



in  
partnership  
with



presents a 5 week Family Virtual  
Workshop for teens and adults\*

## Everyday "People Safety" Skills for Independence and Healthy Relationships

Our live online programs give people of all ages and abilities the opportunity to learn and practice social-emotional safety skills from the comfort of their own homes and offices. Topics include:

- Act Aware Calm and Confident
- Practice how to Move Away from Trouble and Get Help
- Using clear boundaries about positive consent for touch, affection and teasing for Healthy Relationships
- Stay Safe from Bullying and Verbal Attacks
- Different ways to use Practice as a Management Tool for Unsafe, Disrespectful Behavior
- Making a Safety Plan for when at Home and out in the Community
- Stranger Safety in the Community
- Thinking and Checking First when Plans Change
- Technology Safety Strategies

*\*16 & up; a caregiver or family member should be present to offer support as needed*



**Mondays, 4pm, beginning January 24th**

**Visit [www.arctriangle.org/arcuniversity](http://www.arctriangle.org/arcuniversity) to register**

**45 MINUTE CLASSES; CLASS SIZE LIMITED, REGISTER TODAY!**

Questions? Contact M.J. at [mjhayes@kidpower.org](mailto:mjhayes@kidpower.org) OR 919-586-7061

Fullpower is the adult program of Kidpower and is recommended by experts and parents worldwide for being FUN, effective, age appropriate and adapted for individual needs. To learn more about Kidpower visit [www.kidpower.org](http://www.kidpower.org) Funding made possible by The Ireland Foundation