



# 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 PHobey@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