



# What Every Teen Girl Needs 2 Know

## Smart and informed teens make smart and informed decisions

Have you equipped your daughter with the necessary tools to make the right choices in every situation they may face? Even the situations that we as parents don't like to think about? Did you know that one in four girls will be sexually assaulted by the time they are 18 years old and 85% will know their attacker?

This informative and empowering program will help equip your daughter to recognize the warning signals and provide tools and strategies for her to enjoy a safe and successful teen experience. **As parents, this information will help give you the peace of mind knowing that your teen girl is ready for any situation that comes her way.**

### The program includes how to:

- Trust your intuition and other survival signals
- Initiate self-assertiveness skills
- Make smart decisions in any situation
- Cope with dating issues
- Use the internet wisely
- Recognize and increase your social awareness to keep you safe

<p><b>Camp Fee</b>  <b>\$59.00</b></p> <p><b>Family members of  2 or more \$49.00 pp</b></p>
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**About Your Instructor:** Christine Richards has instructed women and teens on how to avoid potentially dangerous situations and what to do if they find themselves in a life threatening position. She will share how not to be an easy target and how to reduce the chances of becoming a victim.

Christine holds a first-degree black belt in Shotokan (*Show-tow-can*) Karate. She has competed in numerous tournaments and represented the women's team for Southern England in international competitions.

**Workshop:** Friday, November 6th 2009 and Tuesday, December 22<sup>nd</sup> 2009

**Time:** 9:00am to 3:00pm (*bring water, snacks and lunch*)

**Locations:** *Lake Oswego and West Linn* (Please call for location)

**Registration**     ◆     **Space is limited to 20 Girls**     ◆     **Register Now!**

email: [Christine@blackbeltbizsolutions.com](mailto:Christine@blackbeltbizsolutions.com) or mail completed form to: PO Box 2322, Lake Oswego, OR 97035

Name: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_

Address \_\_\_\_\_

Tel: \_\_\_\_\_ email: \_\_\_\_\_

Check enclosed # \_\_\_\_\_ Visa/MC \_\_\_\_\_

Exp.date: \_\_\_\_/\_\_\_\_/\_\_\_\_ 3 digits: \_\_\_\_\_ Cardholder's Signature: \_\_\_\_\_

Cancellation Policy: Request for full refunds must be received 7 days before camp. After this date, there will be a \$10 fee.