

Welcome



GIVING ALL WOMEN AND CHILDREN A FIGHTING CHANCE



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EXCEL
Security Solutions

The owners of Excel Security Solutions AG are founding partners of I Am My Bodyguard. The company continues to support the foundation with development of training material, workshops and train-the-trainer courses.

About us



I Am My Bodyguard is a global foundation dedicated to giving all children and women the ability to protect themselves against all types of violence, including sexual violence.

I Am My Bodyguard aims to help children and women develop their confidence and situational awareness, learn assertiveness skills and proactive self-protection Life Skills.

With your help we can give all children and women a fighting chance.

We are a non-profit foundation registered in **Kenya** with a sister-association in **Switzerland**.



Excel Security Solutions AG Switzerland offers the workshop **I Am My Bodyguard** and **Fight Like a Girl** as prevention workshops to the general public, youth clubs and local and international schools in Switzerland and around the world. **I Am My Bodyguard Foundation** aims to offer both workshops to as many children and women as possible. **Please be part of it.**





JAMES & KATHRIN

Founders of I Am My Bodyguard Switzerland

James and Kathrin are convinced that if a child is taught basic Life Skills in self-awareness, assertiveness and self-protection; that child will stand a much better chance of not becoming a victim to violence and sexual abuse.

Sexual abuse on children is a global problem with grave, life-long consequences for the victims. It happens across all social, economic and age groups; in homes, schools, institutions and on the street. Sexual abuse to children is more prevalent in certain countries, which may be due to widespread poverty, substance abuse and less enforcement of children's rights.

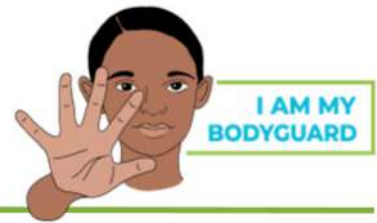


An idea was born. What if we reached out to teach children whose parents and schools can afford to pay for such vital Life Skills training, thereby generating funds to train children in areas and countries where they could not afford to pay for such workshops? Having the experience and know-how to design and run similar workshops, we felt this was a good opportunity to try a different approach to tackling violence and sexual abuse to children around the world. As a contrast to the many existing survivor-centered approaches, we feel that if we can

reach as many children as possible around the world, we can reduce the number of victims. Although statistically more girls fall victim to sexual abuse, boys are targeted too. Hence, the program **I Am My Bodyguard** is taught to mixed classes. As most child abusers are men, we hope to educate young boys at the same time to be more empathic to girls and women as they grow into adults.

In order for **I Am My Bodyguard** to have big impact, we need an ongoing awareness campaign to reach millions. We need your help. The idea has been received warmly by everyone we speak to, but words are not enough. We need as many supporters as possible on board to take it from a good idea to a great solution to prevent and fight violence and sexual abuse to children around the world; in developed and developing countries.

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EUNICE

Co-Founder / Project Manager Kenya

At 18 years, I dreamt of going to college, but the society in which I lived expected me to do menial jobs to earn a living. As a child I suffered the impact of living in extreme poverty, worsened by my parent's arguments which would escalate to violence.

In search of a better life I came to Nairobi and ended up drugged and raped on my first night by someone I trusted. As a result, I became pregnant. As a result of trauma, my mental health and well-being were left in near darkness throughout my teens and early twenties. This would greatly influence my view of the world.

I now dream of a better future for survivors of sexual violence and children born out of rape. That is why I am passionate to equip children and women with the necessary Life Skills to protect themselves.

CHRIS

Secretary / Project Manager Switzerland

I grew up in Switzerland and have worked in many fields, such as in hospitality, marketing and security; restless always on the search for purpose.

The tragic death of my mother when I was 4 years old heightened my consciousness about the helplessness of children and the importance of a mother. That experience compelled me towards working to give children and women a fighting chance. I definitely found purpose with I Am My Bodyguard; the program, which I believe, can make a change for the better. How about you prevent one person from becoming a victim of violence? Years of suffering avoided make a life worth living. I am of the opinion that we have unfortunately lost our basic instincts and Life Skills to react properly in situations of danger. With the I Am My Bodyguard workshop, we aim to bring out what is already within.



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MARCIA

Project Manager Switzerland

I was born into a middle class family in Brazil. And thanks to my parents upbringing, I developed a special interest in mothers and children in need. I quickly realised that their needs went beyond food and clothes; they needed protection from sexual abuse and violence.

As a young adult, I moved away from home to find a new life in the United Kingdom, where I ended up sexually abused, just like the mothers and kids I saw in Brazil. I kept this "secret" for 17 years, only sharing it with my brother and my best friend, until I suddenly realised that my experience can help others to stand up for themselves. Having the opportunity to travel the world and working closely with hundreds of women in the security field, I noticed how frequent abuse is and how common it is for women to keep the suffering and pain to themselves; often blaming themselves instead of the perpetrators.

