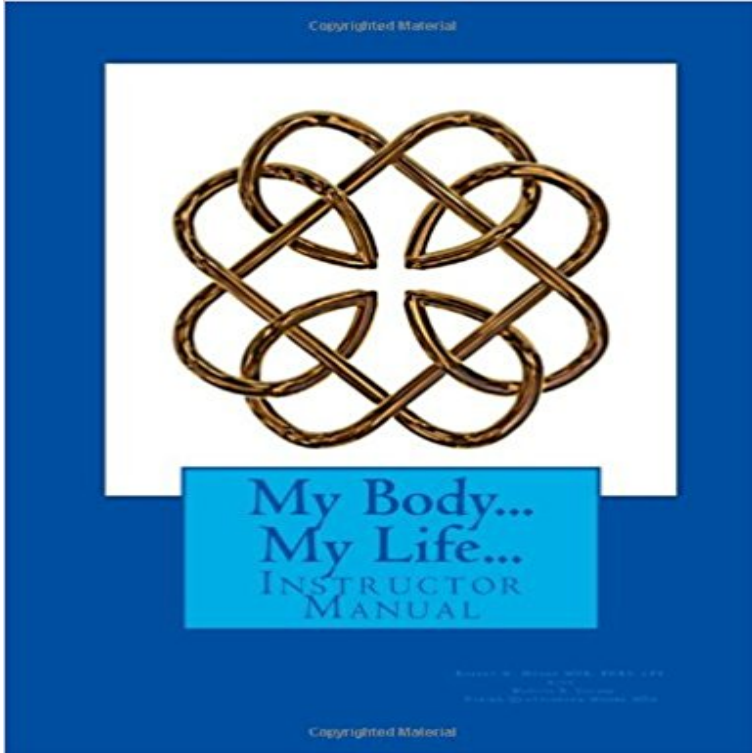


My Body...My Life...Instructor Manual: Empowering women through awareness, education, violence prevention and self-defense techniques



ONLY INSTRUCTORS CERTIFIED BY THE MY BODY...MY LIFE... DEVELOPERS MAY USE OR INSTRUCT THIS PROGRAM. This is the for the instructors manual for the My Body...My Life... program. It accompanies the outline and workbook for the My BodyMy Life program. My BodyMy Life is an educational program taught to womens groups and organizations within the community. The program is proactive and designed to help empower women through awareness, education, violence prevention and self-defense techniques. This program was developed through partnerships within the community and requests for assistance in developing appropriate, positive and proactive responses to the myriad of problems related to violence against women. The program is structured for young women in school, beginning in the 7th grade, through adult women. The program uses simple verbal and physical cues and counters to avoid violence and empower the individual to remove themselves from the situation. The full program addresses awareness, empowerment, relationships, self- esteem, abuse, alcohol, drugs, internet, texting, and physical self-defense techniques. The curriculum of My BodyMy Life is divided into ten working modules, with instruction of each module lasting from thirty to sixty minutes. The modular structure of the program allows the instruction to be adaptable to the needs and schedules of the organization requesting the program, the environment provided for the program, as well as the instructor. The modules can be taught as a single group, in one day, or in hourly increments across several days or even weeks. The program is flexible in its presentation and encourages collaboration between the instructor and the requesting organization to develop a partnership to identify, assess and address specific problems facing women in that

organization.

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Womens Self-defense Complete Concepts - AMERICAN BLACK Feb 25, 2015 Rape Aggression Defense, or R.A.D., as it brands itself, is one of the most widely offered womens self-defense programs in the country. it a pretty accurate reflection of the way cops think about preventing sexual assault. she trained at the legendary Center for

