



## Parent-Child Full Force Workshop for kids ages 6-12 and their adults



This workshop teaches young people accompanied by their parents and caregivers how to prevent and protect themselves from violence, bullying and abuse from strangers and people they know, including peers. The children practice awareness, boundary-setting, and target denial skills through age appropriate role plays, and adults learn how to practice with their children in a way that is positive and enjoyable, not scary.

Children and parents learn all of the everyday safety skills together, and children also get the opportunity to learn full-force self-defense skills while their parents observe. A parent, guardian or other caregiver must stay for the entire workshop, and each child may be accompanied by up to two adults.

### **Children and Adults Together Learn To:**

- Be and act aware
- Project an attitude of confidence
- Set appropriate boundaries with people they know
- Create safety zones with strangers when out on their own
- Act responsibly while respecting others
- Deal effectively with bullying and harassment
- Persist until they get help, especially with people in authority
- Use physical self defense skills as a last resort to get to safety

*“I believe Kidpower has an outstanding track record for teaching effective skills without raising fear in children. I am happy to give a strong endorsement.”*

-Terry Medina, Police Chief



**To register call 1-800-467-6997 or email [safety@kidpower.org](mailto:safety@kidpower.org). There is a fee for the workshop, however no one will be turned away for lack of funds.**