

In empowerment workshops, the "story of my name" is a nice exercise to come into conversation with the other participants about your own biography and discover similarities with the others.



...and my name is Mamadou!  
This name also comes from Muhammad,  
It is very popular with the Muslims in  
Senegal and the black community  
in France!

My first name is Mehmet,  
but everyone calls me Memmo!  
Mehmet is the Turkish version of  
Muhammad, the name of the  
Prophet and means blessed!

A publication from:  
**Netzwerk gegen Diskriminierung**  
**ADBs für NRW**  
[www.nrwgegendiskriminierung.de/adbsnrw](http://www.nrwgegendiskriminierung.de/adbsnrw)

in cooperation with:  
**baraka – a place for**  
**international lesbians, gays & friends**  
[ww.baraka-online.info](http://ww.baraka-online.info)

Text und Illustrations:  
Sanata Nacro | [www.instagram.com/sogomala/](https://www.instagram.com/sogomala/)

Formatting:  
Hartmut Reiners/ARIC-NRW e.V.  
[www.aric-nrw.de](http://www.aric-nrw.de)

Funded by:  Antidiskriminierungsstelle  
des Bundes



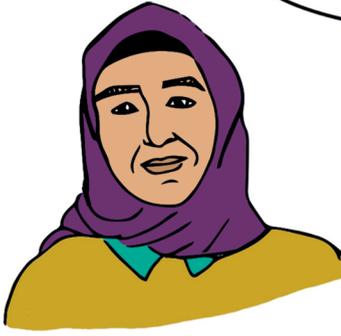
# Empowerment against



# discrimination

**ADBs für NRW!**

To love a woman and be a Muslim is not a contradiction.



It is still difficult to have a proper discussion about wanting to live my sexuality openly, with men and / or women and that I don't have the traditional dream of a small family! It is really nice to meet people here who have similar thoughts.



I thought it would be easier to fall in love with men in Germany.... but here, there is also a lot of homophobia.



It is important to have a place where I can make decisions and not be judged because I love men.

Being normal? What is that... people are obsessed in dividing the world into normal and abnormal. I want to have the freedom to be who I want to be, and to love who I want to love



I need more people around me who, like me, want to talk about life as a trans person.



Being discriminated against is always painful and it gives the victims the feeling that they are alone. People who migrate to Germany often have the experience of being worthless and isolated, also in the countries from where they arrived. Unfortunately this repeats itself in Germany too. That is why a safe place is needed where people can talk about their experiences with homophobia, sexism and racism and where they can build a community in order to support each other.