Young adults often have exciting opportunities for travel, employment, college, or internships. These opportunities involve being with new people, in new roles, in new communities, with a greater degree of independence and autonomy. Fullpower for Young Adults will focus on skills for having safer, more positive experiences with strangers, peers, housemates, co-workers, employers, as well as with representatives of institutions such as educational and health care facilities. A few “People Safety” skills can prevent or stop most harassment and violence and can strengthen new connections.

Using examples relevant to young adults, we’ll practice skills to:

- Assess situations and respond quickly
- Project awareness and confidence, especially when on your own
- Stop unwanted attention
- Use voice as a safety tool
- Set clear boundaries with friends, partners, co-workers, classmates and others
- Take charge of emotional triggers
- Get help - and persist until you get it!
- Deal effectively with verbal aggression
- Stop most attacks before they start with a few simple habits
- Use powerful physical self-defense skills that need little strength and no ongoing practice. This class includes full force practice with a padded instructor.

To enroll in this workshop, please contact Kidpower at (800) 467-6997 ext. 0# or email safety@kidpower.org. The $125 fee for this workshop represents our break-even cost.

To learn more about our educational materials and services, including this and other public workshops, or to learn more about arranging a workshop for your own group, visit www.kidpower.org.