



IMAGINING THE SOLUTION

Intersectionalities

Power & Sexual Violence



Karakia Timatanga

Kua tuku mihi atu
Mō ngā manaakitanga
O te wā
Ki runga i a tātou katoa

Tihei Mauri ora!

Opening Prayer

Thanks are given
For the considerations
At this time
That are bestowed upon
us all
Celebrate life!

Women's Self Defence Network
Wāhine Toa



Empowerment Through
Self Defence

Imagining the Solution

A Self Defence Perspective



Imagine what it would be like if perpetrators of violence came across this:

- She made lots and lots of noise
- She refused to stay silent or keep a secret
- She knew it was NOT her fault
- She refused to act like a victim
- She was really hard to get a hold of
- She could inflict lots of pain
- She told and told and told...

Empowerment Through Self Defence



WSDN - Wāhine Toa works to prevent sexual violence and abuse against women and girls by empowering women and girls to:

- Recognise sexual violence and abuse
- Understand that it is not ok and not their fault
- Have clear practical strategies to...

Clear practical strategies to



- Avoid situations of risk
- Get away from specific violent / abusive events
- Disclose abuse and seek help
- Support other people who are victims of violence and abuse

Women's Self Defence Network Wāhine Toa



- A nationwide (from Southland to Northland) network of specialist trained and accredited women instructors of self defence for women and girls
- A 'home-grown' Treaty-based New Zealand network
- 25 years this year!

Women's Self Defence Network Wāhine Toa – who we work with



- Girls aged from approx 7 years old upwards
- Women of all ages (no upper limit)

Girls' Self Defence Project



- FACS (MSD) contract to teach self defence to girls, mainly through schools
- Since 1996 the Girls' Self Defence Project has taught self defence to well over 100,000 girls
- In 2012 we taught 10,000+ girls
- The Girls' Self Defence Project teaches girls the length and breadth of Aotearoa New Zealand

Girls' Self Defence Project



- **Girls in school years 3 & 4, i.e. 7 to 9 years old.**
- NZ research shows that the median age of the victim at the time of first sexual abuse as 9 years. We have targeted this age group to ensure early prevention / intervention
- a 5 hour course

Girls' Self Defence Project



- **School years 7 & 8, i.e. 11 to 13 years old.**
- The onset of puberty is a critical time for young girls. Rape Crisis statistics show that 53% of women using their services report being sexually abused under the age of 12.
- an 8 hour course

Girls' Self Defence Project



- **School years 10, 11 & 12, i.e. 15 to 17 years old.**
- Relationships are forming, socialising involves alcohol, the risks of 'dating' and relationship violence increase. "15-24 year olds are the age group most at risk of physical, psychological and sexual victimisation from current and ex-partners." (New Zealand National Survey of Crime Victims, 2006, cited on Sophie Elliott Foundation website)
- a 5 hour course

Women's Self Defence Network Wāhine Toa

'From Isolation to Empowerment'



- Funded by the Ministry of Justice
- Sexual Violence Primary Prevention Funding 2012-13

'From Isolation to Empowerment'



OBJECTIVE

- To prevent sexual violence by working with culturally and/or geographically isolated women throughout Aotearoa New Zealand through self defence programmes which empower them with the knowledge, attitudes, skills and strategies to prevent sexual violence from occurring and positively change disempowering societal attitudes of women as victims.

‘From Isolation to Empowerment’



Who We Targeted:

- Migrant and refugee women in urban areas.
- Rural tau iwi women including migrant women, particularly women living / working on farms or in isolated communities.
- Wahine Māori living in rural communities.

'From Isolation to Empowerment'



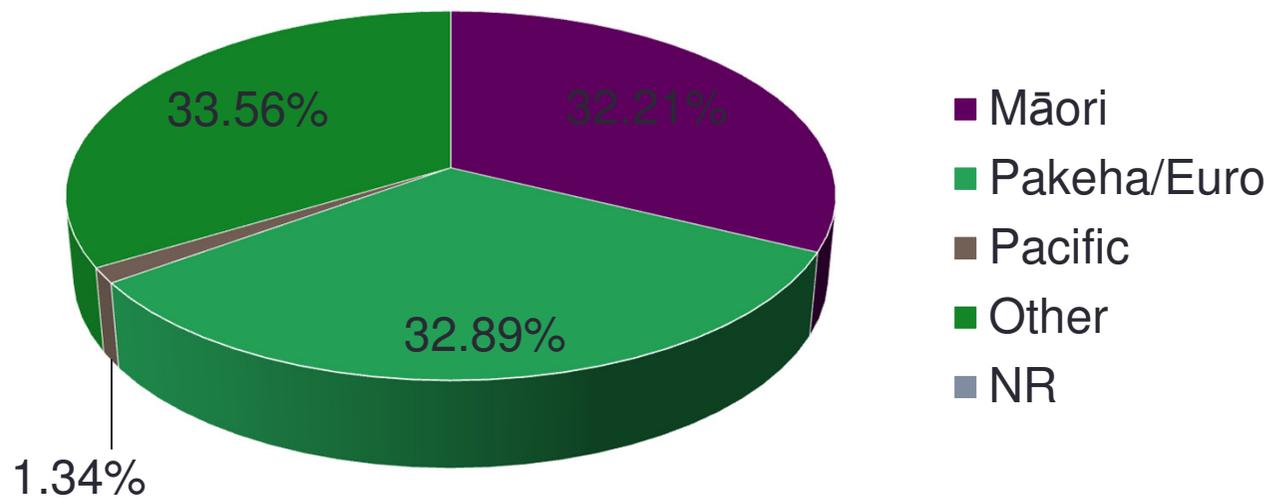
Who We Reached (in the first year)

