

# Safe Women Safe Kids LLC

## Newsletter

December 2010

Issue 2



### **Safe Women Safe Kids LLC's Mission**

*The prevention of abuse, abduction, rape, and sexual assault of women & children through empowerment, education, and interactive self defense training.*



January is almost upon us. It

is a time to start fresh ~ a time for new resolutions. Make your safety and well being a priority! Resolve to take steps to ensure your safety and health. As women, we are taught to nurture and care for others, at times at a great expense and sacrifice to ourselves. A spirit of sacrifice is noble and admirable... to a point. When the sacrifice interferes with our health and well being, it becomes detrimental not only to ourselves but those that surround us: family, friends, and coworkers.

How many people depend on you? How many people would be affected if you were not here? Your mind, body and soul need protection and renewal. As I like to say: "Even Jesus went into the desert alone to pray"! Take the time for you! Resolve to take at least 5 minutes a day, 1 hour a week, or 5 hours a month to revitalize. Do something you have been putting off or try something new. Here are a few ideas:

- ♥ Try new recipes or foods
- ♥ Learn how to meditate
- ♥ Take a dance class
- ♥ Learn how to play an instrument
- ♥ Go for a Hike~Enjoy the sounds of nature
- ♥ Make your own bucket list and do it!

No one will do it for you. You need to take care of you. When you are healthy, happy, and balanced, it will not only benefit you but those you love and care about as well.

Many women have put off taking a self defense class or taking an advanced class. Others have put off coming in for the free refresher course. Your safety is important. How many times have you heard "I didn't think it could happen to me"? Take the class (or refresher) before it does! No one thinks it can ever happen to them. It's time to make sure it won't.

To offer an incentive, there will be monthly **BOGO** (Buy One Get One ½ off) specials. This will allow you and a friend an opportunity to support each other in learning life savings skills. Please see the upcoming events section on page 2 for BOGO offers.



Only 1/3 of all rape and sexual

assault is reported to law enforcement. Rape & sexual assault is the only crime in America that the victim has to prove it happened. The victim is placed on trial. What they were wearing, what they had to drink, how many partners they had, and the list of denigrating personal attacks continue for the victim. It becomes a three ring circus when consent is brought up. It boils down to a he said she said contest. It's no wonder that the attack is never reported.

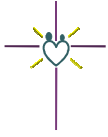
Rapes & sexual assaults that are reported often do not end up with the perpetrator being arrested, prosecuted, or incarcerated. The statistics from the Greenville County Sherriff's Office for the first

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11 months in 2009: there were 105 reports of sexual assault (which means there were probably 315 actual cases). Of those reported, only 45 arrests were made, 12 (of the 45 arrests) cases did not go forward (meaning there was not enough evidence to prosecute), 16 of the cases were unfounded, and 21 were ex-cleared (meaning the victim didn't prosecute, it was dismissed from court or the offender died). In other words ~ out of 315 sexual assaults, less than 1% of the perpetrators were punished for their crimes. Worse yet, they remain free to continue to perpetrate.

Statistics indicate 1 out of 4 women are sexually abused by the time they are 18. Those that are abused are more likely to be re-victimized. More than 85% of all rapes and sexual assaults are committed by someone known to the victim. Stranger rape with force is only 15% of all rapes. *Knowledge is power!* Understanding where and who the risk is coming from are vital to maximize your safety and minimize your likelihood of becoming a victim.



### Quotable Quotes:

“True strength is in the mind not in the fist.”

~ Brian Whitworth



### Upcoming Events :

**Friday, January 14th:** Women's Basic Class  
6:00 PM - 9:00 PM \*\*\* **Ladies Night Out\*\*\*\*\***

**BOGO** (Buy One Get One) ½ off regular price  
(not to be used with any other discounts)

**Saturday, Feb 5th:** Women's Basic Class  
12:00 PM - 3:00 PM

**Saturday, Feb 5th:** Teen Class 13-15 yr old  
3:30 - 5:30 PM **BOGO** (Buy One Get One) ½  
off regular price (not to be used with any other discounts)

**Saturday, March 5th:** Women's Basic Class  
12:00 PM - 3:00 PM

**Saturday, March 5th:** Advanced Class  
3:30 PM - 5:30 PM **BOGO** (Buy One Get One)  
½ off regular price (not to be used with any other  
discounts)

**Register [here](#) for the classes.**

Please check the [calendar](#) for other dates and times.

\*\*\* Private **discounted** group classes are available  
for 12 or more participants at your location or ours.  
~Coordinator's fee is waived



**Merry Christmas** to all!

May you find peace in your day as you  
recall,

The most famous, gracious, person of  
all.... Baby Jesus

We wish you all a very Merry Christmas  
and a Happy, Healthy, Prosperous New Year!