



Safety & Self-Defense Workshop for ages 6-12 with their adults

With their adults, kids ages 6 to 12 practice 'People Safety' skills to have more fun and fewer problems with people everywhere they go. Kids learn full force self-defense skills with a head-to-toe padded instructor while the adults cheer them on!



Experts worldwide recommend Kidpower for our age-appropriate, effective, & empowering approach to teaching child protection, positive communication, and interpersonal safety skills.


Kidpower skills prepare adults and kids alike to develop healthy relationships and make safe choices with people including strangers, siblings, peers, and other people they know.



Together, your family will practice everyday 'People Safety' skills. Kids will also practice 'emergency-only' full force self-defense skills with a padded instructor. We'll show how to:

- **Make safety plans for public places**
- **Move away from possible trouble**
- **Follow Stranger Safety rules**
- **Set & respect boundaries**
- **Use safety skills online**
- **Be & act aware & confident**
- **Stay safe from hurtful words**
- **Get help from adults to be safe**
- **Stop unwanted touch & attention**
- **Deal with peer pressure & bullying**
- **Use physical self-defense as a last resort in a safety emergency**

**Saturday
February 4
1pm - 5pm
Berkeley**

Open to the public until full. Space is limited; enrollment is required. To learn more or enroll, email safety@kidpower.org or call Kidpower at 800-467-6997 ext. 1#. All public workshop sites are wheelchair accessible. 

The \$140 fee reflects our break-even cost and includes a Kidpower Safety Comic, regularly \$12, for each enrolled child. Partial scholarships & payment plans can be arranged.



Presented by Kidpower®, the global nonprofit leader in 'People Safety' Skills Education for all ages since 1989