- 151 women participated
- 14 separate programmes
 - 4 programmes for migrant and refugee women in urban areas.
 - 5 programmes for rural tau iwi women including migrant women
 - 5 programmes for wahine Māori living in rural communities

'From Isolation to Empowerment'



- **Ethnicity of Participants**



‘From Isolation to Empowerment’



- **Who we worked with (for example):**

Partner	Where
Shakti	Auckland
Multi-Ethnic Council	Dunedin
Barnadoes	Gisborne
Women's Refuge	Taumarunui
Dairy Women's Network	Dannevirke & Winton
Mataa Waka	Blenheim
Rural Women	Riverton

'From Isolation to Empowerment'



- **The results:**

- **100% of participants** responded positively that they now:
 - have a better understanding of sexual violence.
 - know more ways to help stay safe
 - feel more confident that they could use physical strategies to help stay safe.
 - feel more confident that they could use their voice to help stay safe.
 - feel more confident that they could tell other people if they experience violence / abuse.
- **99+% of participants** responded positively that they are now:
 - more able to recognise early signs of potential violence.
 - more likely to seek help / support if needed to stay safe.

‘From Isolation to Empowerment’



- **What Next:**
- Funding rollover for another 2 years
- So we can continue to offer funded programmes for the same target groups
 - Migrant and refugee women in urban areas.
 - Rural tau iwi women including migrant women, particularly women living / working on farms or in isolated communities.
 - Wahine Māori living in rural communities.
 - Plus, women isolated by disability
- We will continue to work in partnership with community organisations / networks to reach these women
- Happy to hear from anyone interested 😊

Women's Self Defence Network Wāhine Toa – What Else?



- Training another new batch of teachers 2012-13
- Working on some other projects as well (e.g. clients of Women's Refuge, some research and evaluation)
- Looking forward to our 25th Celebrations next month

In Conclusion



- Self Defence is all about empowerment of women and girls to NOT be victims of sexual violence

*“(the self defence course) **gave me more empowerment to meet my needs. To say no, mean no and not to be intimidated, isolated or controlled”***

(the words of a woman participant in a recent course)

- Empowering women and girls with the knowledge, attitudes, skills and strategies to prevent sexual violence from occurring and positively changing disempowering societal attitudes of women as victims



Poem – Victim to Survivor

It's my fault, I was too friendly
He told me I wanted it, why couldn't I see...
It's my fault.

It's my fault, I was dressed provocatively
He told me I must want it
Why couldn't I see...
It's my fault

It's my fault, I thought he liked me
He said, this is what I asked for
Why couldn't I see...
It's my fault.

It's my fault, I didn't say, "No", I just froze,
He said, I could've said no
Why couldn't I see – I'm a victim
It's my fault.



I learnt self defence!

It's my choice, I know my boundaries and how to give clear messages
It's my choice!

It's my choice, to trust my instincts and act on them
It's my choice!

It's my choice, to dress as I like and to not be violated or accept sexual
comments if I don't want them
It's my choice!

It's my choice, to tell you, "Get your hands off me!" If I don't want you
touching me
It's my choice!

It's my choice to turn my fear into anger and fight you if I have to
I have the right to defend myself
It's my choice!

I can see now – It's my choice – I'm a survivor!

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A Self Defence Perspective



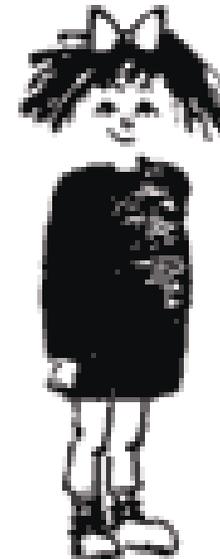
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- She was really hard to get a hold of
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With thanks to Jacky Fleming...



I learnt some of it at
Self-defence and the rest
I made up myself



SH



Karakia Whakamutunga Closing Prayer

Kua ea ngā wawata

Our desires have been
met

Kua tutuki ngā hiahia

Our desires have been
achieved

Kua tau tātou katoa

We are all contented

Tihei mauri ora!

Celebrate life!