

Dr. Lauren Ortega, MD
Girl Scout Leader- troop 6693/2103



September 20, 2016

To Whom It May Concern:

I co-lead two Girl Scout troops in the Lake Highlands area of Dallas, Texas. Girl Scouts are an international organization founded in 1912 with the mission of building girls of courage, confidence, and character, who make the world a better place.

On September 15, 2016, our troops hosted a S/HE P³ training for parents and Scouts aged 7-10. Prior to the training, S/HE contacted me stating that they had researched the requirements for a Self-Defense Badge and that the S/HE P³ curriculum covered 8 of the 10 Self-Defense Badge requirements (6 of 10 are required for awarding a Badge).

The S/HE team conducting the training consisted of Talcott Franklin, a professional with experience in offender treatment and incarceration, empirical research, and legal representation of survivors, and his two daughters, aged 8 and 10, who are martial artists and served as peer instructors for the Scouts. It was useful to have peer instructors because the girls could see that the fighting techniques were achievable by a like-aged child.

The lessons S/HE shared with our kids are extremely important. Our Scouts really enjoyed the presentation and were very engaged with the material. They learned a lot and it will help them in life.

Following the presentation, S/HE gave me with a post-training report that provided the results of the post-training survey and gave other practical information to help parents keep their children safe. 100% of the parents said they and their child had fun at the training. 100% of the parents reported that as a result of the training, they would change their behavior in ways to keep their children safer. 100% of the parents stated that they would recommend the S/HE P³ program to others.

Some of the parent comments about the training included "amazing amazing amazing", "awesome", "so appropriate", "well run", "very informative", "great specifics", "I loved it", and "on their level". Parents said they felt "empowered", "better prepared", "safer", and "like I could defend myself".

I think one reason the program makes parents feel safer and empowered is that it recognizes our children's humanity, and that they will make mistakes. All parents have seen their child do something within moments of being told not to do it. Where S/HE P³ differentiates itself is in saying "if you do that, you put yourself at risk, and here's what can happen. If that happens, then you need to do this or your situation will get worse. And if your situation gets worse, then you need to do this other thing." S/HE P³ provides our children with layers of protection and very specific strategies to avoid the most common bad situations, escape them if they happen, and fight back in the worst-case scenario.

Sincerely,

A handwritten signature in black ink, appearing to read "Lauren Ortega", with a long, sweeping horizontal line extending to the right.

Dr. Lauren Ortega, MD
Dallas, TX