When James invited me to be part of I Am My Bodyguard, I was more than excited. I realised that this would be my chance to help women and children who – just like me in the past – didn't know what to do when faced with violence or sexual abusive situations.



RYAN

Project Manager China

I grew up with the effects of addiction in my family and saw what it can do to the development of a child's life. After struggling and overcoming my own addiction, I vowed to help others, especially children, who might be affected by this disease.

My work had brought me to China, where I learned the language and have been working in addiction prevention and treatment for over 10 years and currently provide addiction prevention education for schools.

I believe in the mission and vision of I am My Bodyguard and am proud to work with an amazing team of individuals working to help millions of children across the world live a life free of violence and abuse.



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Become an Ambassador



The **I Am My Bodyguard** Ambassador program is a rewarding and soul-fulfilling initiative. The primary goal as an Ambassador will be to enable our Foundation connect with a wider network of supporters to raise awareness and funding for our work across the globe.

As an Ambassador to **I Am My Bodyguard**, you will be asked to spread the good work we are doing and introduce us to future Ambassadors. You could connect us to new benefactors, such as corporate partners, institutions, schools, foundations, trusts and other organizations or host a fundraising event on our behalf; even if it is a small private gathering with family and friends. Another possibility is to provide pro-bono support in areas such as PR, language translation, IT support, legal support, design and printing of marketing materials, etc.



As an Ambassador to **I Am My Bodyguard**, you can expect:

- Regular updates on our work
- Acknowledgement on our website and/or any of our publications, unless you prefer to remain anonymous.
- You will be encouraged to visit our training operations in Kenya and other countries where we run our programs.

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Become a Friend



By becoming a friend of **I Am My Bodyguard**, you will be supporting us in many ways. Whether you contribute in kind or by spreading the word, your support is invaluable to us. A simple gift, however big or small, will go a long way in helping us giving children and women the Life Skill tools they need and enabling us to reach out to more women and children worldwide. The **I Am My Bodyguard Friend** plan starts from CHF 50/year upwards.



Violence and sexual abuse transcend racial, economic, social and regional boundaries. Often, violence is directed at the most vulnerable members of our society. Children, adolescents and women, in particular, experience abuse in many forms such as domestic violence, sexual violence; rape, sexual assault, etc.



At **I Am My Bodyguard**, we work with minimal operational costs. We rely on the generosity of friends such as yourself to cover costs that need to be met. Without the generosity of the Friends of the Foundation, we simply could not continue to make an impact.

MATE
CHF 50



BUDDY
CHF 100



FRIEND
CHF 200



BEST FRIEND
CHF 300



BFF
CHF 500
or more



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Become a Donor



As a Donor you support the **I Am My Bodyguard** goals with an annual amount determined by you. By choosing to donate either in large or small amounts, you will join us in giving children and women the ability to protect themselves. A regular donation from you means we can anticipate our income and plan and spread our costs over the financial year. We know we can rely on your kindness and generosity .

Money raised by our incredible supporters - such as yourself - means we can offer these valuable Life Skills to more children and women around the world.

To learn more on how you can be part of **I Am My Bodyguard** contact us.

The path towards achieving our primary objective - which is to ensure children and women can protect themselves against violence and sexual abuse - has been greatly successful, **thanks to people like you!**

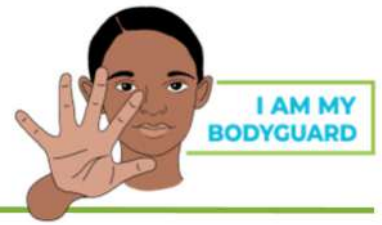


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School Collaboration



There are many ways your educational institution can collaborate with **I Am My Bodyguard**. To make this all possible, we need schools that are looking to make a difference. Become part of something rewarding and educative, enabling students to learn how to collectively make a positive difference in the world.



Fund-Raising Campaign

We will work with your school or institution to enable your students to develop a social conscience and a sense of citizenship. This will engender a broader sense of social responsibility. Through our Foundation, enable your students to take part in charitable activities within their local community. Proceeds raised after costs, will go towards running workshops for children who cannot afford to pay.

A Kid for Kid

Invite our trainers to come to your school for a workshop. We will use the profit from the workshop to teach children who are not in a position to pay for these valuable Life Skills.



Become a Volunteer

We are always looking for motivated volunteers who believe in the **I Am My Bodyguard** Foundation's cause and are willing to dedicate time and passion to promote our workshops, assist with fund raising and maybe even join our trainer team for a workshop.

In the process you will learn a lot about this value Life Skill and about yourself by interacting with children from different cultures and backgrounds.

Partnerships



Leave a positive social impact by partnering with **I Am My Bodyguard** and help us expand our reach.

Corporate Partnership

We would like to work with your organization to create a Corporate Social Responsibility partnership.

Whether you are a large, medium or small company; let's create a common purpose and help build a strong corporate ethos.

Corporate Social Responsibility enhances brand profile, boosts customer loyalty, engages employees, increases sales and provides access to key global market expertise and knowledge.



