

Teen Release Form

We are looking forward to the opportunity to discuss the topics of basic women's self-defense as well as sexual assault and domestic violence prevention with you and your daughter. Other topics that will be discussed will be internet and social networking safety, boundaries, date rape drugs, and pre-indicators of predators. These are mature topics, but topics it is important for your teen to be aware of. I will be sending home additional reference materials for their and your information. Please take this time to discuss what they learned. Opening lines of communication with your teen now about these topics is extremely important. As they say, "An ounce of prevention is worth a pound of cure." Please know that YOU are that ounce of prevention and your daughter needs you now more than ever.

The second part of the seminar will be technique based. Please know that I cannot guarantee your child's safety through the use, or misuse, of the techniques taught in class. Furthermore, please be aware that all reasonable precautions will be taken during class to provide a safe environment, but due to the very nature of contact inherent in practicing self defense techniques you, the parent/guardian of _____, by signing this release, agree to hold harmless the instructors conducting the seminar and give permission to use the image on video or film for promotional or instructional purposes.

Signed _____
Date _____