



**Kidpower ‘On Your Own’  
Parent-Child Full Force Workshop  
Includes Physical Self-Defense Practice  
for kids ages 9-14**

**Sunday, October 2nd  
9am - 1pm  
Palo Alto**

Prepare youth to stay safe as they gain independence in the world both in-person and online! In this workshop, families with kids ages 9 to 14 practice “People Safety” skills to prevent problems and improve communication with peers, family, strangers, and others wherever they might go. People Safety skills help kids when by themselves, with groups of friends, or with their adults. In this class, kids will also practice physical self-defense skills for emergencies, using their ‘full force’ power with an instructor wearing a protective “suit.”

Using examples and activities relevant to youth ages 9-14 and their adults, we’ll practice how to:

- **Stay aware, calm, respectful, and confident**
- **Make a safety plan for everywhere you go, in person and online**
- **Recognize and take action to avoid unsafe behavior**
- **Develop effective Stranger Safety habits**
- **Set clear and appropriate boundaries**
- **Stay in charge of your actions and words**
- **Be persistent in getting help from busy adults**
- **Protect yourself from hurtful words and other emotional assaults**
- **Check First with an adult before changing the plan**
- **Use physical self-defense skills in an emergency, with youth having realistic practice team-taught by a coaching instructor and a full-force instructor wearing a protective suit.**



This tailored workshop is a service of



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



All public workshop sites are  
wheelchair accessible.

**To enroll** in this workshop, please contact Kidpower at (800) 467-6997 ext. 1# or email [safety@kidpower.org](mailto:safety@kidpower.org). The \$140 fee for this workshop represents our break-even cost and includes a Kidpower Safety Plan Comic Book, regularly \$12. 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).