Corporate Awareness Partnership

We are passionate about spreading personal security awareness to everybody. Through our associated companies Excel Security Solutions AG (Switzerland) and Crossbow Risk Solutions Ltd (Kenya), we offer various security and safety related corporate trainings to your corporation; to your management, your employees and their families.

The workshops are interactive and will be tailored to your specific needs. They can be organised as an educational and/or team-building event. Part of the proceeds of these workshops will go to the **I Am My Bodyguard Foundation**.

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Philanthropy



Our shared world depends as much on an increase in moral sensibility as it does on a sense of duty to the less fortunate. We work with family foundations, wealthy individuals and families to drive philanthropy in support of our programs worldwide.



A child and its mother who learn to protect themselves are less likely to falls victim to violence and sexual abuse and suffer from all the negative consequences associated with it. Your investment will prevent serious adverse effects on the workshop participants' lives, long-term health, education, employment, and economic well-being.

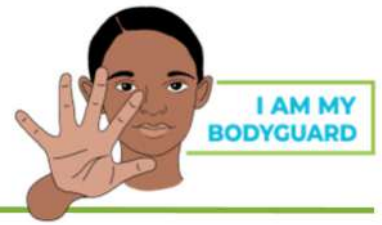


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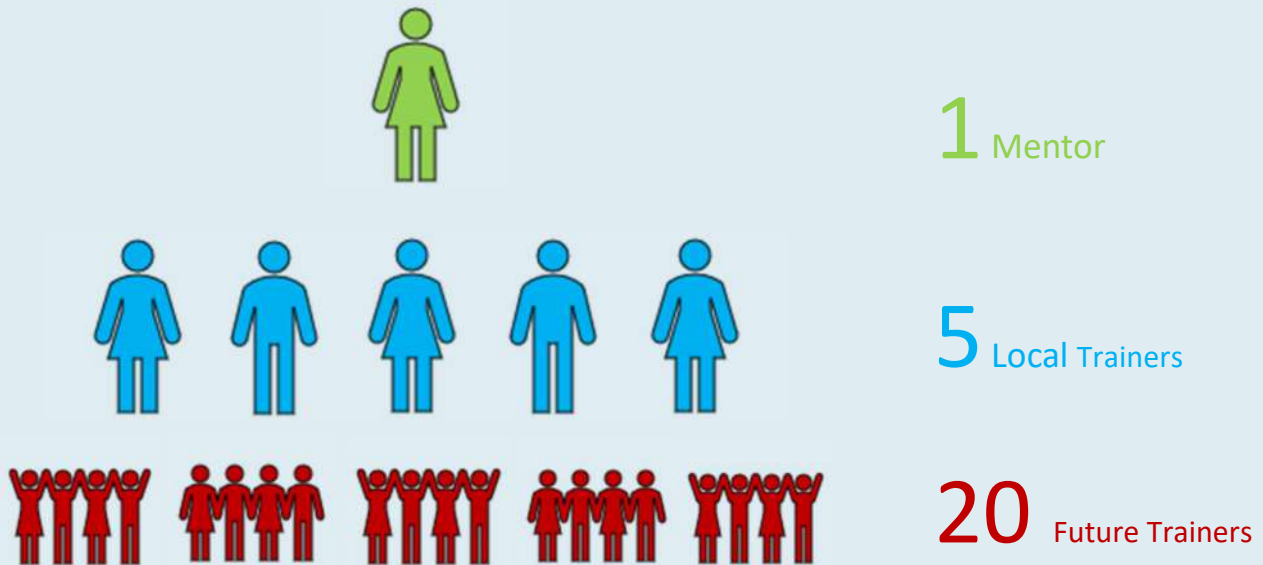
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A Self-Sustaining Model



In order to reach millions, we have a model of growth that in the long-term, will be self-sustaining and not have to depend entirely on generous donations from kind people like yourself.

Train the trainer sustainable model



Exist Aid Strategy

I Am My Bodyguard aims to create a part self-sustaining, non-governmental organization. We have a 5 year time line to reduce our dependence on donors.

As sexual abuse and violence affect all economical and social backgrounds, we aim to offer the workshops to organizations, clubs and groups of people who can afford to pay for them. Not only will we create full and part-time employment for local people, but we shall also use the revenue generated to cover our operational costs and provide free workshops to those who cannot afford them. We need your help to collect sufficient funding to get this project off the ground.

We need **CHF 5'000 per month** to setup, train and provide back office support to a team of trainers.

Your funding will go towards:

- Logistic costs
- Salary of trainers
- Supply of training equipment
- Promotional material
- Back office support

We need your Support



Your donation and support
will give women and children
a better chance to live a life
free of violence and abuse.
Thank you !



Bank details Switzerland:

Bank: Raiffeisenbank Obersimmental-Saanenland

Account: CH 15 8080 8001 6533 9267 3

SWIFT/BIC: RAIFCH22856

Beneficiary: I Am My Bodyguard Switzerland

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