“These workshops are more than just self-defense; it is self-awareness and a sense of confidence that our young people desperately need.”

-CPO, Boys & Girls Club of the Big Horns

**EMPOWER YOURSELF**

For more information on how you and your group can become “Empowered” or how to become a Kids Ambassador, contact Empower now!

**DONATE**

Please visit the DONATE page on our website for ways that you can support our mission of sexual assault prevention.

(307) 620-1511

info@EmpowerWyoming.org

www.EmpowerWyoming.org

Facebook.com/EmpowerWyoming

**ABOUT US**

Empower is a 501(c)(3) non-profit organization dedicated to ending violence through personal safety training which teaches individuals self-reliance, increases their self-esteem, and imparts practical self-defense skills.

Empower’s training is based on the IMPACT system. IMPACT is a personal safety, assertiveness and self-defense training program with chapters around the world.

Students learn through realistic scenarios: role-playing situations with a stranger or a familiar assailant, plus full-contact adrenalized fighting. Instructors wear body armor custom-designed for this type of training.

**SELF RELIANCE ESTEEM DEFENSE**

1-in-2 WOMEN will experience sexual assault in their LIFETIME; 1-in-4 GIRLS and 1-in-6 BOYS will be assaulted BEFORE the age of 18.

Empower provides effective prevention-based skills which serve as a lifetime resource benefiting students of all ages. Students include: children, teens, adult women, those with disabilities, and Native American communities.

“You have an amazing and very necessary program.”
EMPOWERED KIDS
Kids Ambassador Program (ages 6-13)
Great for schools, after-school programs, scout troops, church groups. Fun, interactive, high-energy role-playing games that teach kids:

- Personal Awareness
- Verbal boundary-setting with Strangers and Familiars
- How to identify & report to trusted adults
- Anti-bullying skills
- “Strike-and-Flee” self-defense

EMPOWERED TEENS
Tweens & Teens Classes (ages 14-18)
Perfect for schools, youth programs, summer get-togethers before starting high school or college.

- Say “NO” to peer pressure
- Intervene to help others
- Separate gender-specific modules for girls and boys
- Physical self-defense skills

EMPOWERED WOMEN
Self-Defense Workshops (ages 14-and-up)
Ideal for all women: high school, college, social organizations, business or corporate workshops, professional groups. Trainings can be adapted for physical or developmental challenges. Students learn how to:

- Set boundaries in social or work situations
- Clearly state what you DO and DON’T want
- Work through fear and stay safe
- De-escalate threatening situations
- Fight in an adrenalized state – and WIN!

NATIVE AMERICAN PROGRAMS
Native American women residing on reservations suffer domestic violence and sexual assault at rates far exceeding women of other ethnic groups and locations. Empower recruits and trains tribal members as instructors with the goal of providing reservation programs for children and adults, led by Native Americans who are experts in the field of sexual assault and violence prevention.

TESTIMONIALS
We love hearing these stories, because we as staff have often experienced the same benefits from Empower’s training. And seeing lives transformed – our own, as well as those of students – is what feeds our passion for this work.

“EVERY woman should take this – no matter what age.”

“It far exceeded my expectations and I was very impressed with the professionalism, efficiency, and content of the class.”

“I feel a lot more confident, especially with the verbal boundary-setting.”

“The students get so much out of the role plays and hands on experience that Empower provides.”