



YOUR BEST DEFENSE

A Self-Defense Workshop for Teens and Women

institute for *girls' development*®

Friday, April 3
5pm - 7pm / \$40

Led by Lauren Roselle

Founder & President of Esteem



We're excited to partner with Esteem to offer this dynamic, interactive workshop featuring skills for avoidance, deterrence, and resistance of physical and verbal assault. It also covers frequently asked questions regarding personal safety and assault prevention.

**Register on our website or
learn more at
626-585-8075 ext. 121
or PPhobey@IFGD.care.**

Training includes:

AWARENESS

Understanding and listening to "The Creepy Feeling"
Safety techniques for school and travel

ASSERTIVENESS

How to say "No" / Setting and enforcing boundaries
Body language / Effective responses to being followed
Interactive role-plays

PHYSICAL TECHNIQUES

Response to frontal attack / Strikes to target areas
Easy-to-learn moves