



**Parent-Child Workshop
with Kick Pads
for kids ages 6-12
Sunday, Jan 26
10am-1:30pm
Aptos**

Families with older children practice “People Safety” skills to be safe with peers, family, strangers, and others everywhere they go. People Safety skills help kids enjoy activities and outings of all kinds with safety and confidence. Kids will also practice physical self-defense skills with coaching from instructors holding kick-pads. This class is part of our International Instructor Training and will be led by some of our most experienced instructors assisted by instructors in training.

Using examples and activities relevant to kids 6-12, we’ll practice skills to:

- **Show awareness and confidence**
- **Move away from possible problems**
- **Build effective Stranger Safety habits**
- **Use voice as a safety tool**
- **Set clear boundaries**
- **Deal with bullying**
- **“Tell” without “tattling”**
- **Take the power out of mean words**
- **Make safety plans with family & friends**
- **Get help from busy adults - and persist!**
- **Find your family or group if you get separated in public**
- **Use physical self-defense skills in an emergency: with step-by-step coaching, kids will practice using their full force safely and effectively with kick pads.**



This tailored workshop is a service of



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 fee for this workshop is \$40. Our workshops held during Instructor Training are offered at a lower cost to encourage people to join us for this special class!

To learn more about our educational materials and services, including this and other public workshops, or to learn more about arranging a workshop for your own group, visit www.kidpower.org.