



**Personal Safety Workshop  
for adults ages 18+  
Sunday, September 7  
1:30-5:30pm  
Palo Alto**

Too often, concern about safety stops adults from enjoying life fully. The truth is, a few simple "People Safety" skills can prevent or stop most harassment and violence. Our active, upbeat approach makes these skills easy to learn quickly. Invest a few hours with us for a lifetime of greater confidence in your ability to protect yourself and those you love!

Using examples relevant to adults of all ages, we'll practice skills to:

- **Assess situations and respond quickly**
- **Project awareness and confidence**
- **Stop unwanted attention**
- **Use voice as a safety tool**
- **Set strong boundaries**
- **Take charge of emotional triggers**
- **Get help - and persist until you get it!**
- **Deal effectively with verbal aggression**
- **Stop most attacks before they start with a few simple habits**
- **Use powerful physical self-defense skills that need little strength and no ongoing practice. This class includes full force practice with a padded in structor.**



Fullpower is a program & 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](mailto:safety@kidpower.org). The \$125 fee for this workshop represents our break-even cost. Partial scholarships and payment plans can be arranged.

**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](http://www.kidpower.org).