



Self-Defense Patch Program

Gold Award Girl Scout Ellie Stevens created this patch to help every girl learn how to protect themselves against attackers. By completing this patch, girls will feel confident in their self-defense skills and be educated on protecting themselves in case of an attack.

Steps

1. Discover
2. Connect
3. Take Action

Purpose

To teach basic strategies on being safe.

Step 1: Discover: Complete two

1. Safety

- a. Learn systems of defense other than hands on techniques
- b. Learn about what attackers look for and how this can help prevent attacks

2. Precautions

- a. Learn about common precautions people take in case of an attack
- b. Learn about common scams used to abduct others

3. Techniques

- a. Research ways to break out of a chokehold, wrist grab, and shoulder grab
- b. Research techniques that don't work and compare them to techniques that do

4. Knowledge

- a. Research why self-defense is beneficial for protecting yourself
- b. Research ways to spot a potential attacker
- c. Research possible tools you can use to defend yourself

Step 2: Connect: Complete one

1. Practice and act out these precautions: practice your posture and look proud and alert, using your voice, buddy system, act like you are talking to someone on your phone
2. Teach another person two techniques
3. Watch a movie about martial arts or self-defense

Step 3: Take Action: Complete one

1. Attend a self-defense class
2. Have a local self-defense instructor come and teach your troop
3. Watch a self-defense seminar. Here are some examples:
 - a. Self-Defense Video #1
 - b. Self-Defense Video #2
 - c. Self-Defense Video #3