

# Self-defense for Women

**Classroom, 2nd floor**

**Bldg 5E**

**19 February 2011**

**0900 – 1200**

- Sexual assault - myths & facts
- Personal safety
- Assertive techniques
- Personal defense
- More

*Instructor: Kat Wager*

**Center for Community Solutions**

*BHS sponsored*

**Space is limited - sign up mandatory**

**To register call**

**619.524.0465**



*Personal safety is a set of awareness, assertiveness, verbal confrontational skills, safety strategies and physical techniques that enable a person to successfully avoid, prevent, escape and survive violent assaults.*