



**Yehudit Zicklin-Sidikman**

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## Quotes

*"I am ANTI-violence. First and foremost I am ANTI anyone being violent towards me."*

*"My life matters. And it is okay for me to stand up for and take care of myself."*

*"I believe that our greatest gifts are our bodies and souls and it is our responsibility to treat them well."*

*"Empowerment is about learning how to use MY body, MY voice, to the best of my ability, to keep ME safe."*

*"To feel safe on a day to day basis and to know that you have tools to respond to dangerous situations is about quality of life."*

*"Judo helped me find my body. Feminist self-defense helped me find my voice. Empowerment Self Defense helped me find my calling."*

*"We are addressing people's fear of walking through the world and facing anyone who wants to silence them."*

*"We have the opportunity to create the cultural shift we need to build a safer future. If we can teach children to set and respect boundaries, understand the concept of consent, we can raise adults who will command respect by treating the world around them with value and with love."*

*"Learning to defend ourselves isn't about gender or taking sides. It's not about being violent. It's about defending our right to set and enforce the boundaries that keep us emotionally and physically safe."*