
WOMEN & YOUNG PEOPLES SAFETY SOLUTIONS

AIMS: To provide practical and simple real life information, tools and techniques in keeping women & girls safe, 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 ANEXITY

LEARNING TO BE CONFIDENT AND ASSERTIVE

PRACTICAL TOOLS & TECHNIQUES

SPACE TO SHARE

THE LAW & SUPPORT SYSTEMS

PRE-REQUISITES: None.

WHO SHOULD ATTEND: Individuals that have been victims or want to learn about personal safety.

This course will be carried out over a variable period, (times to suit the organization). It provides valuable knowledge for keeping women and girls safe. It's about engaging women and girls and allowing them to feel safer in their own lives. The course will give invaluable information and tools for women and girls to become aware of what their rights are, what support systems are out their, how they can manage their own safety. How they can feel empowered to achieve and live the lives they want to, by staying safe.

DETAILS

Cost of course: Details on application **Max delegate no:** Room Size

Duration: Flexible **Min delegate no:** one

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