



Inspiring all girls
to be strong,
smart, and bold SM

PARENT INFORMATION SHEET

Girls Inc. of Northern Alberta

Project BOLD: Action For Safety

Thank you for allowing your daughter to participate in the Action for Safety program. Please find below a brief program description, as well as a session-by-session breakdown of activities. We encourage parents to talk to their daughters about what they are learning and to support these skills at home. During our time together each week we will complete 2 sessions of Action for Safety.

What:

Girls learn to lead safer lives by developing skills and strategies for self-defense, including physical techniques. Girls also learn how to seek out and talk to caring adults about personal violence and to advocate against gender-specific violence issues.

Why:

Girls Inc. believes that girls have the right to have confidence in themselves and be safe in the world. Girls are entitled to feel safe as they go through life, and they are entitled to be safe in their homes, schools, and communities. In Canada, girls and young women are disproportionately victims of domestic violence and rape or sexual abuse. Girls especially experience gender-based violence which, in addition to physical and sexual abuse, includes sexual harassment including partner or dating violence.

Girls get mixed messages about how to respond to violence—"depend on others to protect you," "get tough because you can count only on yourself," "give in because your world can never be safe." Girls and young women deserve program opportunities that equip them to increase their personal safety and the safety of others. More specifically, program opportunities need to engage girls in analyzing the causes and effects of violence and expand their individual skills and strategies for protecting themselves.

In addition to stronger personal skills, girls deserve communities and a world that treat everyone with respect and that take responsibility for providing a safe environment. Programs also need to engage girls and young women as important agents of change—developing their collective strategies and skills to help their communities live up to expectations for better treatment. Girls can feel safer and be safer, we believe, through programs that address both self-protection and community change.

How:

Action for Safety builds negotiation, assertiveness, and self-defense skills. It facilitates open and honest discussions to increase girls' understanding about interpersonal violence as well as encourage, support, and lessen the fear and isolation of girls experiencing violence.

Skills gained:

- Girls learn skills and strategies to lead safer lives in their homes, in relationships, in their communities, and online.
- Girls learn specific self-defense techniques and how to seek out and talk to caring adults about personal and gender-based violence.

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Project Bold Session Descriptions



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1 - Welcome	<ul style="list-style-type: none"> • Self defense is learning to protect and defend ourselves • Tell someone you trust if people you • Every person, every child, every girl has rights • Each of us has the right to defend ourselves from being hurt
2 – Self Defense: What/Where/When	<ul style="list-style-type: none"> • In threatening situations, we should try to get away or use verbal responses whenever possible, and use physical moves only if all else fails • Practice starting and ready positions, how to make fists, and ‘kiaï’
3 – The Six Stars and You	<ul style="list-style-type: none"> • Depending on the situation there are different ways to protect ourselves • Self defense is more than just blocks, hits and kicks • In self defense we use our mind, trust our feelings, and have the courage to tell someone we trust if we need help
4 – Be aware, be very aware	<ul style="list-style-type: none"> • An important part of self-defense is being aware of our surroundings • There are many ways children can get hurt including verbal harassment, bullying, sexual assault, and life threatening attacks
5 – Dealing with Anger	<ul style="list-style-type: none"> • Understanding anger and how people show their anger • It’s OK to feel anger and everyone has reasons to be angry, but it’s important to understand different ways of cooling off • In dangerous situations, if we cannot get away, we may have to hit vulnerable places on the attackers body to cause damage
6 – Teasing and Bullying	<ul style="list-style-type: none"> • Teasing and bullying are ways that people hurt each other and can lead to other forms of violence • Bullying is almost always harmful and can include emotional and physical harm • Tell somebody whenever you are mistreated verbally or physically
7 –Bullying... in Cyberspace	<ul style="list-style-type: none"> • Cyber bullying is real and it can hurt just as much as physical bullying • How to stay safe in cyber space
8 – What about Weapons?	<ul style="list-style-type: none"> • Assertive communication • If there is a weapon present, we should always try to get away without first engaging the attacker • One of the most important ways to use our words when someone has a weapon is to find out what the attacker wants
9 – Prevention Here, There, Everywhere	<ul style="list-style-type: none"> • Someone we know can hurt us as much as a stranger • Using safety strategies when traveling in our communities and in other places can help prevent and avoid potentially dangerous situations • What to do when being followed
10 – It’s Not Your Fault	<ul style="list-style-type: none"> • You deserve to be treated with respect by everyone, including family, friends and the people you date • It’s never our fault if you are emotionally, physically or sexually abused • Understand the terms and discuss dating abuse and physical abuse
11 – Harassment or Abuse	<ul style="list-style-type: none"> • Identify and define sexual harassment and types of sexual abuse • Nobody deserves to be sexually harassed, raped or abused
12 – Kicking Prejudice for a Better World	<ul style="list-style-type: none"> • Prejudice is making a judgement, usually bad, about someone or a group of people without knowing anything about them personally. • Prejudice is learned attitudes and behaviours at an early age • Importance of empathy for people from different backgrounds and experiences
13 – You Make a Difference	<ul style="list-style-type: none"> • Knowing many self-defense techniques gives us options and helps keep us safer • Review the use of various physical techniques for self-defense
14 – It’s Show Time!	<ul style="list-style-type: none"> • Have courage to try new things, it builds strength and confidence! • Real power and strength comes from believing in ourselves. • It’s important to celebrate and honour our accomplishments