

“Not Me” Training

Sponsored by the Edina High School PTO

Knowledge is power...

Who, What, When, Where and How to be safe

“Not Me!” is a highly sought after program founded by former Navy SEAL, Al Horner. This popular Assault Prevention and Defense training program is already offered to both students and their parents at many neighboring public and private schools.

Some of the Training Highlights:

- *Who, what, where and how of Assaults
- *Best ways to prevent/avoid danger
- *What to do when weapons are involved
- *Campus smarts
- *FBI protocol on safety in public situations
- *Not a martial arts class but simple techniques to get safe
- *Implications of Alcohol, Drugs and drugging
- *Sexual safety and consequences for HIM, consequences for HER
- *Protect your future
- *Personal stories shared by the trainers

Girl/Mom Training Session

Sunday, November 10th, 2019

1-4pm

St. Patrick's Church, Edina

Cost: \$20 per participant

*The session limited to 100 participants

The training is recommended for EHS juniors and seniors and their parents. For registration go to:

<https://www.signupgenius.com/go/8050c45acaa29a31-girls2>