

# Children learn to use their voice and turn Fear into Power

## C.A.T.S



### CHILD ASSERTIVENESS TRAINING SERIES

- Maintain personal space
- Learn how to deal with Bullies
- How to handle Strangers
- Deal with inappropriate adult behaviour

Testimonial: What would you say in one or two sentences to other children about what you liked about this course? It was to find out what I like and give it was the best of times.  
Thankyou!



*"We stress that the whole school community must work together, if we are going to eradicate bullying. It was wonderful for our children to hear similar messages from people in other walks of life. They were very motivated by the course. I'm sure it will provide a talking point for quite some time....It's a bit like the Forth Bridge - ongoing, but **the injection of such a motivating course has been invaluable**".* Headteacher, Elmrise Primary School

Everyday children are potentially at risk because of environments where inappropriate or violent behaviour could occur. This course teaches children how to handle difficult situations. In a **fun and lively environment**, this programme 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

**Stranger Danger:**

- Getting lost (safety checklist/ name, address, phone # etc...)
- Home safety skills
- Abduction awareness – basic skills to detect & avoid abduction
- Learning how to effectively attract help



Demonstrations and training to deal with bullies



Learning assertive responses with supportive coaching

in one or two sentences to other children about what you liked about this course?  
It was cool and fun and I got to give it was the best of times.

# C.A.T.S



## CHILD ASSERTIVENESS TRAINING @Your Village Hall/School



Children gain confidence with the new assertive choices they learn

The children apply their new boundary knowledge and practical protective techniques at your chosen local venue. We re-create real scenarios encountered at school, the park, beach, home, at the shops, on the train, bus, building site or farm. As a result they are much less likely to react out of anger or fear if ever they have to deal with a real stranger or bullying scenario. They can develop effective assertiveness skills and apply appropriate de-escalation behaviour, rather than having to rely exclusively on physical defence.

*“Following our course...covering familiar during and after school environment issues, the children discussed all sorts of playground conflicts, bullying and personal safety concerns. This was centred around self defence and was carried out in the most appropriate manner and best suited pace. Children had actual situations demonstrated to them and the realistic role play only enhanced the feelings they may experience when facing these scenarios...the most memorable and vivid part was when Mark, acting out a bully, wore padded protection to enable the children to practice the self defence they learnt. 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”.*

Teacher at Elmrise Primary School



Keep 80% of danger away with effective assertive skills



We all learn and support through every scenario



Last resort— simple defensive techniques



Testimonial: What would you say in one or two sentences to other children about what you liked about this course?

It will help the children to  
can come here.  
Thankyou!

[www.maxteambuilding.co.uk](http://www.maxteambuilding.co.uk) 0844 8700 629