

**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.

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

**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.**

### 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 three hour program is designed to empower teens and woman 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.

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



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

**Prepare you loved one with practical skills they can use to make themselves safer!**

Empower the Girls We Love: Safety Training 101 is a dynamic and interactive program designed for women, with a particular focus on high school and college age girls. Parents and educators agree that there is nothing more important than preparing women with life skills that could save their lives or prevent them from becoming a victim. This 3 hour program is an excellent way to build confidence, raise awareness and provide practical skills to protect personal safety. The program is fast-paced, exciting and easy to follow, no matter your age, size and ability.

Join SAM to learn how to deal with real life threatening 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! Register now, or call 954-255-6300 to schedule a program for your school or group.

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



THE  
GIRLS  
WE LOVE  
ARE AT  
RISK

*Reduce the Risk*