



ATTENTION GIRL SCOUTS

Defend Yourself can help you be safer + more confident!

Defend Yourself supports the Girl Scouts in their mission to build girls of courage, confidence, and character. We want to join you in making the world a better place that's safer for everyone.

Defend Yourself has experience equipping kids, teens, and young adults with skills to stop harassment, abuse, and assault, from verbal strategies to physical techniques. No matter your age or ability, you can take steps **right now** to feel safer and stronger.

Defend Yourself has worked with dozens of Girl Scout troops to empower girls to stay safe. We believe in a life of more confidence, more safety, more freedom, and more fun!

We want you to thrive as a Girl Scout!

We can help you meet the requirements for many patches and badges, including:

Safety Awards for all levels (Daisies, Brownies, Juniors, Cadettes Seniors, and Ambassadors)

Defend Yourself can help you stay safe at school, in your neighborhood, and online. We have lots of real-life safety skills to share.

Daisy Petals

Defend Yourself can take your Daisy troop's safety knowledge to the next level and help them earn their petals, too!

Gold, Silver, or Bronze Awards

Self-defense workshops are a fantastic Gold, Silver, or Bronze Award project, and they have lasting impact. Defend Yourself has helped Girl Scouts earn their Gold Awards by sharing skills for stopping harassment, abuse, and assault in their communities. Here's what one Girl Scout had to say about her experience:

"I thought the workshop went really well, and I could tell the girls learned a lot about setting boundaries. I'm so excited for my Gold Award and I'm so happy that I incorporated Defend Yourself into my project!" – Girl Scout

Contact us to grow as a Girl Scout and gain skills you will use for the rest of your life! Learn more at www.defendyourself.org/girlscouts.

**Lauren R. Taylor ■ 301-608-3708 ■ lauren@defendyourself.org
www.defendyourself.org ■ @1defendyourself
<http://tinyurl.com/DefendYourselfFB>**