

## **Self-assertion & self-defense training at Sidekick Leipzig e.V.**

### **for MINT\* from 12-18 years**

[MINT\* [german] stands for girls, inter\*, non-binary and trans\* children and youth]

Are you familiar with this?

Annoying looks, stupid remarks, "well-meant compliments", inappropriate touches and much more.

Don't want to get dragged down by it anymore?

Join our 6-week long self-assertion and self-defense course.

Learn to...

... trust your gut instead of doubting it.

... set limits instead of enduring situations.

... say no and to react to stupid remarks instead of going home dejected.

... how to connect with others who are experiencing similar things.

In the course there will be space for...

... exchange about experienced discrimination.

... mutual support.

... fun and movement.

### Everything is possible, but nothing is necessary!

Already during the course you learn to respect your own limits and to articulate your needs. You decide how much you want to share, which exercise you want to participate in, what is too much for you and when it is time for a break.

How? The course includes exercises in groups, in pairs and alone.

What? Conversations, role plays, body work (e.g. perception exercises), liberation techniques, movement and much more.

The course will take place from **12.5.-23.6.22** (six times) always on **thursdays from 17-18.30 at Sidekick.**

Places: 15 participants

Registration via mail to: [mint@sidekick-leipzig.org](mailto:mint@sidekick-leipzig.org)