



## Workshops for women and men with disabilities

### Subject:

Knowledge about sexuality and sexualized violence improves the self-esteem and the ability for self-determination. Women and men who know about their body and understand their feelings are more likely to recognize a border violation and talk about it.

### Objectives:

By receiving information about sexuality and violence, women and men are empowered to get help in case they suffer violence.

### Content:

- What is sexuality? Female and male body; puberty, How does sex work?
- Where do babies come from?
- How to use contraception?
- You and me and we! Relationships and differences between different kinds of relationships
- My body – my rules! – My personal boundaries, your personal boundaries
- What is sexual violence, how can I protect myself, where can I get help?

### Methods:

Body exercises, worksheets, films, games, reflexion, ...

### Timeframe:

By agreement

### **Framework:**

- Date and place by agreement
- Ideal group size: 6 to 10 persons per group, women and men separated

### **Costs:**

- € 80 per hour

### **Please note:**

**There is also a contingent of sponsored trainings and workshops. For information about conditions and capacities please contact us!**



**Hazissa**

**Karmeliterplatz 2**

**A-8010 Graz**

Tel: +43(0)316 90370 160 Fax: +43 (0)316 90370 166 Mail: [office@hazissa.at](mailto:office@hazissa.at) Home: [www.hazissa.at](http://www.hazissa.at)  
ZVR: 035916044 Bankverbindung: Stmk. Sparkasse IBAN AT322081500001046093 BIC STSPAT2G