



**Supportive. Fun. Powerful.
My escape for the day.**

Power, Action, Change for Teens

Who are we?

We are the Center for Anti-Violence Education in Brooklyn, NY. We seek to break the silence around violence against women, girls, LGBT people, and people of color. We teach people how to prevent, respond to, and heal from violence. We teach self-defense, self-confidence, self-care, karate, and about healthy vs. unhealthy relationships. We work together to take a stand against violence because we believe no one is free until we ALL are free from violence.

What is the PACT (Power, Action, Change for Teens) Program?

PACT is a unique, dynamic weekly after school program for teen girls and trans youth ages 12-19. The program meets every Thursday from 4:30-6:00. Each class has physical activities (like learning self-defense moves) and discussion (like learning how to deal with harassment, or about healthy relationships). You will develop confidence, make new friends, learn how to defend yourself and others, and how to make a difference in the world. If you want to earn school credit for the program speak to us and we can work with your school to set it up. Snacks are served at the beginning of every class so come early if you can!

Sounds good. How much does it cost?

PACT is a FREE program!! AND, once you have been in the program for a year you are eligible to become a CAE Peer Educator and get **PAID** to help our teachers train other teens in self-defense and healthy relationships. The Peer Education program is a great opportunity for learning and to build up your resume and college applications.

Ok. So how do I sign up?

Fill out the application on the next page and mail, email or fax it to us by **the end of October.**

Mail to: CAE/PACT, 327 7th Street, Brooklyn, NY 11215

Fax to: 718-499-2284

Email to: jenny@caeny.org

The next session is on October 22nd from 4:30-6 at our offices at 327 7th Street, Brooklyn (corner of 5th Avenue and 7th Street in Park Slope). Enrollment is open year round.

Please contact Jenny DeBower at 718-788-1775 or jenny@caeny.org if you have any questions!!



**POWER, ACTION, CHANGE FOR TEENS (PACT)
APPLICATION FORM**

Name _____

Home Address _____ Apt: _____

City, State, Zip _____

Area Code/Phone (*home*) _____ (*cell*) _____

Email _____

How do you prefer to be contacted: home phone cell phone email

Date of Birth _____ Age _____ What is your current grade in school? _____

What school do you attend? _____

Parent/Guardian Name _____

Daytime Area Code/Phone _____

Email _____

How did you hear about this program? _____

Do you have any injuries or medical conditions the teachers should know about?

No Yes, (please describe) _____

Do you have other obligations that may conflict with the program (Thursdays, 4³⁰ – 6⁰⁰ pm)? Yes No

If yes, please explain _____

For the **physical** part of the program I am interested in (check all that apply):

Basic self-defense techniques Karate Exercise Meditation Games

For the **discussion** part of program I am interested in (check all that apply):

Body Image Self-Esteem Dating and Relationships

Being Assertive Family Violence Peer Pressure

Safety Tips & Strategies Street Harassment LGBTQ issues

Racism Being a Helpful Bystander Healthy sexuality

Body Image Activism Against Violence Stress reduction

Please tell us a little bit about what interests you in the POWER/ACTION/CHANGE for TEENS program _____
