

# FREE! YOUTH SAFETY & SELF-DEFENSE SUMMER CAMP



**EMPOWERMENT-BASED  
TRAUMA-INFORMED**

**OPEN TO CIS AND TRANS GIRLS,  
LGBTQIA2S+ / NON-BINARY  
AGES 11 TO 14**

**HOLISTIC APPROACH...**

**TEACHING THAT PHYSICAL FIGHTING IS OUR LAST RESORT AND WE HAVE SO MANY  
OPTIONS TO CHOOSE FROM IF FACED WITH DANGEROUS SITUATIONS.**

## **A TOOLKIT OF OPTIONS**

**INCLUDED TOPICS SUCH AS**

**Using  
Intuition**

**Assertive  
Communication**

**Setting  
Boundaries**

**Escape  
Options**

**Strikes &  
Escapes**

**ATTEND THE CAMP THAT WORKS FOR YOU!**

**JUNE 24TH TO 27TH  
9:00 AM TO 12:00 PM**

**N. MISSISSIPPI AREA  
PORTLAND, OR 97217**

**OR**

**JULY 17TH TO 20TH  
9:00 AM TO 12:00 PM**

**FOSTER/POWELL AREA  
PORTLAND, OR 97206**