



'On Your Own' Safety & Self-Defense Workshop for ages 9-14 with their adults

With their adults, kids ages 9 to 14 practice using 'People Safety' skills on their own at home, out in the world, and online. Kids get full force self-defense skills practice with a head-to-toe padded instructor while the adults cheer them on!



Experts worldwide recommend Kidpower for our age-appropriate, effective, & empowering approach to teaching child protection, positive communication, and interpersonal safety skills.

Kidpower skills prepare adults and kids alike to develop healthy relationships and make safe choices with people including strangers, siblings, peers, and other people they know.



Together, you'll learn, practice, and adapt skills for your own child's age and life situation. Kids will also practice 'emergency only' full force self-defense skills with a padded instructor as adults cheer them on. We'll practice how to:



- **Make safety plans for public places**
- **Make 'Home Alone' safety plans**
- **Move away from possible trouble**
- **Follow Stranger Safety rules**
- **Set & respect boundaries**
- **Use safety skills online**
- **Be & act aware & confident**
- **Stay safe from hurtful words**
- **Get help from adults in public**
- **Stop unwanted touch & attention**
- **Deal with peer pressure & bullying**
- **Use physical self-defense as a last resort in a safety emergency**

Saturday, November 17 9am - 1pm Aptos

Open to the public until full. Space is limited; enrollment is required. To learn more or enroll, email safety@kidpower.org or call Kidpower at 800-467-6997 ext.0#. All public workshop sites are wheelchair accessible. 

The \$140 fee reflects our break-even cost and includes a Kidpower Safety Comic, regularly \$12, for each enrolled child. Partial scholarships & payment plans can be arranged.



Presented by Kidpower,® the global nonprofit leader in 'People Safety' Skills Education for all ages since 1989