



# EMERGENCY PREPAREDNESS PROGRAMS

*The Emergency Preparedness workgroup works to equip individuals, families, and communities with the knowledge and skills needed to prepare for, respond to, and recover from emergencies. Through resources found on the website and community partnerships, this group promotes disaster readiness, risk reduction, and resilient response strategies.*

## Empower Yourself Through Self-Defense

*The Empower Yourself Through Self-Defense program was developed in 2022 by Utah State University faculty with the support and input of martial arts professionals and was reviewed by a domestic violence prevention expert. It was designed to fill the gap in accessible, research-based self-defense education and has been actively delivered from 2022 to the present.*



*The Empower Yourself Through Self-Defense curriculum emphasizes empowerment, situational awareness, de-escalation, and teaches practical self-defense strategies. The curriculum is comprised of a 34-page instructor's guide which includes information on how to prepare for and teach the class, a list of required equipment, and an in-depth lesson guide to ensure the information is delivered correctly, a 49-slide PowerPoint, and handouts to reinforce the curriculum content.*

Since 2022, Empower Yourself through Self-Defense has been offered to:

**654** attendees during **44** class sessions

Serving: **Statewide, Nationally & Internationally**

*Including 11 Utah counties, 3 states, and 2 countries*

*"This class was life changing!"*

*"I feel so much better with this useful information."*

*"The information and practice are empowering!"*

*"Thank you so much! So informative and [the class] taught great useful information that I can implement. I would love more training!"*

*"This is the most important class, everyone needs this"*

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