

# Empowerment Self-Defense

## K-12 programs & workshops

A guide to booking our empowering programs for your school.



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# Welcome!

Whether you're a general, PHE or special education teacher, school counsellor, admin or parent/PAC member, we're so glad you're here for more information about our programs and lessons.

At the heart of Arise is the mission to **empower students**; to build social and emotional competence through active and cooperative-learning, movement, physical literacy, and martial arts. We assume that is what has piqued your interest!

## In a nutshell...

We believe social-emotional learning (SEL) is a form of self-defense; whether it's building the confidence to set a boundary, understanding another's body language, or maintaining positive friendships, these skills (and more) are vital to one's sense of well-being and safety. **The benefit of that? When students feel safe and supported, their learning potential increases.**

## A quick note on martial arts:

BJJ based self-defense is a form of martial arts that focuses on control, leverage, and de-escalation rather than aggression or fighting back. It prioritizes getting to safety while avoiding violence and instills the notion that one is "the boss of their own body". **Please note:** We do not condone violence but understand the need to protect oneself in worst case scenarios.



**Founder, Jess Gordon**  
BC-certified Teacher,  
CYCC background & BJJ Instructor



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# our approach

## What is Empowerment Self-Defense (ESD)?

Empowerment Self-Defense (ESD) is a holistic methodology to personal safety and violence prevention that goes beyond mere physical self-defense techniques. Our approach integrates physical, verbal, and psychological (ie. social-emotional learning) strategies, equipping students with a toolkit that helps them navigate common challenges and effectively recognize, avoid, respond to, and heal from potential threats.

Our empowerment-based, trauma-informed approach prioritizes and expands the choices available to individuals. This approach is not just about physical safety; it's about instilling a deep sense of personal power and resilience.

Our approach centres around the following five principles, providing students with options and strategies for a variety of scenarios:

- **Think** - Using one's intellect, intuition and awareness skills.
- **Yell** - Using verbal strategies to deescalate, set boundaries, or get attention.
- **Run** - Escaping or removing oneself when and where possible.
- **Fight** - Using physical resistance if absolutely necessary.
- **Tell** - Getting the help and support you need to heal and stay safe.



# topics & lessons objectives

**Below are our six core lessons, each aligned with BC's curriculum for PHE and Core Competencies. You have the flexibility to mix and match lessons to create a customized program that aligns with your school's needs. Additional topics and curriculum connections available on request.**

## Awareness

Students will learn to understand and identify non-verbal cues in others as a part of situational awareness.

## Intuition

Students will learn to understand and interpret various internal body cues that signal potential threats or danger.

## Healthy Relationships

Students will learn to distinguish between healthy and unhealthy qualities in friendships/relationships.

## Boundary Setting

Students will learn to use "I-statements" as a means to express personal boundaries and feelings.

## Assertive Communication

Students will learn to understand the key elements of assertive communication, including words, tone of voice, and body language.

## Safety Networks

Students will learn to identify reliable individuals and resources in one's own personal network to get help and support.



# curriculum connections

The following are Social and Community Health Competencies taken from  
<https://curriculum.gov.bc.ca/curriculum/physical-health-education>

## Grades K-4

- Identify and describe a variety of unsafe and/or uncomfortable situations (K)
- Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations (1)
- Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations (2-4)
- Identify and describe characteristics of positive relationships (2)
- Describe and apply strategies for developing and maintaining positive relationships (3-4)
- Describe and apply strategies for developing and maintaining positive relationships (3-4)

## Grades 4-7

- Describe and assess strategies for responding to discrimination, stereotyping, and bullying (4-7)
- Describe and apply strategies that promote a safe and caring environment (4-5)
- Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (5-7)
- Describe and apply strategies for developing and maintaining healthy relationships (5-7)
- Explore strategies for promoting the health and well-being of the school and community (6-7)

## Grades 8-10

- Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations (8-9)
- Propose strategies (analyze strategies) for responding to discrimination, stereotyping, and bullying (8-10)
- Propose strategies for developing and maintaining healthy relationships (8-9)
- Create strategies for promoting the health and well-being of the school and community (8-9)
- Develop skills for maintaining healthy relationships and responding to interpersonal conflict (10)

# booking details

**Find out how and what you need to bring our trained facilitators to your school for this empowering, enriching experience.**

## Information

- All lessons are for one class or 30 students max.
- Only one class (max.30 students) per workshop/lesson.
- Lesson duration will be agreed upon in the booking process. Usually they range from 30-75 mins.
- Caregiver waivers and all learning materials will be provided.
- No martial arts experience required.

## Requirements

- Small gym, studio, or multipurpose space required.
- Mats are an asset but not required.
- Teacher/staff to remain with class for assistance if required.



## Intro

Welcome check-in and review guidelines to establish safe environment.

## Warm up/Game

Warm up with a fun game that characterizes the theme of the lesson.

## SEL activity

Active-learning style discussion that gets students thinking and moving.

## Self-Defense

Students work together to learn 2-3 BJJ based self-defense techniques.

## Debrief

Final demonstrations, questions, and short reflection to end the session.



# booking options

For detailed pricing information and to discuss the best package for your school based on your needs and schedule, please contact us directly.

## Whole School

Ideal for elementary schools, book a **"martial artist in residence"**. We set up in the gym and cover all PE classes for the week (or more). Every student gets 2+ lessons.

**BONUS:** FREE staff self-defense workshop with bookings 5+ days

Pricing: \$550/day

## Unit Package

Ideal for individual classes (eg. PHE and Special Ed), book **3 or more lessons** over multiple days for a special rate.

Pricing: \$225/lesson

## Customized

We can work with your schedule and curriculum needs.

**Get in touch!**

Half day (up to 3hrs) \$325  
Full day (up to 6hrs) \$550

\*Travel fees may apply outside of Lower Mainland, BC / subject to changes



# what people are saying



“Jess is a wonderfully competent teacher and practitioner. She linked SEL lessons with how to use jujitsu for self-defense. It was a great experience that I hope to try again in the coming years.” – LALS teacher, John Oliver Secondary

“I really love how this program aligns with the PHE curriculum and the mix of movement as well as touching on personal boundaries. The students really enjoyed the games you played and learning the different techniques.” – PE teacher, Magee Secondary

“Jess created a safe and relaxed environment for students to discuss important topics. It was nice having the kids see a woman be an expert at this kind of sport.” – Grade 7 teacher, Laura Secord Elementary

“The jiu jitsu was for all levels, the movements were simple and yet really worked! it was a fabulous experience where the students seemed to have learned a lot.” – Grade 3/4 teacher, Westridge Elementary

# Contact us

For more information visit [www.ariseprograms.com](http://www.ariseprograms.com)  
or email Jess to book an info call or to enquire at  
**[hello@ariseprograms.com](mailto:hello@ariseprograms.com)**

Check us out on social media **[@ariseprograms](https://www.instagram.com/ariseprograms)**

Thank you for  
checking us out!  
Jess



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