

Women's Personal Safety Class



seattle.gov/crime-prevention

Women's Personal Safety Class

Learn proactive tips and steps you can take to enhance your personal safety taught by female Seattle police officers and female employees.

Our Class Goals

- Know the important role your instincts and gut reactions play.
- Discover potentially dangerous situations and how to avoid them.
- Learn how to make a safety plan.
- Decrease the odds of becoming a victim.

About this Class

- This is a facilitated discussion and lecture about crime prevention and safety.
- *This is not a self-defense class.*
- This class is open to women of all ages and most appropriate for young women who are at least 14 years of age or older. For that reason, children should not attend.

Upcoming Classes

- Classes are offered at least once a month. For a list of upcoming classes and registration links: seattle.gov/police/crime-prevention/womens-personal-safety-class
- We offer a limited number of private presentations for organizations or community groups. Please contact Jennifer Danner at Jennifer.Danner@seattle.gov for scheduling

Key Tip:

Trust your instincts! Give yourself permission to act, and to make yourself safe.



**SPD Crime
Prevention**

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