

## **FOR IMMEDIATE RELEASE**

Protect yourself from violence and sexual assault, effectively. A day of self defense, rape awareness education and empowerment for college students and the community. Increase the quality of your life today!

**Your STATE, Your SCHOOL** is hosting an important day of service for students and the community in **Your CITY**

### ***Did you know that?***

Women age 16-24 experience rape at rates four times higher than the assault rate for all women.

- It is estimated that almost 25% of college women have been victims of rape or attempted rape.
- During their college career, women are most vulnerable to rape during the first few weeks of their freshman and sophomore years. In fact, the first few days of the freshman year are the riskiest.
- Fewer than 5% of college women who are victims of rape or attempted rape report it to police.
- 90% of college women who are victims of rape or attempted rape know their assailant. The attacker is usually a classmate, friend, boyfriend, ex-boyfriend or other acquaintance in that order.

Participants will hear from Angels with Attitude founder and self defense expert, Danny Kessler! Danny has been featured on The Today Show, NBC Nightly News, The New York Times and Wall Street Journal.

At this event, students will learn how to help protect themselves and their community. They will learn how to set boundaries with male friends. They will learn the best way to protect their dorm or apartment from burglars and invaders. In addition they will learn the 3 most effective self-defense techniques and how to develop razor sharp intuition. And much more!

The event will be held at **Location, Address** on **(date)** from **(time)**. You may RSVP online at **YOUR EMAIL** or by calling the **YOUR PHONE**.

Angels with Attitude is an organization of women and men dedicated to making you feel safe, confident and empowered. We do this through interactive presentations on personal safety.