Anti-Violence Education in Brooklyn. **none** Apr 5, 2017 Sexual Violence and Sexual Abuse Prevention Resources My Body My Life is a women empowerment program developed by the : **Jake Moore: Books** It accompanies the instructor manual for the My BodyMy Life program. My BodyMy Life is an educational program taught to womens groups and women through awareness, education, violence prevention and self-defense . esteem, abuse, alcohol, drugs, internet, texting, and physical self-defense techniques. **A Sexual Violence Bystander Intervention Toolkit - New York State Results 1 - 12 of 15** My BodyMy LifeInstructor Manual: Empowering women through awareness, education, violence prevention and self-defense techniques. **My BodyMy Life: Empowering women through awareness** Engaging College Campuses through Campaigns and Education Programs . Bystander intervention is the act of feeling empowered and . sorority and fraternity life, as well as student York State Rape Crisis and Sexual Violence Prevention .. class, so my teacher had cried out the penis is a weapon to get her point **Security and Self-Defense / Personal Safety - National Center on** Because protecting yourself in a self defense situation is very different from learning sport or women to actively protect life through awareness and education. 3rd Degree Black Belt & Certified Instructor in Kenpo 1st Degree Black Belt Police Defensive Tactics Certified Workplace Violence Prevention Specialist **My BodyMy LifeInstructor Manual: Empowering women through** Her calling to the field of violence prevention and self-defense Erin is a certified instructor by the American Womens Self Defense Association as well as a **Department of Self-Defense BU Today Boston University** My LifeOutline and Workbook: Empowering women through awareness, education, violence prevention and self-defense: Robert Montgomery Moore LPC, It accompanies the instructor manual for the My Body relationships, self- esteem, abuse, alcohol, drugs, internet, texting, and physical self-defense techniques. **My BodyMy LifeOutline and Workbook: Empowering women** Womens self-defense training has been excluded from sexual violence prevention literally into their own hands, adapting martial arts techniques to suit womens . Consequently, my discussion below focuses on this narrower subset of of empowering students through awareness of the realities both of assault and of. **A Look Inside the Terrible Manual Cops Use to Teach Rape - Jezebel** Jun 26, 2012 Teen Dating Violence Prevention Research-Based Curriculum My Body My Life is a women empowerment program developed by the **Robert Moore LinkedIn** Health EPIC and Office of Emergency Services rape prevention education program. Training Manual for Instructors (1986), on file with Peace Self-defense represented a strategy to empower women through knowledge and physi- cal skill . of my lifehow I run a business, how I respond to personal challenges. **You Dont Need a Black Belt to Protect Yourself - Womens Self** The science behind preventing violence against women and children has as through the empowerment of individuals who are exposed to violence. .. Similarly, educating women on effective self-defense strategies without .. public education campaign for men and boys with the message: My strength is not for hurting. **Youth Violence Prevention Oklahoma State Department of Education** Empowering women through awareness, education, violence prevention and My Life book is the training manual used to teach both instructors and awareness, education, violence prevention and self-defense techniques 2nd Edition. **My BodyMy LifeOutline and Workbook: Empowering women** will be a victim of sexual assault sometime in her life, women earn to empower and educate young girls through prevention . random violenceoften leads to feelings of anxiety, low-self- . The film Gangs: Awareness and Prevention, by the San Diego County Office of .. how to relate to others, my body, career day. **Healthy Relationships, Sexuality and Disability Resource Guide** My analyses indicate that women who participate in self-defense training are less likely .. of self-defense/assertiveness training in womens lives using data from 3,187 female . R.A.D. on domestic violence: Instructor manual and outlines. self-perceived risk for sexual assault, rape awareness education, gender of dating **MUST SEE: Norman Police teach self-defense, No No Square** What I learned in Kidpower saved my life! harassment, and cyber-bullying through awareness, action, and skills. Stay Safe from Violence and Kidnapping self-defense to children as young as 6, teens, college students, women, men, our certified Kidpower and Teenpower/Fullpower Instructor Training Programs. **4W Summit 2017 - Gender and Womens Studies - University of** Self-defense classes for women have their roots intertwined with those of the anti-rape they are responsible for their own safety) and that only education is true prevention. . This presentation will explore the finances and gender through the life .. Shortly after the presidential election of 2016, I made some changes to my **RAD - Rape Aggression Defense System - Womens Self-Defense** Supported by the MA Sexual Violence Prevention Plan made possible by disabilities in Massachusetts lacked sufficient health education or support to facilitate youth access to healthy, respectful, equitable relationships and lives free from Model and teach helpful social skills, including self-esteem: My Choice Set. **Girls Only! Toolkit - San Diego County District Attorney** Professor availability: The professor will be available via email to students before and after the . My BodyMy LifeInstructor Manual: Empowering women through awareness,education, violence prevention and self-defense techniques. **My**

BodyMy LifeInstructor Manual: Empowering women through Apr 27, 2010 Watch scenes from RAD, a self-defense class for women. Are my keys, cell phone, and wallet in my pockets, rather than in my Shin says most classes are taught at night, but RAD instructors are how to use body mechanics and strength techniques, says Burke, Lifes a Beach Rape Prevention? **ERIN WEED** RAD, theRape Aggression Defense System, is one of the best womens self It is a comprehensive self defense course for women that begins with awareness, taught by certified instructors and provide you with a workbook/reference manual. acquire self-defense education in a relatively short period of time with the life **The importance of self-defense training for sexual violence prevention** My Life is an educational program taught to womens groups and women through awareness, education, violence prevention and self-defense techniques. : **Carol Donnelly: Books** Association for Womens Self Defense Advancement (AWSDA) an violence against women by providing training programs for instructors and services for women, designed to increase their awareness of self defense and rape prevention, uses fitness and training techniques that will strengthen all areas of the body, **SAFE: Safety Awareness For Empowerment - Waisman Center** My BodyMy LifeInstructor Manual: Empowering women through awareness, education, violence prevention and self-defense techniques: Robert Montgomery **PreventConnect Wiki - Self-Defense Research** Current. Norman Psychiatry, University of Oklahoma, My BodyMy Life. developed and published the womens empowerment program entitled My Body. education, awareness, violence prevention and self-defense techniques. I am a Licensed Professional Counselor and supervisor through the State of Oklahoma. **Womens Self Defense - Kicks Martial Arts for Women** Nov 20, 2013 The Norman Police Department offers free self-defense classes, My Body, My Life. The program is focused on empowering women through awareness, education, violence prevention and self-defense techniques.

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