

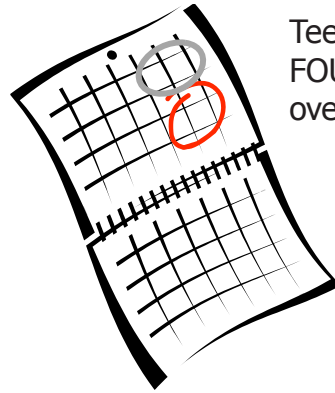
If you are a teen-aged girl, you have learned many things as you have become an independent young woman:

- You know how to get along with many different kinds of people.
- You know how to budget your money.
- You know how to get around the area where you live.
- You know how to succeed in school.

Would you know what to do if you became the target of abuse or an assault?

Did you know that . . .

- Approximately 1 in 5 students reports being physically or sexually assaulted by a dating partner.
- About 44% of rape victims are under age 18.
- Persons age 12 to 24 are violently victimized at rates higher than individuals of all other ages.
- In many case, the teen knows who the attacker is.



Teen IMPACT is a FOUR-DAY course over two weekends.

Each class is four hours in length.

The next Teen IMPACT course is being offered:

November 15, 16, 22, 23

11:30am-3:30pm

JCFS Knapp Center
3145 W. Pratt
(corner of Pratt and Kedzie)

For registration or more information, contact:

Leslie
773-338-4545 or
leslie@impactchicago.org

Self-Defense
IMPACT
Chicago

4770 North Lincoln, #6
Chicago, Illinois 60625
773 338-4545

www.impactchicago.org

Self-Defense
IMPACT
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Empowered



Photo: Daniel Tearfoe

Safe

If you are a young woman between 15 and 19 years old, this course is for you . . .

IMPACT Chicago has a specially designed program for teen-aged girls ages 15-19 with attention to the most common ways teen girls are harassed, abused, and attacked.

This course is for you.

About IMPACT Chicago...

Since 1987, **IMPACT Chicago** has offered experience-based self-defense and education programs that have provided women with an opportunity to learn and practice prevention, assessment, verbal boundary-setting, and physical self-defense skills in simulated scenarios with a padded attacker. The physical fighting skills that women learn are tools of last resort, but many women report that learning to knock someone out opens up possibilities and confidence in making peaceful choices for dealing with violence.

Teen IMPACT covers the verbal and physical skills necessary to defend yourself in a variety of situations.



The course covers...

- Frank, direct discussions about street harassment, dating rights, date rape, how to recognize abuse and the ability of all girls and women to powerfully defend themselves.
- Verbal skills that will allow you to practice standing up for yourself firmly and assertively when faced with unwanted interactions or potential assailants.
- Physical self-defense skills taught in a supportive, success-based class and then immediately practiced in a simulated scenario with a fully-padded, armored mock assailant. This type of experiential learning allows for the skills to pattern into your body so that you can use them even when very frightened, startled or overwhelmed.

LEAD INSTRUCTORS for Teen IMPACT



Photo: Daniel Tearfoe

Margaret Vimont

Margaret has been an IMPACT instructor since 1992. She holds a fourth degree black belt in Tae Kwon Do and has a Masters in Social Work from the University of Pennsylvania.

Margaret is a licensed clinical social worker (LCSW) and has been working for Jewish Child and Family Services since 1990. As Chief Operating Officer, she oversees treatment of children, youth and adults. She also teaches Tae Kwon Do for youth and adults.

Ben Ruiz

Ben has been a bouncer for five years in Madison, Wisconsin and Chicago. A wrestler for 12 years in folkstyle, freestyle, and Greco Roman, he now studies Jiu-jitsu. He started with IMPACT Chicago in 2004. He is an artist with a focus on air-brushing. Ben heard about IMPACT and after talking with women in his family decided this was the thing for him to do.