

WomenStrength

training in self-defense options



Safety for everyone!



WomenStrength Overview

- Founded in 1979 as a rape prevention program, Police Bureau Crime Prevention
 - First free self-defense program in nation
- Open to women and teenage girls of all ages and abilities
- Classes offered in community centers, SUN schools and community based organizations every month
- Classes created to be physically & emotionally safe
- Over 30,000 women trained in holistic self-defense skills



Volunteer Instructors



Each instructor completes 120 hours of training!

GirlStrength



- Founded in 2008
- For girls ages 8-17
- In-school and after-school Programs, camps & workshops offered year round (in community centers and organizations)

GirlStrength has taught violence prevention skills to approximately 2,750 girls



Safety Workshops

- Offered to any private group
- Introduce adults (co-ed option) to a variety of self-protective options in a short, non-physical, discussion format
- Taught over 60,000 men & women safety skills
- Challenges participants to
 - identify their risks,
 - evaluate their strengths
 - explore their options for dealing with the threat of violence



WomenStrength Course Topics

- Build confidence
- Learn skills in boundary setting & assertiveness (3 tiers)
- Identify prevention strategies
- Importance of intuition
- Physical & non-physical escape options
- Education about sexual assault, domestic violence and dating prevention & awareness



Contact Us

WomenStrength

Contact: 503-823-0260

www.portlandonline.com/police/WomenStrength

