



# ASSAULT PREVENTION + SELF DEFENSE TRAINING

An empowering training teaching tools to recognize & deter unsafe situations in the real and virtual worlds.

This training is:

Evidence-based  
Research-based  
Survivor-informed  
Trauma-informed

A streetwise approach to personal safety - providing life skills be more confident and safer in the world.

## LEARNING OBJECTIVES:

- Intrinsic Value of One's Self
- Situational Awareness
- Sexual Assaults - defined
- Exploitation - defined
- Top Recruitment Tactics/Schemes
- Inhibiting Effects of Alcohol/Drugs
- Campus Safety
- Bystander Awareness
- Recognizing Red Flags
- Safe Dating
- Streetwise - Awareness
- Scenarios

Includes a break out session with tactical, self-defense demonstrations.



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