

Comments from parents/caregivers:

"My daughter has much more confidence in her ability to deal with 'difficult situations' and more awareness that these exist! She enjoyed seeing herself as strong and powerful."

"My daughter found it beneficial to be exposed to this vital information and the practical skills that were covered. It is something I would like her to attend once a year or once every two years. It sounds like the programme was fun, which makes it enjoyable for the participants. Thanks for running the programme."

"As parents we do of course teach them things ourselves but it probably carries more weight coming from someone who's not their parent! Keep up the good work!"

Dates and times

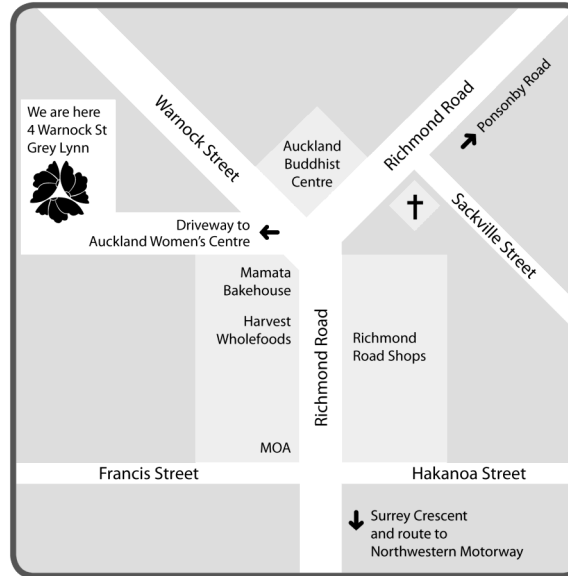
The workshop takes place over two days:

- Friday evenings 4pm – 6pm
- and all day Saturday 10am – 4pm

It is vital that the girls attend the entire workshop. Not attending or not coming to even one hour means the girls are missing out on essential information. We ask that other commitments such as Saturday sports are foregone for this one weekend so the girls get the most out of Morgan's class.

The dates for the next class are:

Friday 18 Nov 2016
4pm - 6pm
Saturday 19 Nov 2016
10am – 4pm



VENUE: Auckland Women's Centre
4 Warnock St, GREY LYNN

FEE: \$40 each - please enquire about our reduced rate if you would struggle to pay this amount.

Concessions for two or more girls booking together:
\$75 for 2 girls
\$100 for 3 girls

Please make your cheque out to the Auckland Women's Centre and post to: AWC, PO Box 78 271, Grey Lynn 1245

Alternatively you can pay via internet banking.
Call us on: 09 376 3227 for details.



Auckland Women's Centre

Facilitating empowerment and well-being for all women

Girls' Self Defence and Personal Safety Workshops

4 Warnock St, Grey Lynn,
Auckland
Mon-Fri 9am-4pm
Ph: 09 376 3227
PO Box 78 271, Grey Lynn,
Auckland 1245
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www.awc.org.nz



Auckland Women's Centre

Girls' Self Defence and Personal Safety

This workshop has been designed especially for girls 7-12 years of age.

Self-protection comes from
knowing your rights,
knowing your abilities,
and feelings of self-worth

Who should take part?

We believe all girls should take part in this workshop because learning self defence strategies and ways to keep themselves safe is an essential part of all children's education.

Girls need to be encouraged to trust their feelings, make good decisions, and be responsible for themselves when on their own.

What do the girls learn?

The focus of the class is:

- * To teach girls how to deal with uncomfortable and unwanted approaches and attention, and that it's okay to say if they feel uncomfortable around someone.
- * To use verbal and physical ways to deal with abuse and assault.
- * To say no in unsafe situations, remain calm, and the importance of telling a trusted adult.
- * To develop confidence and strength by increasing their knowledge of their bodies, feelings, and rights.

This includes learning practical things like:

- * How to deal with someone sitting outside the school gates, or approaching them in the street.
- * How to answer the telephone or door if parents/caregivers aren't available.
- * How to deal with obscene phone calls.

The girls need to dress comfortably and bring with them morning and afternoon snacks as well as their lunch and a drink for the Saturday session.

The tutor:

Morgan Libeau is a qualified self-defence instructor who has been teaching for about 20 years. Initially she taught women and girls but for some years has concentrated only on the children's course.

She believes that if information is given to children appropriately, it will make them feel safe instead of scared, enabling higher self-esteem and increased confidence.

Morgan works with children who have been victims of sexual, physical and emotional abuse. She is also involved in training and educating people in the various disciplines who work in the field, and has written four books for children and young people.

Comments from girls:

"I feel clever, brave and strong."

"I feel that after today I am much more confident."

"Self defence is helping girls know about stranger danger and how to defend herself. I liked learning how to punch and kick."

"Thank you for teaching me these skills – it was lots of fun."