



**Personal Safety Workshop**  
**for teens ages 13-17**  
**Saturday, February 6th**  
**9:00am-2:00pm**  
**Palo Alto**

In this active, upbeat session, teens practice using “People Safety” skills to prevent, manage, or leave potentially unsafe situations with people. “People Safety” skills help prevent violence and improve communication at home, at school, out in the world, online.... everywhere, with everyone.

Using examples relevant to the lives of teenagers, we’ll practice skills to:

- **Notice possible problems & respond quickly**
- **Deal with peer pressure & bullying**
- **Make safe choices with strangers**
- **Stay safe from verbal attack**
- **Stop unwanted attention**
- **Set clear, appropriate boundaries**
- **Act aware, calm, and confident**
- **Manage emotional triggers**
- **Get help from adults - and persist!**
- **Say ‘no’ in ways that are effective & practical**
- **Prevent problems from escalating into fights**
- **Use physical self-defense appropriately: this class includes full-force physical self-defense practice with a head-to-toe padded instructor**



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. 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).