

Family Safety & Awareness Seminar



Seminar Outline

- **SAFETY AND AWARENESS**
Being more aware and spotting potential dangers around us. How to be prepared for them.
- **SELF DEFENSE**
What is self defense?
What if I can't avoid or get out of a situation? What do I do?
- **REAL LIFE SCENARIOS**
Discussion on "What would you do if...?" scenarios, and possible strategies in dealing with them.
- **HANDS ON ACTIVITIES**
Some fun and practical activities to get everyone moving, and give participants a chance to see how they would respond.



YECL Community Hall
Sat 22.March.2014
1:00-4:00pm
Ages 16+
Wear comfortable clothing, bring some water and a notepad

Personal & Family Safety

How aware of my surroundings am I?
Do we have an emergency safety plan?
What can I do to help keep my family safe?

Come out for an afternoon of discussion and fun activity as we discuss some principles and strategies that can help keep us and our loved ones out of harm's way.

This seminar is designed to help you identify and improve your own awareness and safety habits, as well as teach and offer suggestions on how to improve the safety of those around you, deal with potential problems, and offer hands on, practical activities to help you put what you've learned into practise.

Help make our homes and community safer!