



**Teenpower/Fullpower
Workshop
for teens ages 13+ and adults
Sunday, Apr 28
10:00am - 2:00 pm
Santa Cruz**

The special fee for this workshop is \$45, which is just 1/3 of the regular cost! Our workshops held during Instructor Training are offered at a lower cost to encourage people to join us for this special class!

Once a year, as part of our International Instructor Training program, we offer this unique opportunity for adults and teens to practice 'People Safety' skills to prevent, stop, or leave most harassment and violence. Instructor candidates teach the skills with leadership and in-the-moment coaching provided by our most senior instructors, and participants get many opportunities for one-on-one practice.

Using examples relevant to the lives of teens and adults, 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 instructor.**

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. The special fee for this workshop is \$45. Our workshops held during Instructor Training are offered at a lower cost to encourage people to join us for this special class!

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.