

## **Safeteen - Powerful Alternatives to Violence**

**hold your power. speak your truth. come from love.**

Safeteen is an internationally acclaimed Violence Prevention program, which has been endorsed by school districts, teachers' federations, psychologists, health professionals and parenting experts world- wide. This program, embraced by teens and praised by educators and parents, provides a unique assertiveness model and violence prevention "language" that can be integrated into school and family culture. The process is designed to provide youth with tools to manage fear and anger and to identify their own voice of wisdom. With the Safeteen skills, teens can connect with the power and wisdom within and speak from an authentic place of strength. They can hold their power and speak their truth and come from love.

Utilizing a dynamic and experiential teaching style, Safeteen addresses adolescents on their own level, working with issues that are relevant to their everyday lives. The program gives youth skills to deal with verbal violence, emotional violence, sexual assault and threats of physical violence.

### **The Safeteen Model is an Effective Violence Prevention Strategy Because:**

- Sexual assault, bullying, exclusion and physical assault are crimes of power and persons who feel powerless are more likely to commit these crimes.
- Abusive people are more likely to hurt someone they perceive as an easy target.
- Persons with the skills to stand up for themselves will feel empowered. They are more likely to act assertively and therefore less likely to be perceived as easy targets.
- Persons who feel empowered are less likely to hurt themselves or others.

*"When our children are faced with conflict and they feel they must choose between violence and victimization, these skills offer them another choice: a powerful alternative to violence." A. Roberts*

