

Once a year, as part of our International Instructor Training program, we offer this unique opportunity for adults and teens to practice 'People Safety' skills to prevent, stop, or leave most harassment and violence. Instructor candidates teach the skills with leadership and in-the-moment coaching provided by our most senior instructors, and participants get many opportunities for one-on-one practice.

Using examples relevant to the lives of teens and adults, we'll practice skills to:

- **Notice possible problems & respond quickly**
- **Deal with peer pressure & bullying**
- **Make safe choices with strangers**
- **Stay safe from verbal attack**
- **Set clear, appropriate boundaries**
- **Act aware, calm, and confident**
- **Manage emotional triggers**
- **Get help - and persist!**
- **Say 'no' in ways that are effective & practical**
- **Prevent problems from escalating into fights**
- **Use physical self-defense appropriately: this class includes full-force physical self-defense practice with head-to-toe padded instructors**



Teenpower is a program & service of

kidpower™

the nonprofit leader in "People Safety"
skills education for all ages & abilities.

To enroll in this workshop, please contact Kidpower at (800) 467 6997 ext. 1# or email safety@kidpower.org. The \$30 fee is less than 1/3 the cost of our Teenpower workshops outside of Instructor Training. Your participation makes it possible for people from around the world to learn, under the leadership of our senior instructors, how to teach these skills to teens and adults in their own communities.

To learn more, visit www.kidpower.org.