

ESD  **GLOBAL**

EMPOWERMENT THROUGH SELF-DEFENSE

**PROGRAMS,
PARTNERS
& POTENTIAL**



ESD GLOBAL is a worldwide organization that:

- ▶ Cultivates and teaches individuals to become Empowerment Self Defense instructors.
- ▶ Advocates for ESD in communities along with other safety measures.
- ▶ Incubates new approaches to promote teaching and learning ESD such as: professional networks, consulting efforts, and online learning.
- ▶ Changes social norms about interpersonal violence.

Mission: Establish Empowerment Self Defense as a key violence prevention strategy to interrupt, respond to, and heal from interpersonal violence.

Works Well with Others: ESDG is for organizations, governments, and communities seeking to end interpersonal violence where it is prevalent; ESDG is the violence-prevention education non-governmental organization (NGO) with which to collaborate because of our unique combination of accessible, evidence-based, and peer-to-peer violence-prevention training.

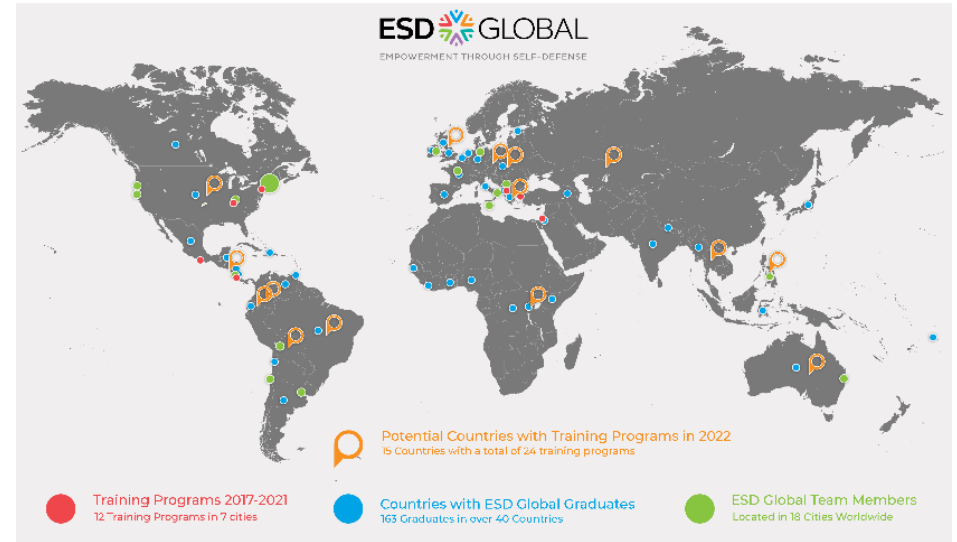
What is Empowerment Self Defense (ESD)?

ESD is a skill-based intervention to teach mental, verbal and physical techniques that help individuals recognize, avoid, stop, and address violence.

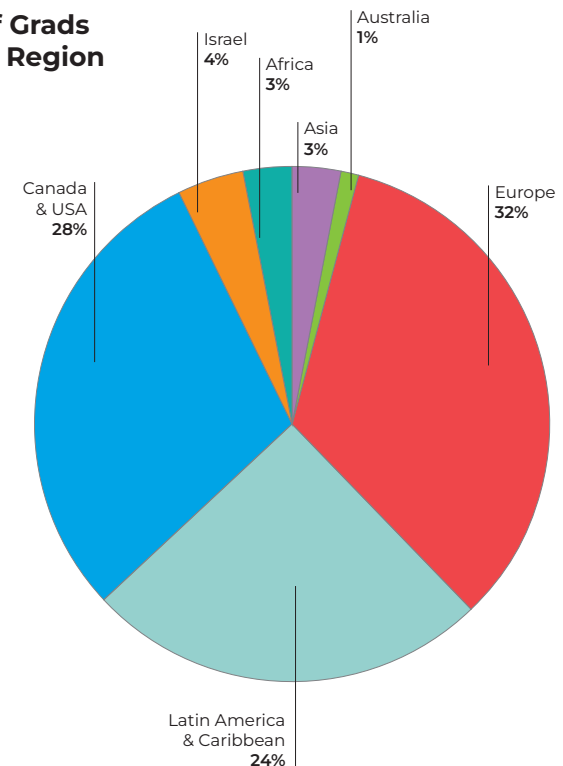
- ▶ Increase assertiveness and confidence in participating in political and socio-economic systems.
- ▶ Foster supportive communities.
- ▶ Increase self-efficacy in problem-solving.
- ▶ Build physical self-defense skills.
- ▶ Address violence that is most likely to occur to vulnerable populations.

A system that is built upon:

- ▶ Understanding history, psychology, patterns, and underlying causes of violence.
- ▶ Building awareness and confidence of personal strength and emotional intelligence.
- ▶ Participants working in cohorts to support and protect each other – physically, economically, & socially.
- ▶ Building community and advocating to address violence community-wide.



Percent of Grads from each Region



Impacts of ESDG Programs

PERSONAL EFFICACY

- ▶ Feelings of being powerful rose from 70% to 94%.
- ▶ Feelings of being safe grew from 68% to 88%.
- ▶ Feelings of comfort with body increased from 86% to 94%.
- ▶ Satisfaction with self-increased from 78% to 92%.

PARTNER CONFIDENCE

- ▶ Comfort saying no to intimate partner grew from 75% to 85%.
- ▶ Comfort in expressing disagreement with partner grew from 59% to 71%.
- ▶ Ability to state needs to partners during conflict grew from 49% to 73%.

PERSONAL CONTROL & WELLBEING

- ▶ Self-sufficiency as a part of wellbeing grew from 55% to 75%.
- ▶ Feelings of peace and self control post training were 96%.
- ▶ Learning ESD gave greater control over choices: 95% agree.
- ▶ Confidence in recognizing a dangerous situation grew from 77%-91%.

DECISIONS BASED ON SAFETY & FEAR

- ▶ Confidence in running an errand increased from 30% to 82%.
- ▶ Confidence in pursuing an activity to make money changed from 61% to 100%.
- ▶ 100% had given up a beneficial activity due to safety. After attending the training 88% were confident attending.

PHYSICAL PROTECTION

- ▶ Confidence in ability to protect oneself from physical blows grew from 27% to 65%.
- ▶ Confidence in ability to protect oneself from sexual assault grew from 28% to 73%.
- ▶ Confidence in using voice to deter attackers: grew from 50% to 90%.

Global Programs

Africa, Asia Pacific, Canada & USA, Europe, Latin America and Caribbean and People on the Move.

ESD Global partners with regional and community entities to identify participants, and build ESD programs to complement and strengthen efforts.

Activity	2019	2020	2021	2022	TOTAL
In-Person Training	5	5	4	22	36
In-Person Training Participants	95	78	60	330	563
Persons Taught ESD new teachers		7,800	6,000	33,000	46,800
Online Training		14	100	65	179
Online Participants		160	1,500	960	2,620

Partners

Through partnerships, ESDG expands its network of service, gains insights in community and regional needs, and connects ESDG's work with that of others, strengthening everyone in the process. In 2022, we are expanding partnerships on all levels: globally, regionally, and locally to continue to scale our programs up. This includes work with:

US Department of State Danish Refugee Council Swedish Embassy in Albania Albania Ministry of Education and Sports	Women's Peace and Humanitarian Fund UN Women UN High Commissioner for Refugees	Global Whole Being Fund Civil Society Organizations Academia
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