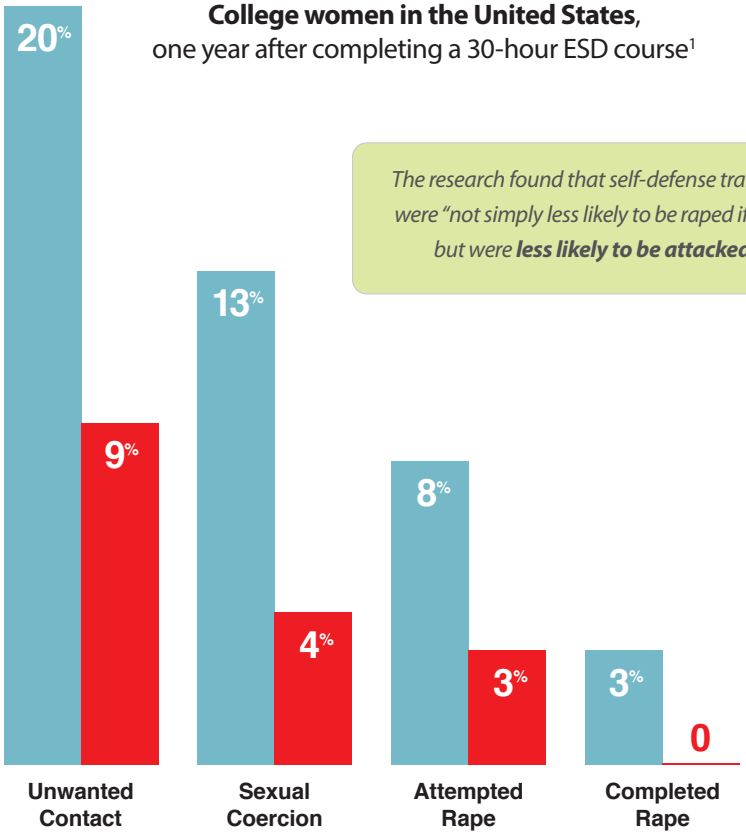
SELF-DEFENSE TRAINING REDUCES WOMEN'S RISK OF SEXUAL ASSAULT.

Empowerment self-defense training is the only sexual violence prevention strategy with solid evidence of effectiveness at reducing rates of victimization.

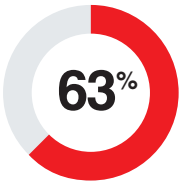
Recent studies reveal:

College women in the United States,
one year after completing a 30-hour ESD course[1]

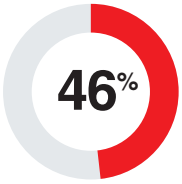


*The research found that self-defense trained women were "not simply less likely to be raped if attacked… but were **less likely to be attacked at all.**"*

University women in Canada,
one year after completing a 12-hour ESD program[2]



Reduced risk of Attempted Rape



Reduced risk of Completed Rape

Adolescent girls in Kenya,
one year after completing a 12-hour ESD course[3]



What is Empowerment Self-Defense (ESD)?

ESD is a comprehensive approach to violence prevention and resistance education that emphasizes awareness and assertiveness skills in addition to verbal and physical strategies. All of the strategies are easy to learn and highly effective in preventing or ending an assault. ESD classes are designed to empower women and build their confidence.

- National Women's Martial Arts Federation (NWMAF)



[1] Hollander 2014 | [2] Senn et al., 2015 | [3] Sinclair et al., 2013, Sarnquist et al., 2014, 2017

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