

## **Teen Girl's Self-Esteem and Self-Defense Program**

This program is for girls ages 12 to 17 years. Our program is designed to increase self-esteem by reinforcing their importance in the world. We cover topics of health, fitness, and nutrition as it relates to a healthy, empowered and confident lifestyle. Tools to effectively deal with uncomfortable social situations relating to teen dating and bullying are also integrated in the self-defense technique portion of the program.

Topics covered in the program:

- **Dating Violence**
- **Verbal Abuse**
- **Nonverbal Abuse**
- **Written Materials**
- **Physical Abuse**
- **Physical Intimidation**
- **Internet Abuse or Cyber Bullying**
- **Abuse of Property**
- **Stalking**
- **Sexual Harassment**
- **Inappropriate Sexual Behavior**
- **Sexual Assault**
- **Eating Disorders**
- **Healthy Diet**



Teen Girl program, 4 hours, \$99.00 per student.

Contact us to attend a class or WE CAN COME TO YOU!!