

# S/HE P3

young achievers

L to R Charlotte, Ava  
and Virginia Franklin



Lakewood residents Ava, Charlotte, and Virginia Franklin train other girls to avoid, escape and fight off bad people through a program called Peers, Parents, Professionals (P3) (the 3 most important influences in a girl's life).

We asked Ava some questions about the training program and this was her response:

**You came up with the idea for P3 training. How did that happen?**

My dad was talking about how he was going to be training college girls one weekend, and suddenly I realized (I don't know why I

hadn't realized this before) that one of my friends could easily be kidnapped and I might never see her again. So I just asked my dad, "Why don't we do this for my friends too?" And then before I knew it, we were!

**What is it like training other girls to protect themselves?**

It's really fun, and it makes me feel great because I feel like I'm doing something really important. For every girl who walks out the door trained, I feel like I won a million dollars because now they have a very slim chance of getting kidnapped or hurt by a bad person.

**You are a second-degree black belt. What was it like achieving that?**

I've been training since I was 3 years old. It was really hard to achieve my second degree. But every tear and ounce of pain was worth it. I had to really dedicate myself and focus, by learning patterns, board breaks, and sparring combinations. It took almost 7 years of training to earn it!

**What are you doing when you aren't training yourself or others?**

I'm doing school work or hanging out with friends. Anything else? More schoolwork!

**The P3 trainings involve a pretty dark subject that most people, even adults, don't want to talk about. How do you deal with that?**

There is some darkness in P3 training, (I won't deny that) and I still get somewhat uncomfortable when we talk about it. I deal with it because it is necessary to talk about when training these girls to protect themselves. My dad says that bad people use tricks and lies to hurt people, and if you know their tricks and lies, it is harder for them to hurt you. So training these girls by letting them be aware of this is so much more important than me being uncomfortable.

As you can expect, the program gets rave reviews from girls and their parents and is supported by strong empirical evidence showing that P3 training results in significant behavioral changes for participants in ways that keep them safer. To learn more go to [securehighered.com](http://securehighered.com).



If you know a young achiever, let us know. [whiterocklife@n2publishing.com](mailto:whiterocklife@n2publishing.com)



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