
PERSONAL SAFETY & SELF-DEFENCE AQA

AIMS: Through practical based sessions delivered the student will learn how to develop awareness of various situations in which his/her personal safety may be threatened. He/She will learn how to avoid risky situations, and will learn about risk assessment and management, and practical basic personal safety techniques. He/She will learn how to become more confident and assertive and will learn what his/her rights are.

OUTCOMES: This course will cover the following main areas:

OUTCOMES TO BE ACCREDITED

In successfully completing this unit the student will have

demonstrated the ability to

1. perform at least two self-defence 'striking' techniques;
2. perform the self-defence 'keeping space' technique;
3. perform the self-defence 'voice' and 'body language' technique;

shown knowledge of

4. at least two ways of projecting confidence and assertiveness in threatening situations;
5. at least one verbal 'voice-control' or physical 'striking' technique ;

experienced

6. taking part in at least one physical training session;
7. taking part in role plays that enable him/her to use the skills learnt and deal with conflicting situations that are relevant;

acquired an understanding of

8. the 4 'A s', which are 'Awareness', 'Avoidance', 'Assessment' and 'Attack';
9. the criminal law act '1967, section 3.1', and the human rights act '1988 article 5', relating to self-defence;

demonstrated the ability to

10. evaluate the workshop by completing a questionnaire.

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 organization). 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 info@sevnecatitraining.com	Dress Code:	Comfortable