



A personal safety & self-defense seminar for college students.

Because fighting like a girl is actually a very good thing!

girls FIGHT BACK!®



*Voted Best Female Performer 2009
by Campus Activities Magazine*

In this seminar students will learn:

- ★ An understanding that violence can happen, even on the safest campuses
- ★ What is intuition, and how to know when it's communicating with you
- ★ Ways to reduce the risk of being victimized and strategies for staying safe
- ★ Examples of boundary setting and how to convey strong body language
- ★ Practical and effective self-defense strategies any girl can use, regardless of size
- ★ Improvised weapons that every woman carries in her purse, and how to use them

To book a seminar, call 1-866-432-2423

As seen on...



HerStory



Shannon McNamara was born on June 21, 1979 and became an angel on June 12, 2001. It was because she chose to physically fight back that her killer was caught. He was taken to trial in February 2003, and was found guilty on all counts of home invasion, aggravated criminal sexual assault and first-degree murder. Two weeks later, the state of Illinois sentenced him to death. Today he sits on Illinois death row awaiting execution. In 2001, Shannon's friend, Erin Weed, founded Fight Back Productions in response to this tragic murder. With this new, harsh reality of violence against women fresh in her memory, Erin abandoned her career as a New York City television producer to study with the best violence prevention, personal safety and self-defense experts in the world. In 2002 Erin began speaking professionally and has since published a book, appeared in national news media, won many awards and trained a team of speakers based around the United States to get the message out that **women are worth fighting for!**

A few of our happy clients...

Boston College
Northwestern University
University of Maryland
Dartmouth College
Tulane University
University of Iowa
Carnegie Mellon University
University of Alabama
Clemson University
University of New Hampshire
Baylor University
University of Arizona
Old Dominion University
University of Tampa
Ball State University

References available.

About Our Speakers

GFB seminars are given by a team of professionally trained speakers and self-defense instructors based in regions across the United States. Trained under our Founder & CEO, Erin Weed, the speaker team is well educated in the areas of intuition, risk reduction, rape prevention, self-defense and public speaking. All are graduates of the Girls Fight Back Academy in Denver, Colorado. Learn more about them by visiting our website.

www.GirlsFightBack.com



The Girls Fight Back program was a very inspiring and empowering experience.

She presented in such a comedic way that had me laughing the whole time. GFB makes self-defense fun and personal!

-Tiffany @ Southern Illinois University

Statistics that may surprise you... (courtesy of www.RAINN.org)

- ★ Every two minutes someone in the U.S. is sexually assaulted.
- ★ College age women are 4 times more likely to be sexually assaulted.
- ★ Approximately 73% of rape victims know their assailants and only 6% of rapists will ever spend a day in jail.

Victims of sexual assault are: **3** times more likely to suffer from depression, **4** times more likely to contemplate suicide
6 times more likely to suffer from post-traumatic stress disorder (PTSD)
13 times more likely to abuse alcohol and **26** times more likely to abuse drugs.

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