

Turn Young People's Fear into Power

As seen
on TV!



A cornerstone of your Safeguarding & Anti-Bullying Policy
Every Child Matters: SEAL: Extended Schools: Gifted & Talented



Primary
School



Secondary School/
College

In this training your students will gain:

- Greater Awareness, Confidence and Self Control
- The ability to manage space effectively
- Assertive Communication Skills **and optionally:**

**Physical Escape Techniques proven to work against predators/
attackers regardless of size or physical strength**

In this lively, interactive journey into all types of conflict, you will learn the common mistakes that often get young people into trouble, and how to overcome them.

Designed especially for children and young people who wish to be able to confidently deal with bullying, peer pressure and new challenges as they progress from childhood through to adolescence and adulthood. We teach effective whole body language to ensure that you stay safe with "Real Play". Students learn very quickly how to get themselves out of trouble without physical violence.

However if as a last resort they need to protect themselves we show them how to transform their Fear into Power by safely practising their new skills full force against the **MADMAXMAN™**.





Students	Learner Impact	Learner Outcomes	Relevant Quotation
Primary School Year 6	100% would not want to bully someone else 91.6% are no longer scared of bullies	Anti Bully coping strategies. Awareness of environmental risks development. Assertiveness Skills. Ability to effectively establish physical and verbal boundaries.	<i>"Upon return to school the children conveyed to their classmates the messages they learnt throughout the morning...there was not any aggressive behaviour as a side effect to our session.....the children still speak very positively about their morning and no negative energy was conveyed at all. On the contrary, there is a particular pupil whose self confidence has significantly increased to the point where her parents made the effort to tell me how much she enjoyed the morning"</i>
	91.6% would know what to say to a stranger who wants to talk to them and get close 100% Liked the course (91.6% a lot!)	Physical Self Protection against adults as well as children.	
Secondary School Year 9 delivered at Nottingham Trent University & University of Leicester & others	Increased take up of foreign language learning at GCSE	Awareness that foreign language learning opens up all sorts of opportunities - career and social	<i>"It was an amazing day, the children arrived looking bored and uninterested as usual slouching around etc and they underwent a complete transformation. You were great."</i> NTU <i>"We all found your talk interesting and inspiring. The pupils will have certainly got the message on the important role that languages will play in their future careers."</i> South Wolds
Year 10 students	Can be a watershed in the ability of individuals to safely take control of a frightening situation.	Ability to handle peer pressure more effectively. Modified attitudes towards carrying weapons. More developed assertive behaviour.	<i>"Fantastic, that's just what they needed!"</i> Head of Extended Schools, Alderman White. <i>"The lad that had been suffering severe bullying is a changed young man."</i>
Year 9 students on Aim Higher programme	100% enjoyed the course. 100% would recommend.	Ability to handle bullies and peer pressure vastly improved. Bonding between team members improved – including bully and bullied	<i>Just wanted to say thank you for last Fridays workshop...I've spoken to just about all the kids involved.... everyone one of them said they enjoyed it and felt as though they could use what they learned.</i>
Teenage Children in the Care of Bournemouth Borough Council	All enjoyed the course. 100% would recommend the course.	Improved self esteem. Improved ability to withstand strong peer pressure. De-sensitisation to bullying	<i>"Very well put together, definitely worth participating."</i> Bournemouth Borough Council Participation Worker.
	Rated internally at 90+ out of 100		
Teenage children excluded from school	All engaged with the subject matter, participating verbally & physically	All agreed the session had been useful and interesting	<i>"It was great meeting you on Tuesday, the introductory workshop went really well. You kept the young people engaged for 2 hours which is quite a feat."</i>
HMYOI Portland	All participants improved their ability to control their anger in confrontational	Assertive skills behaviour development	<i>"The way they showed us – there's another way apart from fighting your way out of a corner. You can get away from situations that you would have ordinarily have got involved in."</i>

