



Girls Incorporated® of Durham



A place where your opinion counts, where you can ask questions, explore and have lots of FUN! Come and join us for fun exciting activities.

10:00am -12:00 noon,
morning session for girls 6-8
years of age.

1:00 PM - 3:00 PM,
afternoon session for girls 9-12
years of age.

Beginning Saturday January 10, 2009 we will focus on:

Action for Safety:

A Self-Defense and Violence Prevention Program

Participation in Action for Safety is designed to prepare girls to avoid being victims of violence and to address the field of gender-based violence. It also teaches girls the negotiation, assertiveness and self-defense skills that help them avoid situation and increase their personal safety.

The Goals of the Program

- Recognizing and celebrating girls; strengths and abilities
- Learning physical self-defense skills, including blocks, hand techniques, kicks and releases to use in response to a variety of physical attacks
- Experimenting with verbal responses to a variety of threats and situations
- Distinguishing between an irritating, provocative or insulting situation and a dangerous one, and determining the appropriate responses to each
- Exploring a wide range of self-defense options for girls, including running away from a dangerous situation, enlisting the help of others and telling others when they feel endangered or when they have been hurt or threatened
- Declaring girls' self-defense rights, and
- Defining in clear, concrete terms and using sensitive, unbiased language to discuss -
 - * teasing and bullying
 - * sexual harassment
 - * sexual abuse and rape
 - * family violence
 - * dating abuse
 - * prejudice, racism and bias violence



**For more information about GirlSpace and
Girls Incorporated of Durham, please contact the office at:**

1- 398 Bayly Street West

Ajax, ON L1S 1P1

Tel: 905 428-8111

Fax: 905 428-9992

Email: info@durham.girls-inc.org

www.girlsinc-durham.org

**Free for Members or
\$5.00 session**

**JOIN NOW!
Annual Membership Fee:
\$35.00**



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- January 10: **Program Launch**—Introduction to Action for Safety. What is Self-Defense; Appropriate Use of Self-Defense techniques, Review of weekly format—Mind, Body, and Spirit. Using Your Voice and the Six Stars of Self-Defense
- February 14: Being Aware of Your Surroundings; Grab Releases; Anger and how to deal with our feelings.
- March 7: Girls Rights, teasing and bullying; new physical techniques. Practicing assertive communication. I don't like it when you...
- April 4: Practice ways to attract attention. Discuss safety strategies used when travelling from place to place. Learn what to do when being followed. Discuss safety issues concerning 911. Learn how to respond when someone has grabbed you from behind. Learn the back kick; back elbow. Learn the danger/damage targets.
- May 9: Practice verbal responses and setting limits. Use real and specific language to define and discuss various types of abuse. Talk about getting support from a trusted adult. Increase awareness of prejudice, racism, sexism and ageism. Practice using assertive statements to resolve conflicts. Review the physical techniques learned.
- June 13: **Final Session— Graduation Ceremony—Parents are welcome to attend. Certificates of Accomplishment awarded.**
Program evaluation by participants and parents.

GirlSpace

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