



# INSIGHT

## Personal Safety Australia Newsletter

June – July 2006

### FEATURES THIS EDITION

**FREE Protective Behaviours Seminars**

**Five Fundamentals of Personal Safety**

### Personal Safety Australia MISSION STATEMENT

*To equip, empower and, inspire individuals, organisations and their clients to maximise their safety, enhance their wellbeing and advocate the safety and wellbeing of children and other vulnerable groups.*



### WELCOME

Welcome to the inaugural edition of *Insight* the Personal Safety Australia (PSA) bi-monthly e-newsletter. This free publication provides schools, child care centres, community, corporate and government groups with insightful information, ideas and special offers to maximise their safety and wellbeing.

If you have a personal safety question or topic of interest you would like featured, please contact us via email: [admin@personalsafetyaust.com](mailto:admin@personalsafetyaust.com).

### FREE Protective Behaviours Seminars

For a strictly limited time, PSA is offering five *free* Protective Behaviours Seminars. These seminars are designed to provide parents, carers, teachers, social workers, counsellors, nurses, child care providers and other professionals working with children and other vulnerable groups with an insight into the internationally renowned Protective Behaviours child abuse prevention program.

**Valued at \$900**, the two hour presentation for up to 200 people will feature communication, problem-solving and networking skills to empower children and other vulnerable groups to deal with any situation in which they don't feel safe. Unlike other child abuse prevention programs, Protective Behaviours is effective against offenders who are known or not known to the intended victim. This is essential given that the vast majority (approx 90%) of child abuse is perpetrated by a person known to the child.

Interested schools, child care providers, community groups and other organisations are requested to email PSA: [admin@personalsafetyaust.com](mailto:admin@personalsafetyaust.com). Conditions apply. Successful applicants will be notified by 31 July 2006 and published in the next edition of *Insight*.

## Words of Wisdom

*'Enthusiasm is the greatest asset in the world. It beats money, power and influence.'*

Henry Chester

## Personal Safety Australia SERVICES

### Personal Safety

**Seminars:** Covering a range of both preventative and reactive strategies to deal with any threat to one's safety including: at home, in the workplace, out and about, in the social scene, on public transport and in the car.

### Protective Behaviours

**Workshops:** Equipping parents, carers, teachers, nurses, child protection workers, counsellors and other professionals working with children and other vulnerable groups with essential life skills to relay to their children/ clients to enable them feel safe and to take effective action in any threatening situation.

### Women's Self Defence

**Courses:** Incorporating a range of practical, non-strength related, physical self defence techniques to gain defensive skills, maximise safety and increase confidence.

## Five Fundamentals of Personal Safety

These five tips provide an excellent basis for situation-specific personal safety strategies. Each of these tips is covered extensively in PSA Personal Safety Seminars.

### 1. Adopt strong, confident body language

Offenders target vulnerability. By adopting strong, confident body language you can dramatically reduce the likelihood of being targeted by an attacker. Holding your head up, shoulders back, walking with a purpose and being able to briefly meet the gaze of passers-by all demonstrate confident body language and can be a powerful deterrent to would-be attackers.

### 2. Be aware of your surroundings

Being aware of your surroundings, wherever you are, will alert you to potential safety threats before they reach you. This gives you the opportunity to either avoid the threat or prepare to deal with it. The secret is to appear casual and relaxed as you survey your surroundings. If you appear paranoid or out of your comfort zone you appear vulnerable and are more attractive to would-be attackers.

### 3. Be committed to your safety

Many people would do absolutely *anything* to protect a loved one from harm, but lack the same commitment to their own safety. Commitment to one's safety is fundamental to maintaining it and is often the determining factor as to whether you actively preserve your safety and take effective action if your safety is threatened. If recognise a lack of commitment to your safety, ask yourself why and work on it...you *are* worth it!

### 4. Trust your instincts

Our bodies sense danger long before we consciously identify the source. It is vital to listen to, trust and act on your instincts. If you pick up a 'bad vibe' or a feeling that something is "not right" from a person or a place, remove yourself from the situation as soon as possible or do whatever else you believe will best preserve your safety.

### 5. Develop a network

Many people find it difficult to trust others with their feelings, experiences and concerns. Often people in most need of a trusted person to talk with, such as victims of domestic violence or people contemplating suicide, are the most isolated. Developing a network of people you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened, is important. People you might consider for your network are relatives, friends, members of community groups and neighbours.

## Personal Safety Australia SERVICES (con't)

### **Child Protection Policy Development:**

Maximising the safety of children in care and providing a supportive work environment for staff and volunteers by implementing policies and procedures to minimise access for child abuse offenders and to deal appropriately with abuse or suspicion of abuse that may occur.

### **Workplace Psychopath and Bullying Prevention Workshops:**

Raising awareness of the workplace psychopath and bully and providing practical strategies to minimise the impact that these destructive individuals have on colleagues, teams, clients and the organisation.

For further information regarding PSA services visit our website:

[www.personalsafetyaust.com](http://www.personalsafetyaust.com) Or contact us via the details listed in 'Contact Us'.



## Five Fundamentals of Personal Safety (con't)

By talking with people we trust and gaining their support, advice and opinions we are often better equipped to handle and solve our problems. You are encouraged to develop your own network of trusted people to talk with, as well as being a good friend or network member for others.

To arrange a Personal Safety Seminar contact PSA via the 'Contact Us' details below.

## Funding Opportunities

Funding is available for PSA services through government (local, state and federal) and corporate grants. Information regarding grant sponsors, project types, eligibility, funding amounts and closing dates is detailed on the PSA website ([www.personalsafetyaust.com](http://www.personalsafetyaust.com)). A number of useful websites providing grant information and other suggestions to find grant programs are also listed.

PSA can assist with your grant application by providing a detailed description and costing of the service/s you desire.

## CONTACT US

Please contact us if you:

- Require further information regarding PSA services;
- Wish to be included on our e-newsletter mailing list;
- Have a personal safety question or topic of interest you would like included in future editions of *Insight*; or
- Do not wish to receive future copies of *Insight*

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