

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

Equipment: movement area for body work (approx. 2 sqm), writing materials, good internet connection with camera and sound.

DATE AND TIME **September 28, 2021 from 9 am to 1 pm**

EVENT LOCATION Online in ZOOM

TRAINER Antje Meister – police inspector, coach and trainer for self-defence and self-confidence

PARTICIPANTS Max. 10 female students per workshop

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

REGISTRATION DEADLINE September 01, 2021

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