



**Personal Safety Workshop
for Adults 18+
Wednesday, January 30th
6pm-9:30pm
Santa Cruz**

Too often, concern about safety stops adults from enjoying life fully. The truth is, a few simple “People Safety” skills can prevent or stop most harassment and violence. Our active, upbeat approach makes these skills easy to learn quickly. Invest a few hours with us for a lifetime of greater confidence in your ability to protect yourself and those you love!

Using examples relevant to adults of all ages, 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.**



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. 0# or email safety@kidpower.org. The \$125 fee for this workshop represents our break-even cost.

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.