



## Safeteen is Proud to present our Pre-Teen Program

We all want to know what to do to keep our children safe. I think we can all agree that the most difficult thing as a parent/caregiver is to face the pain the world can inflict on our children. To know our kids are at risk and not know how to protect them is every parent's nightmare. Today's youth culture is moving at light speed and it is a rare adult that can keep up with the current social trends, recreational activities and particularly, the technology that their children are born to. The complex cyber world that they live in is new territory to many people raising pre-teens today.

Safeteen's pre-teen program is a safety and empowerment program for pre-teens which gives kids strategies to deal with verbal violence, emotional violence, sexual violence and threats of physical violence. This workshop is about teaching our children to stand up for themselves and what they believe in, *without violence*. Safeteen offers children and youth, *powerful alternatives to violence*.

Our pre-teen program is based on Safeteen's unique assertiveness model that children and youth readily embrace. Utilizing a dynamic and experiential teaching style, this program addresses pre-teens on their own level, working with issues that are relevant to their everyday lives. With the skills they will learn, kids 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*.

This is a hands-on; skills based workshop for children 11 & 12 years of age.

### Issues Covered:

- Non-violence communication
- Fear and anger management
- Verbal and body language skills
- Bully, intimidation and bystander dynamics
- Gender socialization and stereotypes
- Body image/building inner strength
- Verbal, physical and sexual violence
- Online safety
- Healthy boundaries and relationships
- Girl-girl violence / guy-guy violence
- "Stepping down" with dignity
- Physical self-defense skills

**The Workshop Format:** One - 3 hour block of time / gender separate groups

**Class Size:** 30 youth maximum