

# Personal Safety Education for Women and Children

Freedom  
Personal  
Safety

## Who we are

A non-profit-making social enterprise dedicated to giving women and children the skills, knowledge and confidence to keep themselves safe.

## What we do

We run workshops and courses for women and children which combine discussion, advice and simple but effective physical techniques to defend themselves if they are attacked.

## Why we do this

1 in 4 women will be raped or sexually assaulted in their lifetime and the effects on the individual and those around them can be devastating.

25% of all young adults were abused or neglected as children and 31% of children are bullied.

The physical, psychological and emotional impact on women and children is significant and can result in mental health problems, low self esteem, self-harm, loss of confidence and problems in developing relationships with others.

## How we do this

We provide a safe, supportive atmosphere for women and children to learn how strong they are physically and mentally and how they can take control of their personal safety. We help them understand that there is always something they can do and we give them the skills and confidence to stop someone hurting them. We welcome women of all ages, sizes, physical ability and fitness levels and teach simple physical moves which are designed for 'everywoman'. Our children's courses are for those aged 3-12 years.

## Our track record

Our instructors trained in the USA with RAD Systems and radKIDS Inc, who are the leading self defence organisations in North America with thousands of instructors and a nationwide reputation for excellence. We are the only company in the UK delivering RAD Systems courses. Our clients include Lloyds Banking Group, EDF Energy, the NHS, Sure Start, Manchester University, University of Huddersfield, Stockport Homes, Kirklees Council, Trafford Council, Bolton College and West Yorkshire Probation Trust.



*I wanted to improve my assertiveness but I didn't anticipate how much your course would help me find my voice and my confidence to defend my rights – the right to say no. Thanks!*

Alice, 42

To find out more or to make a booking contact:

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www.freedompersonalsafety.co.uk

You can also follow us on Twitter @fpsjulie @fpselaine



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## Freedom Personal Safety

### Personal Safety for Women

Our workshops are tailored to the needs and experiences of participants but they all include practical tips and advice on how to reduce risk, increase awareness and build confidence. Each workshop includes simple but effective physical techniques to defend against an attack. The techniques we teach are designed for 'everywoman' regardless of size, shape, age, agility or level of fitness.

Workshops last 90 minutes or 2 hours and include:

- Some facts and figures about crime rates and reporting
- Importance of body language
- how you can use your own 'personal weapons'
- practical tips on reducing risk
- simple physical techniques designed for 'everywoman'
- some breakaway moves to escape from different physical encounters

We can run workshops for community groups, organisations, youth groups, in workplaces and for groups of friends – in fact, anywhere there is a group of women aged 14+. Workshops can be run for 8 (minimum) to 20 (maximum) women. Contact us for rates and availability.

We also run a detailed 9-hour women's personal safety course which gives women a much broader range of techniques and awareness and many women who attend workshops go on to complete the full course.

### Children's Personal Safety

We offer a range of workshops for children aged between 3 and 12 on the following safety issues:

- keeping safe at home and when out and about
- fire safety
- how to react in an emergency
- safe behaviour around dogs
- road safety
- responding to strangers and adults who try to trick you
- dealing with bullying

We use games and fun activities to engage children and reinforce learning. By using active learning methods, children learn how to respond instinctively through doing rather than just listening. Parents/carers are invited to attend (where possible) so they what their children have learnt and can continue the learning at home.

We run children's workshops in schools, children's centres, youth clubs, with uniformed groups, community groups and organisations. We also offer a full children's safety course which covers all the areas listed above as well as a range of physical moves to defend against abduction.

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*One of the most important learning experiences of my life. I have learned how to harness my own strength and am confident in my ability to keep myself safe*

Julia, 32



*It covers a lot of issues that are important and it is really helpful to have the chance to talk about things in a way that is fun and not frightening for children.*

Jen, mum of Imogen, 6

