

## Children's Smart and Safe program

Our children's programs teach children, *boys & girls ages 5-11 years*, how to use:

- **Their mind.**
- **Their voice.**
- **Their words and body in a positive way to become confident and strong.**



Our Self-Defense techniques are designed for children and are used in specific situations for the students to truly understand how and when to defend themselves. These techniques are taught with limited physical contact and verbal response.

High self-esteem is a constant element used throughout the program to give each child the tools they need to be successful in every aspect of their life. We also discuss the healthy body and healthy mind concept. The importance of physical fitness is emphasized for the importance of health, wellness and safety.

This program covers:

- **Stranger Recognition (good stranger or bad stranger).**
- **Tricks and Scams.**
- **Empowerment (confidence and self-worth).**
- **Personal Space.**
- **Private Parts (swim suit coverage).**
- **Good-Bad-Uncomfortable Touch.**
- **How to Get Help.**
- **Home, School and Vehicle Safety.**
- **Out and About Safety.**
- **Defense Against Abduction.**
- **Recognition and Defense Against Bullying.**
- **Self-Realization of Personal Power (physical and emotional).**
- **Social Respect.**

**Safe and Smart Program** -2 hours, \$50.00 per student (Includes activity coloring book).

**Safe and Smart Program with Graduation**- 3 hours, \$99.00 per student.

(Includes activity coloring book and graduation ceremony). Upon completion of the program the students will participate in a graduation ceremony. They will have an opportunity to show off some of the "cool moves" they learned and show their parents how they have become Smart and Safe.

Contact us to attend a class or WE CAN COME TO YOU!!!

[www.self-defense4life.com](http://www.self-defense4life.com)

(805) 499-4356