

Young Women, Ages 16-24, experience the highest rates of relationship violence.

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

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

One out of four women will be sexually assaulted on a college campus

95% of Attacks

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

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

Reduce the Risk

71% of rapes are planned in advance.

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

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

Empower the Girls We Love: Personal Safety Training 101 is a dynamic and interactive training program geared toward all women, with a focus on high school and college aged girls. This 3 hour program is an excellent way to build confidence, raise awareness, learn how to avoid dangerous situations and provide practical self-defense skills to protect personal safety and manage physical confrontations. 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.

THE ABC'S OF EMPOWER THE GIRLS WE LOVE: PERSONAL SAFETY TRAINING 101



www.samprograms.com

Preparing loved ones with practical life skills is a MUST!

Whether the girls we love are heading off to college, planning a trip or simply going out and about on the town, their greater independence brings a new responsibility of keeping themselves safe. Preparing our loved ones with life safety skills as they mature is a MUST, as much as giving driving lessons!

Join SAM to gain valuable life skills and learn how to deal with real life situations with **Empower the Girls We Love: Personal Safety Training 101**. Increase your confidence, reduce your risk, raise awareness and develop a plan to increase your chance of successfully handling threats before they get out of hand. Don't wait, take action today! Call 954-255-6300 to schedule a program for your group or school or check out our schedule of classes at: www.samprograms.com

**THE
GIRLS
WE LOVE
ARE AT
RISK**

Reduce the Risk



EMPOWER
the GIRLS

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WWW.SAMPROGRAMS.COM