



April 2021

Apr 9, 2021

Dear JourneyWoman,

On April 7, we hosted a session on women's self-defense with Lorna Selig, an experienced self-defense expert from [Safe4Life](#). Over 250 women registered and many of you asked if we could schedule another one. SO WE DID!

Please join us on Thursday, April 15 at 8 pm ET for Women's Self-Defense Tips (Session #2). Register [here](#). If you registered for the first one but could not attend, simply re-register for the second.

This session will empower you with the confidence and courage you need to protect yourself – abroad or closer to home. We sometimes rely on safety devices, but Lorna's session will show you that you can use the power of your own voice to protect yourself. She will share her personal safety strategies to reduce assault and victimization, and simple and easy things you can do – regardless of your age, strength or mobility – to help you take charge of any situation.

For those who took our survey (over 350 women), thank you! We'll publish the results on our website soon but here are the quick highlights:

- 97% of women do not feel they have the physical skills to defend themselves at home or abroad;
- More than 88% have felt threatened or unsafe while travelling;
- 12% of women said they have been physically attacked or threatened while travelling;
- 85% believe that women's personal safety when travelling will be as important or more important post-pandemic;
- Most women fear being attacked on a street at night, on a street in the daytime, while in transit (airplane, taxi, train, bus), and at a hotel;
- Of those who have been threatened or attacked while travelling, 38% of women who were attacked were able to defend themselves, 15.5% had help from another person and 13% were not able to defend themselves.

To help lock in your self-defense skills, Lorna is also offering special 90-minute group classes for JourneyWomen, on April 19, 21 and 25. Tickets are available on [Eventbrite](#). I encourage you to sign up and invite your daughters, grand-daughters and other women you care about in your life.

For those who cannot attend, the April 15 session will be available on our website and our

YouTube channel by next weekend.

Please be safe,

Carolyn

Carolyn Ray, Publisher + Editor-in-Chief, JourneyWoman
Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC)
carolyn@journeywoman.com tel: [437.688.8785](tel:437.688.8785)

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