



# IMPACT Bay Area

## School Program • Online & In-Person

**IMPACT Bay Area** provides young people with skills to explore increased independence with confidence and safety. The School Program includes:

- Six hours of full-force empowerment self-defense training
- One hour follow-up to reinforce concepts and debrief the students' experience
- Age-appropriate, realistic roleplay scenarios for students to practice the physical and verbal skills
- Flexible scheduling in multiple sessions/days to fit your school schedule
- Evidence-based, trauma-informed instruction to advance equity and prevent violence

*"Their goal is to provide the tools, techniques and confidence to go out in the world and thrive... a quite extraordinary program. I can't recommend them highly enough!" - Linda Yates, Nueva High School Intersession*

### Students learn and practice:

- Internal skills for recognizing unsafe situations using intuition and threat assessment
- Effective strategies for setting boundaries with strangers, acquaintances, and peers
- Assertive body language and self-defense voice
- Verbal strategies to deescalate and deter assault and harassment
- Legalities of physical self-defense in the state of California
- Physical self-defense techniques for fighting from the front, behind, and the ground

### Optional additional topics:

- **Bystander Intervention:** Teaches students how to safely intervene or get help when they witness bullying or other forms of harassment.
- **COVID-19 Boundaries:** Greater depth on setting boundaries specific to the pandemic, such as social distancing, wearing face coverings, at home with family or roommates, and online in virtual settings.
- **Young Adult Consent:** Deepens students' understanding of consent, sexual assault, cyber safety and strategies to combat these threats.

**COVID-19 Note:** IMPACT uses enhanced safety protocol including COVID-19 testing, sanitizing, distancing, and PPE. The School Course is available in-person or online via Zoom. IMPACT also offers shorter classes of 1-3 hours. Contact Sarah Thomas, Program Director: [sarah@impactbayarea.org](mailto:sarah@impactbayarea.org)