



We want everyone to feel **safe, strong, and respected** at all times.  
If that isn't happening, it's time for some self-defense!

## What is Empowerment Self Defense?

Empowerment Self Defense grew out of the women's empowerment movement of the 1970s and 1980s. It is grounded in theories about societal privilege and power (e.g. feminist theory, queer theory, critical race theory). It addresses the root causes of violence, as well as tactics to use when confronted with violence, abuse, or disrespect.

Self Defense has been shown to be an effective tool in primary prevention of violence against women and children, as well enhancing overall well being and self confidence.

### A self defense class should:

- Feel empowering
- Be physically and emotionally safe
- Not blame you or others who have been hurt
- Present options and choices (not tell you what to do)
- Use positive encouragement (not intimidation)
- Adapt techniques as needed so everyone can participate on whatever level they want to participate
- Address different types of violence/abuse (bullying, harassment, verbal abuse, psychological abuse, physical abuse, sexual abuse, financial abuse, etc.)
- Offer strategies to interrupt everyday disrespect or harassment (not just teach skills for "extreme" situations)
- Include a combination of physical, verbal, and mental skills that are easy to learn

### *Sounds great! Now what?*

- ★ Attend a workshop at Sun Dragon
- ★ Become a volunteer self defense instructor at Sun Dragon
- ★ Arrange a workshop at your school, community group, or workplace
- ★ Workshops available for preschoolers, kids, youth, adults, and older adults
- ★ Single gender as well as all-gender workshops available
- ★ Arrange a discussion group for parents, teachers, coaches, or other community leaders about ways to increase safety and respect
- ★ Arrange a safety consultation for your business or community organization (addresses physical safety issues as well as positive communication and conflict resolution)
- ★ Help spread the word about the value of empowerment self defense
- ★ "Like" Sun Dragon on Facebook and visit our website to know more about our work
- ★ Make a donation to support Sun Dragon's work so that empowerment self defense is available to all people, regardless of financial situation