



Malouf
Foundation.

**Bringing hope and ending the victimization
and exploitation of sexual assault through
education, healing, and advocacy.**



Smart Defense™ is a self-defense training program created by the Elizabeth Smart Foundation, along with self-defense professionals, and designed specifically for women and girls. The program's goal is to educate and empower women with the skills to protect themselves and feel in control of their bodies and boundaries. This program is available through in-person training, online training via Smart Defense+, and a seminar-style for businesses to provide for employees.



The “We Believe You” campaign is a movement recognizing the positive impact of believing survivors of sexual violence. Created in 2020 by the Elizabeth Smart Foundation, the “We Believe You” campaign seeks to educate communities and create a safe space for survivors to use their voice and make an impact.

“We Believe You” Fund

The “We Believe You” Fund is a fund dedicated to providing survivors with grants to cover the cost of different healing aspects. The money in this fund goes toward therapy costs, related medical bills, attorneys fees, safe housing away from an abuser, and more.

SMART TALKS

Smart Talks is a podcast where Elizabeth Smart interviews therapists in different modalities, survivors of trafficking and abuse, and experts in the anti-violence field as they share resources and stories of empowerment, recovery, and hope.



Smart Defense™ for Kids is a version of the Smart Defense™ program designed specifically for children ages 5-10. Kids learn how to protect themselves against bullies and predators, set boundaries, and practice consent all in a fun, active environment.