
PERSONAL SAFETY & SELF-DEFENCE FOR YOUNG PEOPLE

AIMS: To provide practical and simple real life information, tools and techniques in keeping boys and girls safe aged 13 to 25, in the home, work, place of study and outside in their communities.

OUTCOMES: This course will cover the following main areas:

AWARENESS & AVOIDANCE

BODY LANGUAGE & VOICE

UNDERSTANDING FEAR, STRESS AND ANXIETY

LEARNING TO BE CONFIDENT AND ASSERTIVE

PRACTICAL TOOLS & TECHNIQUES

SPACE TO SHARE

THE LAW & SUPPORT SYSTEMS

PRE-REQUISITES: None.

WHO SHOULD ATTEND: Young people that have been victims of crime or violence and/ or want to learn about personal safety. This course will be carried out over a variable period, (times to suit the organization/school/university/youth club/other). It provides valuable knowledge for keeping young people safe. It's about engaging with young people and allowing them to feel safer in their own lives. The course will give invaluable information and tools for young people on crime and violence that affects them, such as gang, knife culture, cyber bullying and other relevant topics.

DETAILS

Cost of course:	Details on application	Max delegate no:	Room Size
Duration:	Flexible	Min delegate no:	one
Contact:	Sev Necati info@sevnecatitraining.com	Dress Code:	Comfortable