



*A personal safety & self-defense seminar for teen girls.*

*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 in the safest places
- ★ 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...

Cary Grove High School  
St. Catherine's School  
Phoenix Military Academy  
The Vanguard School  
Deerfield Academy  
Lake Zurich High School  
Hudson School of Technology  
Watchung Hills  
Regional High School  
Center Grove High School

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](http://www.GirlsFightBack.com)



*The GFB seminar as a whole is top-notch and so easy to work with!*

*The speaker did a phenomenal job holding the audience's attention throughout the 90 minutes."*

*-Becky Lewandowski  
Teacher @ Lake Zurich  
High School*

### Statistics that may surprise you... (courtesy of [www.RAINN.org](http://www.RAINN.org))

- ★ Every two minutes someone in the U.S. is sexually assaulted.
- ★ Up to 47% of women report that their first sexual intercourse was forced.
- ★ 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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