



Awareness concept

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1 Introduction

Tanzquotient wants to pass on the joy of dancing to as many people as possible and create spaces free of discrimination and violence. Dancing is a contact sport. Precisely because of this physical contact, it is all the more important to be aware of one's own boundaries and to communicate them, but above all to respect the boundaries of other people. Not all contact is okay - both physically and mentally.

Bullying, harassment, discrimination or threats and violence in any form will not be tolerated by Tanzquotient. Tanzquotient does not tolerate discrimination in the form of racism, sexism, homophobia, queerphobia, transphobia and ableism. The Tanzquotient does not tolerate the devaluation of religious or political views or physical, psychological or sexual assault.

2 You don't feel comfortable? A boundary has been crossed?

If you do not feel comfortable, if one of your mental or physical boundaries has been crossed or if you have been discriminated against and you would like to report this to us, you can inform the relevant contact persons (see below) and they will support you.

You can also contact the board directly or via an anonymous form:

<https://docs.google.com/forms/d/1YVbyuko0b3Spq85VEU6FQeE9XmC7JzjHVLmtjyl2fCc>

Your contact details are not recorded by default. If you would like us to contact you, please indicate how we can reach you.

3 Contact persons

- Always: TQ board
- In dance courses: Teachers
- At Open Dancing: person in the red TQ T-shirt
- At Latino Open Dancing & at Noche T/Qba: person in the red TQ T-shirt
- At other events: Bar helpers



4 General

- Respect the boundaries of others. Only a YES is a YES. NO means NO. Hesitation or other non-verbal communication also means NO.
- If you realize that someone might need help: ask the person if they need help or get help.
- The person concerned defines when a boundary has been crossed. We all have different boundaries and experiences - what may be ok for one person may hurt and discriminate against another.

5 Dance posture

- Only dance as close as you *both* feel comfortable. If it's too close for you, push away or say something. If you notice that the other person is pushing away, let them. Don't force a close posture.
- Clarify with each person you are dancing with how much closeness is okay for you.
- If you don't feel comfortable, you can leave the dance at any time.

Tips for practice:

- When assuming the dance position: as the leader, offer your left hand to dance with. Don't pull the person towards you, but let the follower decide how close they want to get to you. If it is too close for you as the leader, take a step back.
- During the dance: As the follower, you can push against the leader's right shoulder with your left hand to gain distance.

6 In the dance course

- In the dance course, the teacher will regularly ask you to change dance partners. We recommend this as you will learn more and faster this way. For example:
 - New steps: Your partner may still be struggling with it, and the next partner has already understood the new step.
 - Leading and being led: different people have different styles. Leading different people and being led by different people is also a learning experience for you. With a new leader, you may suddenly realize what signal you were missing with your old leader.
- You don't have to change partners! Just take a step to the side and let the others pass you by.
- Both partners must agree to continue dancing together. If the other person wants to switch, respect that and switch.
- If a couple doesn't want to switch but wants to dance together, accept their decision (and skip them).
- If you don't feel comfortable with another student, tell your teachers. If you do not feel comfortable with the teachers, report this to the TQ board.



7 At events

- The (Latino) Open Dance (and all other events) is a place to dance. Of course you can meet new people, but don't use it primarily as a dating site.
- It's okay to turn down an invitation to dance. No one can force you to dance. If someone turns down an invitation, accept the no and don't force yourself on them.
- If you don't feel comfortable, contact an awareness contact person who will support you in the situation. You can choose whether this is a woman or a man. If you know a person from the board, you can of course also contact them directly.

8 Awareness at ETH

ETH also offers you information and contact points on the subject of harassment and discrimination at <https://respekt.ethz.ch> and help.vseth.ethz.ch.