

# Empowerment Seminars

Preventing sexual violence  
against women with learning difficulties

# Ninlil – Empowerment and counseling for women with disabilities

Kraftwerk – Against sexual violence on women with learning difficulties (since 1996)

- Individual counseling and group counseling for women who have experienced sexual violence
- Empowerment seminars and groups
- Counseling and training for people who work with women with learning difficulties

Zeitlupe – Peer-Counseling for women with disabilities (since 2012)

# Sexual violence against women with learning difficulties

- Women with learning difficulties experience sexual violence far more often than non-disabled women
- Perpetrators exploit the fact that the living conditions of women with learning difficulties restrict self determination

# Empowerment means ...

- Developing inner strength
- Exploring and expressing own wishes and needs
- Coming to own decisions

## Guiding principles

- Independent Living
- Feminism

# Figures for seminars for women with learning difficulties

- 10-14 workshops per year
- Duration: 2-4 days, 6-8 hours per day (mostly weekends)
- 3-6 participants
- 2 facilitators

# Topics and contents for seminars for women with learning difficulties

- self-experience and self-awareness as a woman and as a woman with a disability
- women's health topics
- body awareness
- sexuality
- feminist self defense