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Introduction

Welcome and thank you
This training is for girls in middle school and up
The importance of having fun
Steps you can take to help younger children
Program justification and research foundation
Quick overview of self-defense techniques (video)
Your input is requested!
Assessment

Module 1: The Quiz

Purpose of “the Quiz”
Ted: law student
 Key lesson: trust your instincts
Mark: actor
 Key lesson: bad people can seem good
Ketrell: homeless
 Key lesson: help others / improvise a weapon if attacked
Molly: philanthropist
 Key lesson: keeping secrets from your parents = trouble
Daren: fire chief
 Key lesson: bad people can be charming
Jorge: priest
 Key lesson: bad people can be in positions of authority
The Quiz (video)
Assessment

Module 2

Criminals are always responsible for their own acts
Why we must teach self-protection & awareness
Most crime can be avoided
Rationalizing away signs of criminal behavior
Criminals use compassion against us
Criminals do not fight fair
How to avoid freezing if attacked
Using your voice
Statistics favor resistance over compliance
Contrasting experiences
Eye and nose test (video)
Assessment

Module 3: Statistics made real

- 43% will be sexually assaulted (lifetime)
- 10% will tell a parent
- 60% will tell a friend
- 40% of “friends” disbelieve or blame the victim
- How to react if told
- Victim-blaming (video)
- Assessment

Module 4: Common scenarios

- The internet
- Girls lured using the internet (video)
- Boys lured using the internet (video)
- No computers or devices in the bedroom!
- Parking lots and cars
- Kidnapping tricks & what to do
- Laws that protect you
- What to do about harassment
- Clothing choices
- Assessment

Module 5: Alcohol & Drugs

- Just say “no”
- Alcohol equivalencies
- Alcohol quiz
- Checking the label
- An old problem
- A new way of thinking
- Extending the Halloween candy rule to alcohol at coed parties
- Assessment

Module 6: Domestic and Dating Violence

- Recognizing an abusive relationship
- Escaping an abusive relationship
- Assessment

Module 7: Being Pinned

- What to do if someone is on top of you
- Case study (video)
- Pinned against a car (video)
- It doesn't take much to disable a man (video)

Assessment

Module 8: Weapons

What to do if someone pulls a gun on you
Effectiveness of various weapons in defense
How you walk can deter attacks
Assessment

Defensive techniques video