

SMART AND SAFE PROGRAM (STRANGER AWARENESS)

Topics covered in the 2-hour *SMART AND SAFE* program:

- Stranger Recognition (good stranger or bad stranger)
- Tricks and Scams.
- Empowerment (confidence and self-worth).
- Personal Space.
- Private Parts (swim suit coverage).
- Good-Bad-Uncomfortable Touch.
- How to Get Help.
- Defense Against Abduction.
- Recognition and Defense Against Bullying.
- Self-Realization of Personal Power (physical and emotional).

Benefits Gained:

- Better grades.
- Thoughtful choices in social setting (choosing friends).
- Increased physical strength and agility.
- Taking an interest in their safety and future.

Items They Receive:

- Smart and Safe coloring activity booklet or Empowerment Journal
- Red Smart and Safe wristband.
- Self-Defense patch for their sash.
- Certificate of Completion.
- Letter of Acknowledgment to the Scout.
- Parent's Letter of Support.

**(Girls ages 5 years to 18 years.)
20% Non-Profit Discount**

The Women's Self-Defense and Empowerment Group

www.Selfdefense4life.com info@Selfdefense4life.com

PJ's for Peace

SELF-DEFENSE FOR THE BODY & MIND

Open To All 6TH-8TH Grade Girls

2-3 hours, get your Troops together to make new friends and learn socialization skills.

- ***Learn risk and protection strategies.***
- ***Build mental and physical empowerment.***
- ***REAL practice using your personal arsenal.***
- ***AMAZE Journey requirements included****
- ***FUN and munchies!***
- ***Bring your pillow, sleeping bag & phone!***

Discounts for larger groups.

This program completes the Cadette Journey book AMAZE, except the Take Action Project and final celebration. Completing a Journey is a pre-requisite for the Girl Scout Silver Award.

Your Troops Provide:

****Location.***

****Registry.***

****Scouts and Volunteers.***

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