

Children learn to use their voice and turn Fear into Power



C.A.T.S

CHILD ASSERTIVENESS TRAINING SERIES

Give your Child the Choice to be Powerful!

- Bully Basics
- Stranger Danger
- Anti-Abduction

Everyday children are potentially at risk because of environments where inappropriate or violent behaviour could occur. This course teaches children how to deal with the various difficult situations that kids have to deal with.

In a *fun and lively environment*, this program addresses the following:

Dealing With Bullies:

- Playground altercations
- How to handle name calling and teasing
- Protecting personal "space" and possessions
- Setting boundaries against inappropriate touch or attention
- Assessing *appropriate* defence and how NOT to start a fight



0844 8700629

ALSO TAUGHT IN THIS COURSE:

Stranger Danger:

- Getting lost (safety checklist/known name, address, phone # etc...)
- Home safety skills
- Abduction awareness – basic skills to detect and avoid abduction
- Learning how to effectively attract help
- How to physically break away and escape the grasp of a would be abductor

Children gain confidence with the new assertive choices they learn to apply in a wide variety of situations. Students are much less likely to react out of anger or fear, or have to use physical resistance after asserting proper awareness skills and appropriate de-escalation behaviour. This course is invaluable to help kids deal with bullies that are taking advantage of any zero tolerance rules at school!



**BULLYING HURTS
AND KEEPS HURTING**

- Most bullying goes unnoticed and unreported
- School is a prime location for bullying
- The effects of bullying can last a lifetime

Bullying is one of the most underrated and enduring problems in schools today and is a reality in the lives of all children, whether they are bullies, victims or witnesses. Teachers, students, support staff, parents and administrators need to work as a team to take action against bullying.

Everyday our kids are in *HOT ZONES* where inappropriate and often violent behaviour occurs. This course teaches children how to deal with the various difficult situations that kids have to deal with.