



PERSONAL SECURITY TRAINING

HARM REDUCTION SEMINARS

FOR INDIVIDUALS, GROUPS, BUSINESSES, AND ORGANIZATIONS

HARM REDUCTION EDUCATIONAL SEMINARS

EDUCATION FOR ALL: VIRTUAL & IN-PERSON

PROTECTING YOUR LITTLE GIRL (1 hour)

This course is designed for parents and guardians determined to protect and empower their elementary aged girls against assault, abuse and trafficking. Uncover how predators gain her attention and how to develop a safety plan that offers you and her control and confidence. Match the tools that help her predict predatory behaviors with age appropriate ways to talk to her about recognizing dangerous situations and getting to safety quickly. We will share practical tips for building her confidence, awareness, and decision-making skills that can be taught with one trip to Chick-fil-a! Training her at this age is not only critical, but fun, and the benefits will last a lifetime!

THE MIDDLE SCHOOL MIND (1 hour)

Let's face it, middle school is an adventure for kids and their parents. This course is designed for parents and guardians determined to protect their middle school girls while navigating the dangers that are unique to this particular age group. Participants will learn the essential skills to protect her life, to recognize the signs of unhealthy relationships, and the dangers hidden in social media and beyond. Gain the skills to help her predict predatory behavior with age appropriate ways to talk to her about it and learn how to develop a safety plan that offers confidence for everyone. We will share practical tips for building her confidence, awareness, and decision-making skills through conversation that serves to strengthen your relationship with her.

10 Critical Skills to Save Your Life (1.5 hours)

Learn how our bodies perceive danger before our conscious minds do and 10 critical skills that help protect us all from violence. In this course designed for women and girls ages 16 & up, we will discuss situational awareness, risk reduction, how to get more time in an emergency, predatory behaviors and how to counter them, and available resources. We will also learn how we use our strengths against an attacker's weaknesses to neutralize threats and get to safety.

College Essentials (1.5hours)

Designed for college students to learn the essentials of protecting body and mind, this training teaches participants to recognize potentially dangerous interactions with minimal information, the 5 most common tactics used to prey on women and how to counter them, situational awareness/risk reduction, how to get more time in emergencies, and their strengths that can be used against an attacker's weaknesses in order to neutralize threats with maximum impact in the shortest amount of time. Participants will also learn how to find, support, and foster safety initiatives on campus and drive forward new ones.



RECOGNIZE RESPOND REFER

PROFESSIONAL TRAINING SERIES

FOR MEDICAL, LEGAL, EDUCATION, & LAW ENFORCEMENT COMMUNITIES

RECOGNIZE, RESPOND, REFER

EDUCATIONAL TRAINING SERIES FOR PROFESSIONAL COMMUNITIES

Medical Personnel (1.5 hours)

This dynamic training provides healthcare communities with accessible, practical and tangible solutions when working with survivors of violence. Medical professionals play a critical role in the lives of survivors but face complex barriers when doing so. "Recognize, Respond, Refer" provides concrete tools to manage the myriad of complexities within these cases by addressing the challenges for both patients and providers. With hurdles like time constraints and limited resources addressed, participants uncover key physical and behavioral indicators of abuse, comprehensive screening tools, trauma informed response protocol, and referral solutions that help ensure continuity of care by specialists long after first interactions. Your medical community should feel confident in their ability to care for some of the most vulnerable among us in ways that lead to safety and successful long-term health outcomes. "Recognize, Respond, Refer" training ensures they do.

Legal Counsel (1.5 hours)

For legal professionals pursuing justice, dependable client interactions and information sharing are critical to a cohesive case. This presentation identifies the ways in which trauma impacts the civil legal cases of survivors of violence in general practice and cases specifically related to the abuse. The discussion provides practical application skills assisting attorneys in partnering with their clients and more effectively representing them. The process in which a survivor must engage to achieve legal objectives can trigger the effects of trauma, making it difficult for them to fully participate in their case. Understanding, and successfully being able to identify symptoms of trauma, allows attorneys to use their time and resources more wisely through subtle approach adjustments producing a more cohesive case. "Recognize, Respond, Refer" equips legal professionals with the tools to represent their clients in both productive and conclusive ways.

Law Enforcement (1.5 hours)

This training provides law enforcement agencies with the tools to develop effective and comprehensive intake processes when working with survivors of violence and establish investigative strategies that maximize victim and officer safety while building prosecutable cases that hold perpetrators accountable and provide justice for both the community and survivor(s).



PERSONAL SECURITY TRAINING

PHYSICAL SELF DEFENSE COURSES

FOR INDIVIDUALS, GROUPS, BUSINESSES, AND ORGANIZATIONS

SELF DEFENSE TRAINING FOR WOMEN AND GIRLS

AGES 5 & UP: IN-PERSON ONLY

SASSAFRAS (1.5 hours / Elementary School Girls & Their Mothers)

Designed for elementary girls and their mothers or female guardians, this course feels more like play than preparation. Girls are taught to trust their instincts, recognize manipulative behaviors and use their voice with new physical skills to run, yell, and tell in order to get the help they need. Advocating for oneself, physically and mentally, begins here.

MISS INDEPENDENT (2 hours / Middle School Girls)

This course teaches middle school girls to recognize the signs of unhealthy relationships and the dangers hidden in social media. Participants learn to use their voice, recognize their own worth, and fight back if needed, with precision and determination, to get to safety and help quickly.

SASS 1 (2 hours / Ages 15 and Up)

Participants are trained physically and mentally for the most common threats to their safety from simple grabs to complex strangulation scenarios. This course is paramount to creating a community of women and girls who know they are worth the fight!

SASS 2 (2 hours / Ages 15 and Up)

Women and girls review material from SASS 1 and learn additional physical and mental skills to safeguard them from ground attacks and numerous abduction scenarios. This course builds on the power and purpose discovered in SASS 1.

SASS ELITE (2 hours / Meets for 8 weeks; Ages 16 and Up)

Experience both SASS 1 and 2 plus defensive tactics and awareness against the behaviors of criminal minds. Additionally, experience extensive physical training including threats to safety involving guns, knives and multiple assailants. This course is also offered as a semester long, for-credit course at select Colleges and Universities.