

**Empower The Girls We Love With Simple Practical Skills They Can Use To Make Themselves Safer!**

Empower the Girls We Love: Personal Safety Training 101 is an exciting new program geared exclusively for high school or college aged girls. I'm sure as a parent, a loved one, or an educator; you'll agree that there is nothing more important than preparing girls with life skills they can actually use. This 2 1/2 hour program is an excellent way to provide girls with the confidence-building, practical tools to protect themselves should the need arise. The material is presented in a clear and easy format that's fun to learn.

Join SAM as we learn to deal with some tough life situations with **Empower The Girls We Love: Personal Safety Training 101**. We will teach girls how to handle threatening real life situations before they become dangerous and out of hand. Don't wait, take action today! Register now or call 954-255-6300 to schedule a program at your location.

[www.samprograms.com](http://www.samprograms.com)



THE  
GIRLS  
WE LOVE  
ARE AT  
RISK

*Reduce the Risk*



## 95% of Attacks

Are Unreported,  
Making Sexual Assault  
The "Silent Epidemic."

Every 2  
minutes,  
someone  
in the U.S.  
is sexually  
assaulted.

Approximately **1 in 5 female high school students** report being physically and/or sexually abused by a dating partner.

**13% of women are stalked** during the academic year, and each stalking episode lasts an average of 60 days.

90% of women know the person who **sexually assaulted** or raped them.

Females ages 16-24 are more vulnerable to intimate partner violence than any other age group, at a rate almost triple the national average.

**College women are most vulnerable to rape during the first few weeks of the freshman and sophomore years.**

71% of rapes  
are **planned**  
in **advance**.

*Reduce the Risk*

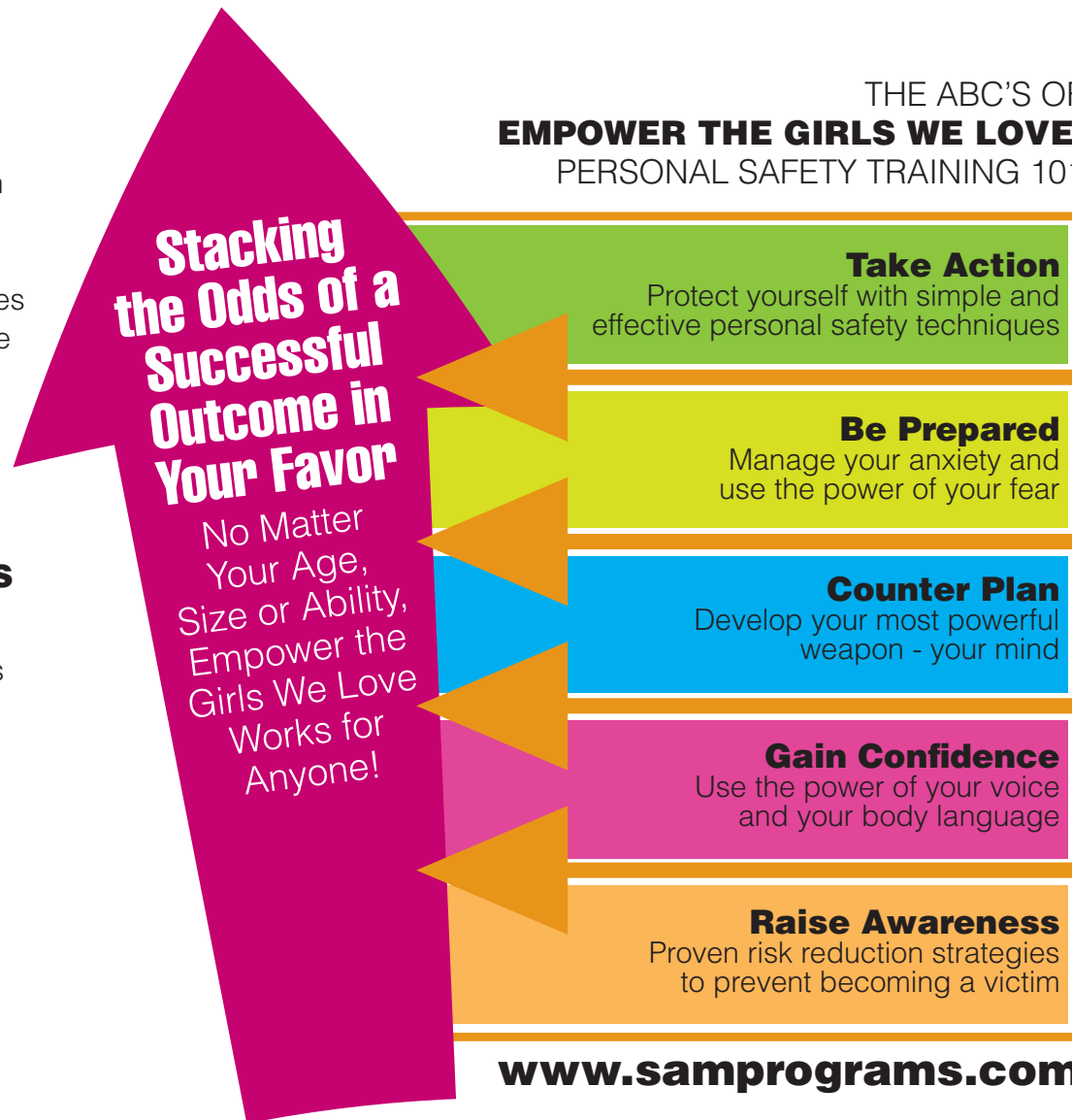
### WHAT IS EMPOWER THE GIRLS WE LOVE: PERSONAL SAFETY TRAINING 101?

Empower the Girls We Love: Personal Safety Training 101 is a training program developed by SAM with the safety of High School and College girls in mind. The two and a half hour program is designed to empower teens and young women alike by giving them practical skills and preventative strategies needed to identify, avoid and survive a confrontation. Imagine the PEACE OF MIND you will experience when you know your loved ones have the ability to be their own protector! Take away real-life skills with proactive solutions to reduce the risk of becoming a victim.

### LEARN LIFE SKILLS WITH EMPOWER THE GIRLS WE LOVE: PERSONAL SAFETY TRAINING 101

We provide the skill sets to effectively deal with various levels of confrontation and to find assertive solutions to whatever challenges you or your loved one may face. With a low training time and high retention, we present information in a clear, concise training format so you can easily walk out of class and immediately implement the strategies.

We are here to help you build a safer tomorrow. Contact SAM TODAY to set up a program at your location, or find a class near you 954-255-6300.



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