

Grant requests as of 9/30/26

#83: High School Self Defense Classes

Grant amount requested \$3840.00

What School(s) will the grant be allocated to? High School

Goals and objectives of the grant? The goal of the program is not to teach students how to fight, but to provide our senior girls with practical personal-safety skills as they prepare for greater independence after high school. Through instruction in situational awareness, boundary setting, avoidance, basic self-defense techniques, and strategies for safely removing themselves from uncomfortable or potentially dangerous situations, the program would complement the lifelong wellness and safety goals of our physical education curriculum.

Description for the use of the grant funds? We would like to bring an outside Martial Arts Company to our PE classes and offer an 8-lesson unit of self-defense for senior female students over three periods (2, 5 and 8). Total of 24 classes. The grant funds would allow an expert to come in and train our students as well as our PT teachers who will collaborate with outside agency on lessons. If the program goes well, we will look to include as a budgetary item for future school budget cycles.

Does this request meet the district's internal purchasing guidelines? Yes

Does this request have the support of central administration? Yes