

DEFEND YOURSELF

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OVERVIEW

- **App Name:** (Defend Yourself)
- **App Description:** (This App is for people to defend Themselves from bullying and learn how to defend Themselves from harming)
- **Track:** (Youth Individual)
- **Category:** (Mental health & wellbeing)



THEME

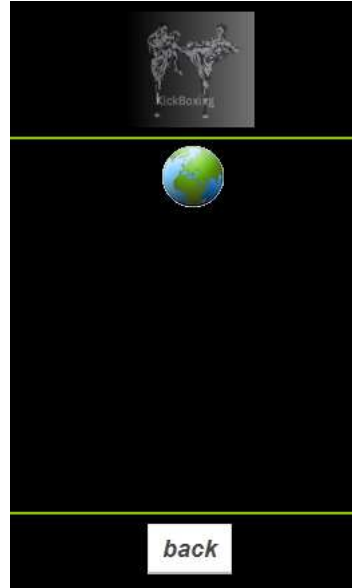
(I made this app to help people whom suffering from bullying and make their mental health bad ,By myself I suffered from bullying in my life but I learnt how to stand Infront of it.)



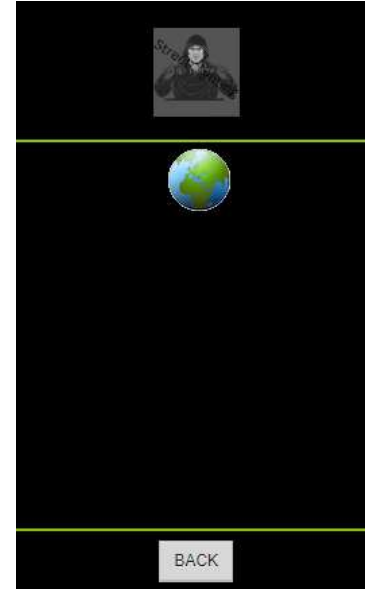
INSTRUCTIONS



Screen 1



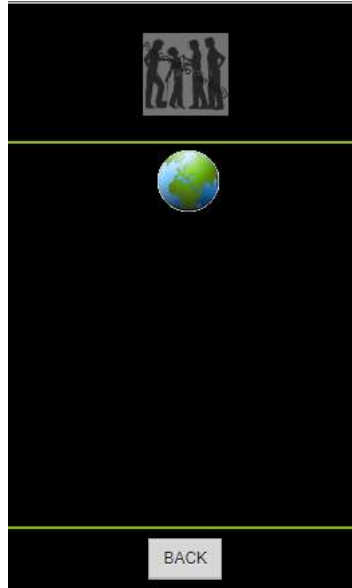
By clicking on (KickBoxing) It will take you to (Screen 2)



And if You clicked on (StreetFighting) It will take you to (Screen 3)



INSTRUCTIONS



But if you clicked on (Respond to bullying) it will iate you to (screen 4)



LIMITATIONS

There is no Limitations



TITLE

And this is my App to enter the MIT App inventor Summer Appathon and I made this app to help people whom suffering from bullying and make their mental Health Destroyed.

