

Youth Safety Awareness Sessions and Workshops



Youth Safety Awareness Sessions

Youth Safety Workshops

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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:	Young people aged 13 – 21 years This awareness session is particularly recommended for Year 12 students prior to “Schoolies’ Week’ celebrations.
Participant numbers:	Up to 200 participants
Learning objectives:	Awareness sessions are custom-made to meet client needs. Optional topics include: <ul style="list-style-type: none">• Personal violence dynamics• Fear of crime• Personal safety essentials• Dealing with confrontation• Situational safety strategies• Myths and facts about rape and sexual assault• Internet and consumer safety• Developing a Personal Safety Plan.
Learning methods:	Lecture-style presentation with visual aids. Participants will have the opportunity to ask questions.
Further information:	Further information regarding this workshop can be accessed by visiting the Member Login section or by contacting us .

Youth Safety Workshops

Purpose:	To equip, empower and inspire young people with a range of preventative and responsive safety strategies and skills to maximise their safety and enhance their wellbeing in any situation.
Duration:	1 day (approx. 8 hours including meal breaks)
Target audience:	Young people aged 13 – 21 years This workshop is particularly recommended for Year 12 students prior to “Schoolies’ Week’ celebrations.
Participant numbers:	10 - 30 participants
Learning objectives:	Workshops are custom-made to meet client needs. Optional topics include: <ul style="list-style-type: none">• Personal violence dynamics• Fear of crime

- Personal safety essentials
- Dealing with confrontation
- Situational safety strategies
- Myths and facts about rape and sexual assault
- Internet and consumer safety
- Developing a Personal Safety Plan.

Learning methods:

Class and group activities, role-plays, brainstorming, discussion, demonstrations, practicing physical self defence techniques using strike pads and other interactive methods.

Testimonials:

'Entertaining and informative.'

'It was so much fun learning how to keep yourself safe, thanks.'

'Very useful. I'm sure I will use the strategies throughout my life.'

'The workshop taught me a lot of new things and cleared up some myths about self defence.'

'Fun and interesting.'

Further information:

Further information regarding this workshop can be accessed by visiting the [Member Login](#) section or by [contacting us](#).

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