People Safety skills help people be safe with people at home, at school, online, out in the world... everywhere. They also help strengthen important relationships. Learn ways to help your children learn and use age-appropriate People Safety skills on an everyday basis. This session will have a special focus on using the skills to have safer, more positive experiences with peers in order to deal with bullying and also strengthen communication.

This workshop is open to all Monte Gardens Elementary School parents and staff. During the workshop, we’ll practice how to help kids:

- Be and act aware and confident
- Move away from possible problems
- Stay safe from hurtful words
- Use voice as a safety tool
- Set clear boundaries
- Get help from busy adults - and persist!
- Say “No” or “Stop” clearly and respectfully
- Deal with other kids poking, pushing, grabbing
- Make safe choices around shunning and exclusion
- Deal confidently with mocking, teasing or taunting
- Use their own power safely to avoid hurting others

To learn more about this workshop or to sign up, please contact Christina Bonner, Diablo Basics Parents’ Club President at muniwife@yahoo.com or call the office at 925-685-3834. Diane Adair Day Care will provide child care, including dinner, for $10 per child.

Please contact Kidpower at (800) 467-6997 ext. 1# with any questions about the class content, our public workshops or materials, or to talk about arranging a workshop for a group of any age.

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