interest!

Sincerely,

Elly Maloney
Office and Program Coordinator at Breaking Free