

A STRONG, NATIONWIDE NETWORK

A campaign by the DOSB with...

...the martial arts federations:

- German Aikido Federation · www.aikido-bund.de
- German Judo Federation · www.judobund.de
- German Ju-Jitsu Federation · www.ju-jitsu.de
- German Karate Federation · www.karate.de
- German Taekwondo Federation · www.dtu.de

...the campaign partners:

- Federal Association of Municipal Women's Offices and Equality Centres
www.frauenbeauftragte.de
- Federal Association of Women's Advice Centres and Women's Emergency Hotlines
www.bv-fgg.de
- Federal Association for Counselling
www.lebenshilfe.de
- German Disability Sport Association
www.dbs-npc.de
- Women's Shelters Coordination
www.frauenhauskoordinierung.de
- UN Women National Committee Germany
www.unwomen.de
- WEISSER RING e.V. · www.weisser-ring.de
116 006 is the WEISSER RING toll-free, EU-wide victims hotline, which provides access to some 40 Weisser Ring volunteer support workers daily from 7 am to 10 pm.



WWW.HILFETELEFON.DE

Confidential, free of charge, available in multiple languages, around the clock – the counsellors can assist with all matters involving violence against women – by telephone, email or chat service. The hotline has been set up by the German Federal Ministry for Family Affairs, Senior Citizens, Women and Youth at the Federal Office for Family Affairs and Civil Society Matters.

This publication has been presented to you by:

Further information is available at our sports clubs
and at www.aktiongegengewalt.dosb.de.

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STRONG NETWORK AGAINST VIOLENCE: No violence against girls and women!



Cover picture: © by Regina Halmich

A campaign by the DOSB with
the martial arts associations
and campaign partners

A CAMPAIGN BY THE DOSB



Dr. Petra Tzschoppe
DOSB Vice President
Women and Gender Equality

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“Strong network against violence: no violence against girls and women!”* – with this campaign we take a stand against all forms of violence – whether physical, psychological or sexual! The latest figures from the “Violence against women survey” conducted by the European Union Agency for Fundamental Rights in 2014 reveal how urgently action like this is required. More than one in three women in Germany has experienced physical and/or sexual violence since the age of 15. Sixty percent of women have been sexually assaulted. The DOSB sees this as a clear motive to start advocating a sports culture which precludes any such violence, and is instead defined by respect, appreciation and considerate interactions.

The name of our campaign shows we are not acting alone, but are rather assisted by important partners – because we’re even stronger together!

Networking between like-minded participants at a regional and local level in particular further multiplies our scope for action. That’s why I’m calling on our sports clubs to get involved, educate, and network! Violence against girls and women affects us all, and we want to work together to forge a tight network which prevents any form of violence!

Petra Tzschoppe
Dr. Petra Tzschoppe

*Until 2014, the campaign was titled “Violence against women – not with us!”.

AIMS OF THE CAMPAIGN

- Commitment to the Zero Tolerance principle for violence
- To develop and offer assertiveness and self-defence offerings
- To strengthen self-confidence and self-awareness through sport
- To improve physical fitness and general well-being
- To publicise and interlink preventive offers to protect against violence
- To incorporate local help and advice centres



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Assertiveness

Assertiveness exercises promote a self-confident and self-aware demeanour and a conscious use of voice, gestures and stance.

Self-defence

Self-defence exercises train an individual's own perception, promote a realistic assessment of situations and teach effective defence techniques against physical attacks.

Self-confidence

Targeted, holistic assertiveness and self-defence offers raise awareness of boundaries being crossed, enhance self-confidence and a willingness to defend oneself and increase the repertoire of possible action against attacks.

CAMPAIGN PATRONESS REGINA HALMICH:

“Sports boost confidence and self-esteem – get involved and set an example: You are. We are. Together we are strong!”



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