



## Starting Strong Workshop for kids ages 3-5 together with their adults

**Sunday, Feb 10**

**9:00-9:50am**

**Palo Alto**

Enjoy an introduction to People Safety Skills with your young child. Help your child learn how to handle a friend saying something mean, check first before touching something unsafe, move away from someone throwing sand or doing something else that could be hurtful, and get help from you effectively, even when you are busy. A few simple but powerful skills help kids notice, stop, and get help with potential safety problems like these and many others.

Through storytelling, puppets, and interactive role-plays, children 3-5 and their adults will be introduced to age-appropriate ways young people can:

- **Check first with adults if things seems unsafe**
- **Stop unwanted touch**
- **Be safe with hurtful words**
- **Set strong boundaries**
- **Use their voice as a safety tool**
- **Get help from busy adults**
- **Move out of reach of a potential problem**
- **Say 'No' or 'Stop' clearly and respectfully**



This workshop is appropriate for children 3-5 who:

- \* are comfortable in a group of other children
- \* are comfortable following directions from a teacher
- \* enjoy sitting for 10-15 minutes for interactive presentations, like a library story hour

*Older siblings may also enroll, but the examples and stories will be geared to younger children*

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](mailto:safety@kidpower.org). \$30 per child including up to 2 adults (at least one caregiver must accompany child to the workshop). Our *Kidpower Safety Plan Comic Book* is included in the price of the workshop -- a \$10 value!

**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).