
PERSONAL SAFETY FOR YOUNG PEOPLE

AIMS: To provide practical and simple real life information, tools and techniques in keeping young people keep safe in the home, work, place of study and outside in their communities.

OUTCOMES: This course can 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: Young people 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 school/college/university/organisation). It provides valuable knowledge for keeping young people safe. It's about engaging young girls and boys and allowing them to feel safer in their own lives. The course will give invaluable information and tools so they can learn how to manage their own safety.

DETAILS

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

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

Contact: Sev Necati **Dress Code:** Comfortable

Email: info@sevnecatitraining.com