

VOLUNTEER INSTRUCTORS NEEDED TO TEACH



EMPOWERMENT-BASED SELF-DEFENSE CLASSES

We are looking for cis and trans women, non-binary people comfortable in women-centered spaces, members of the LGBTQIA2S+ and BIPOC communities to train to become volunteer instructors and teach empowerment-based self-defense skills in our community, youth or LGBTQIA2S+ programs.

Volunteer Requirements:

- Must be 18 years of age (Youth volunteers will need to pass a background check)
- Complete the RCSD volunteer training (January to March, 2025)
- Commit to teaching with Rose City Self-Defense for one year.

Volunteer Applications Due: September 30, 2024

INTERESTED?

1. **Scan the QR Code to apply**



or

2. **Find the Volunteer Application on our website:**

www.portland.gov/community-safety/rose-city-self-defense

QUESTIONS? CONTACT US AT: RoseCitySelf-Defense@portlandoregon.gov

About the Volunteer Training:

Rose City Self-Defense New Volunteer training takes place every other Saturday from the early January through early March 2025. Trainings covers curriculum and teaching strategies as well as information related to the root causes, prevention and intervention strategies surrounding gendered violence.