

**Soar**  
WITH US



## **Personal safety and self-defence**

# **School safeguarding that's future proof**

Personal safety and self-defence workshops aren't a requirement in schools, but does that mean they shouldn't be?

Young people's safety is a global topic right now. While schools currently have programmes and policies in place to help protect students within school grounds, what happens when they leave to go home or visit friends and family?

Join schools across the UK and the globe helping to create safer communities for young people by empowering students with the critical personal safety and self-defence skills that will protect them for the future.



## Our school, college and university programmes...

**Integrate into PSHE and PE lessons or as an after hours workshop**

**Group size - Up to 20 students or if you have a larger group, contact us**

**Duration - Between 2-4 hours**

**Age ranges - Appropriate for anyone over 11 years old (It's very popular with leavers)**

Our workshops help students to discover their own inner confidence, equip them with the skills to think critically in stressful situations, and gain a better awareness of their own strengths and how to use those to their advantage.

**All of our programmes equip students with critical life skills that empower them to confidently take ownership of their own personal safety.**

Safety, professionalism and sensitivity are crucial which is why our team of experienced trainers come out to you and tailor each and every workshop to ensure it is relevant and reflects your student's needs. We carry out full health and safety checks before attending.

We use a combination of theory, practical defence techniques, role play and discussions throughout our personal safety and self-defence workshops. In our classes, students experience realistic situations to help better prepare for potential risks, and more importantly, how to avoid those risks and escape safely.



## What is covered in our workshops?

Beginner, intermediate and advanced level workshops

### Theory knowledge

- Introduction - expectations and safety
- How personal safety & self-defence link
- Understanding the harsh reality
- Fight, flight or freeze - What's your basic instinct?
- Awareness and body language - Spotting the warning signs before a situation escalates, even when it's not obvious
- The 3 A's of personal safety - The core principals that will help them to make the right choice in any uncomfortable situation

### Practical skills

- Distance (how to create and maintain distance)
- Engage (self-defence techniques)
- Floor (floor defence)
- Ongoing (verbal commands)
- Finish (ways for an attack to end and referral pathways)
- Testing Under Pressure
- Unique, realistic scenario role play for every school and it's students - demonstrates practical application to a situation they could face in their community

**At the end every student discovers their inner confidence (even the quiet ones).**

# We believe the impact of our workshops speaks for itself...



"Very, very interactive and super enjoyable. I loved the way they taught the lesson. They had real life scenarios shown to us and we saw and learnt what to do and later on how to do it. The teacher of our group made it very interactive so we can get a better idea of the situation and see what our instincts would be and what it should be."



"This course helped me to know that there are options if a situation occurred"



"I really enjoyed the course and I think it will be very useful when travelling, you brought up points I had not previously thought of. Thank you!"



"The three ladies were so friendly but also strong and inspiring for a younger girl to watch!! LOVED IT!!!"

**Interested in  
booking a workshop?**

Email our team on

[info@soarwithus.nl](mailto:info@soarwithus.nl)



**Soar**  
WITH US