

Discover Your Power



Middle School Girls'* Program

(*LGBTQ and Allies welcome)

March 29th 3:30-5:30pm

In the EAST GYM

- Learn to define and maintain boundaries with confidence
- Learn assertive communication and de-escalation techniques
- Learn the warning signs of relationship violence
- Learn to hone and trust your intuition
- Learn physical self-defense skills
- Learn how and when to intervene

Sign-up to attend on sheet near Glyde's room

Presented by The WAVE Foundation, Salmon Bay ASB, and FOSB

contact Meggan@thewavefoundation.org for more information