



# County of Marin Community Service Fund Program Application Form

**Application Date** August 16, 2017

**Fiscal Year** July 1, 2017 - June 30, 2018

**Organization Information**

**Full Legal Name:** Susan Ann Harrow

**Organization URL:** Harrow Communications, Inc.

**Mission/purpose of your organization:**

The mission of the True Shield: Verbal Self-Defense For Girls course is to develop the skills necessary for girls to speak up for themselves or others + to take instant action when they are in physical or emotional danger or discomfort.

Our purpose is too prepare young women aged 12-24 to handle life's most challenging situations so they are less likely to become the victim of emotional, physical, or sexual abuse.

Our goal is to give girls the preparation they need to rewire the victim default response + replace it with confidence + know-how to navigate the challenges of relationships, their educational settings + the workplace.

**Grant Request Information**

**Program/Project Name:** True Shield: Verbal Self-Defense For Girls

**Amount Requested Dollar:** \$10,000.00

**Total Project Cost:** \$33,000.00

**Description of the proposed project/program, including the proposed project's goal(s), and the nature of the costs in specific terms, i.e. materials, labor costs, etc. Specifics of how the requested County funds will be used.**

True Shield: Verbal Self-Defense For Girls is a digital "done-for-you" program that provides girls 12-24 the training to properly address 10 of the most common difficult or dangerous situations she will face with friends, family, teachers, boyfriends, colleagues + strangers + stay safe.

The course teaches body awareness, centering, personal strength, how to command challenging situations + manage unwanted attention – all through easy-to-learn intentional techniques + positive reinforcement.

Overview. This 6-hour course, which can be delivered in 1 or 2 hour increments, harnesses proven practices based on the principles of Aikido (Japanese Martial arts called "The way of harmony") + on time-tested communication skills with a foundation in neuroscience + evidence based practices, that show girls how to assess their options under stress + take instant action on the spot. The purpose is to prevent pregnancy, drop-outs, bullying, assault, suicide + rape. As a result of our efforts we expect that girls will have improved self-esteem, motivation, confidence, increased class participation + higher grades.

How does it work? The girls learn to use their face, eyes, voice + body while role-playing realistic situations several times each so that the teaching becomes embodied. The materials support the process before, during + after the course so the learning continues. Each girl will have the exact wording she can use, will be supported in our private Facebook group, + will have the physical + verbal know-how to handle herself in dire situations.

The result? Through active + engaging repetition we are rewiring the victim default response + replacing it with confidence + know-how.

This is a done-for-you verbal self-defense "course in a box" that includes the facilitator's guide, automated intake/outtake survey, video, FAQ, flyer, follow-up materials + more, that anyone can follow. There is a \$1000 licensing fee renewed yearly. Marin schools can have as many facilitators

**List of all community interests that will be affected by the proposed project/program and the public benefit to be derived from it:**

The community interests that are most affected by our Program are:

- 1) Marin County Schools. An estimated 1 in 4 girls in the U.S. will have experience some form of sexual abuse before the age of 18. 1 of every 8 girls when go to university will be raped. The course prepares girls to protect themselves physically and verbally BEFORE college to prevent rape. (The Marin County of Education is going to choose 20 promising teen girls to be trained as leaders of this program and dispatch them back to their schools to train their peers. It will be the choice of the school whether they implement the program.)
- 2) Marin City + Marin County residents Sexual harassment negatively affects 87% of students, particularly girls which often results in decreased productivity + increased absenteeism. (bullying, suicide, assault + rape reduction + behavioral + grade improvements).
- 3) Families of the youth participants (girls who stand up for themselves + others become better communicators + can help mitigate family discord + create more harmony in the household.)
- 4) Schools (verbal self-defense helps girls to speak up in class thus improves student absenteeism, performance, confidence + competency. When girls don't dread coming to school + aren't afraid of being teased, belittled or bullied they become more inclusive of others + are at less risk to become pregnant, harm themselves, take drugs or drop out).
- 5) Police departments + first responders. Nearly 1 in 5 teenage girls who have been in relationship report a boyfriend threatened violence or self-harm if faced with a break-up. (Fewer incidences of verbal or sexual assault + violence in Marin + Marin City)
- 6) Churches + nonprofit organizations (acquisition of trained teens to teach their congregations/communities).
- 7) Juvenile court system (fewer youth apprehended + suspended from school because when girls stand up to inappropriate behavior en masse boys behavior + the conduct + culture of a school changes to accommodate this new

**This organization has never received Community Service funds.**

**No County funding was received for this project or others.**

**Project/program can be completed if amount received is less than requested amount of Community Service funds.**

Applicants are encouraged to leverage funding from other non-County sources, and priority will be given to requests that represent no more than 50% of total project cost. To demonstrate all sources of project funding, including other County sources, please provide a project/program budget below. Please fill in as applicable, and round to the nearest dollar.

<b>Project Funding Sources</b>	<b>Funding Agency</b>	<b>Funding Requested</b>	<b>Received</b>	<b>Notes</b>
County CSF		\$0	\$0	
Federal Grant		\$0		
State Grant		\$0		
Individual Contributions	True Shield Individual Donors	\$2,000	\$2,000	
Other Local Agencies		\$0		
In kind services		\$0		<i>The San Rafael Elks have offered the use of rooms</i>
Other		\$0		<i>Pursuing individual philanthropic donations</i>
<b>Total Sources</b>		\$2,000	\$2,000	
<b>Project Expenses</b>		<b>Budgeted</b>	<b>Spent to Date</b>	<b>Notes</b>
Personnel Costs		\$400	\$400	<i>\$400 per school/organization</i>
Services and Supplies			\$0	
Capital			\$48,000	<i>Personal capital spent to create the program</i>
Other			\$5,000	<i>copyright, incorporation, trademark, design and pr</i>
<b>Total Expenses</b>		\$400	\$53,400	