El HaLev
Building Safer Communities

WE ASKED OUR GRADUATES

ABOUT OUR EMPOWERMENT SELF DEFENSE PROGRAMS

THIS IS WHAT THEY HAD TO SAY*

82%

reported that the course gave them very effective practical tools to defend themselves in case of an assault or boundary crossing.

87%

reported that the course had a strong positive effect on them.

And if we take a closer look, we can see that the impact that ESD programs have is far broader, significantly contributing to

strength and empowerment in all areas of life,

beyond dealing with violent and dangerous situations.

78%

reported that the course significantly strengthened their belief in their ability to face challenges

76%

reported that since the course they feel more self confident in general

76%

reported that the course strengthened their overall self-esteem

WHAT DO THESE FINDINGS ACTUALLY MEAN FOR WOMEN'S LIVES?

In relationships:

"**I dealt with a situation of needing to set boundaries while being sexually intimate** with a guy who crossed my line. He took responsibility and apologized, and when he asked that we keep seeing each other I stood my ground and said no"

In social circles:

"At a party, this guy came over and started grabbing me. **I stood tall**, looked him straight in the eyes and said: **Take your hands off me now!** He was shocked by my assertiveness and immediately took his hands off."

In family situations

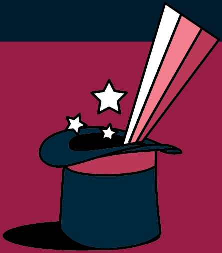
"There was a person in my life that degraded & belittled me, **and the course inspired me to confront him** and eventually cut him out of my life"

In the workplace:

"I feel safer at work, for instance , if I'm being mistreated. My old boss used to raise his voice at me. I went to him and told him that this is not ok with me. **Before, I didn't have a voice & I would keep things bottled up.** I made a decision to speak up and set boundaries, and it felt really good."

In the public sphere:

"I pushed away someone who clung to me on the street at night. He let go pretty quickly so I didn't need to use (any more) techniques from the course, but I **had the confidence to push him off of me."**



WHAT DO THE RESEARCHERS SAY?

Findings from the survey show a strong positive impact on most of the course's participants over a 5 year timeframe. The effects manifested in the ability to set boundaries, the confidence to handle threatening situations, and an overall beneficial influence in the graduates' lives."

The wide variety of examples shared by the graduates regarding situations in which they used the tools they were taught, gives significant validity to the statistics. Graduates very openly shared different situations of threats, exploitation, assault, harassment and more, and described how they utilized the skills they learned. The examples illustrate how tools and skills such as walking confidently, using their voice, setting boundaries, being assertive etc. can significantly change an experience of victimhood to an empowering one.

According to the survey's findings, it is recommended that every woman in Israel should go through this process"

▷ WHAT ELSE DID WE LEARN? ◁

While the findings are impressive and exciting, there is a great demand for refresher courses, additional practice and advanced courses, since there is a gradual wearing-off of the sense of empowerment and capability that the courses provide.

We are on it!

* Data and analysis from a Customer Satisfaction Survey conducted by Do-Et Research Institute on November 2020 among El HaLev's Programs Graduates in the past 5 years

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