

# kidpower® Parent-Child Full Force Workshop

**Includes Physical Self-Defense Practice  
for kids ages 6-12**

**Sunday, February 8th**

**9am - 1pm**

**Palo Alto**

In this workshop, families with older children practice “People Safety” skills to prevent problems and improve communication with peers, family, strangers, and others -- at home, at school, and in public. People Safety skills help kids enjoy activities and outings of all kinds with safety and confidence. In this class, kids will also practice physical self-defense skills for emergencies, using their ‘full force’ with a padded instructor.

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 a padded instructor.**



This tailored workshop is a service of

kidpower®

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 \$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).