

## Youth Safety Awareness Session

Purpose	To equip, empower and inspire young people with an awareness of practical safety strategies to maximise their safety and preserve their wellbeing in any situation.
Duration	1 – 3 hours (custom-made to meet client needs)
Target audience	<p>Young people aged 13 – 21 years</p> <p>This awareness session is particularly recommended for Year 12 students prior to “Schoolies’ Week” celebrations.</p>
Participant numbers	Up to 200 participants
Content	<p>Awareness sessions are custom-made to meet client needs.</p> <p>Optional topics include:</p> <ul style="list-style-type: none"> <li>• <b>Personal violence dynamics:</b> exposing common myths and facts about personal violence; and identifying the most common safety risks for young people.</li> <li>• <b>Personal safety essentials:</b> outlining ten essential strategies to maximise personal safety and enhance wellbeing.</li> <li>• <b>Dealing with confrontation:</b> exploring a range of practical strategies to deal with different types of confrontation including bag snatching/robbery, armed and unarmed assault, rape and sexual assault, sexual harassment, domestic violence and workplace bullying.</li> <li>• <b>Situational safety strategies:</b> providing practical strategies to maintain personal safety in a range of environments including at home, out and about, in the car, using public transport, in the workplace and in social settings.</li> <li>• <b>Rape and sexual assault:</b> exposing myths and facts and providing a range of both preventative and responsive safety strategies to deal with sexual assault.</li> <li>• <b>Internet and consumer safety:</b> providing an awareness of risks and practical strategies to minimise the opportunities for internet fraud, identity theft and other consumer related scams.</li> </ul>

Content (con't)	<ul style="list-style-type: none"> <li>• <b>Personal Safety Plan:</b> encouraging the development of a custom-made plan to enable preventative safety strategies to become habits, and responses to threats to become automatic.</li> </ul>
Learning methods	Lecture-style presentation with visual aids. Participants will have the opportunity to ask questions.
Cost	<p>Group Bookings:</p> <p>Up to 50 participants: \$500</p> <p>51 – 100 participants: \$700</p> <p>Over 100 participants: \$900</p> <p>The host organisation is responsible for: providing a suitable training venue; the photocopying of handout materials; and catering (if provided to participants).</p> <p>Travel expenses apply for training conducted outside of metropolitan Brisbane.</p> <p>Individual Participant Fees:</p> <p>Up to 50 participants: \$40 per person; \$60 per couple; \$30 concession</p> <p>51 – 100 participants: \$30 per person; \$50 per couple; \$25 concession</p> <p>Over 100 participants: \$25 per person; \$40 per couple; \$20 concession</p> <p>As part of <i>Personal Safety Australia's</i> commitment to equipping, empowering and inspiring those most vulnerable, 10% of all course fees are donated to charities supporting children living in extreme poverty.</p>
Further information	<p>Kim Jackson, Personal Safety Australia  Tel: (07) 3379 4475  Email: <a href="mailto:kimjackson@personalsafeyaust.com">kimjackson@personalsafeyaust.com</a></p>