

Proactive teen self defence programme

For boys and girls Grade 6 – Grade 12

Duration 2h30 minutes

Cost: R 130.00 per learner



(Pic) Self-defence training at Roedean school for girls IEB Life Orientation Portfolio certificate training

Introduction

Our children face many real dangers on a daily basis. Verbal and physical abuse is a threat to all young people and can occur both outside and inside the school environment. Bullying and abuse can lead to low-self-esteem, increased absenteeism, depression, learning difficulties and a negative outlook on life. Children are also at risk during leisure time, visiting shopping malls, home parties and commuting to and from school.

We can reduce the likelihood of becoming a victim by learning violence awareness and prevention strategies. Self-defence education empowers young adults, and gives them essential tools to confidently interact with the many faces of modern society. Learners inter-personal relationships also benefit through more open and assertive communication.

The facilitator

Richard Strydom is a retired provincial rugby player, self-defence instructor, personal coach and functional fitness trainer.

He has worked with some of South Africa's most successful sport stars over the past 14 years and has certainly played a vital role in their successful careers.

The programme

Delivered in a fun and safe environment, for many learners this is the first time they get the opportunity to role play potentially harmful everyday situations, threats and hostile attacks. The benefits to this type of training is immeasurable, arming them with a mental blueprint on ways to respond, deter and defend themselves for life.

Experience is the best measure to how you will respond in any situation, therefore in self-defence the best experience is to role play certain role play scenarios in a safe environment.

Based on instinctive behavioural responses the learners are guided through scenarios for:

- Being aware of their environment, surroundings and instincts
- Being alert and safe on public transport or while driving, at social games, events, travelling or while out at night
- Understanding passive assertive behaviour verses passive aggressive responses to deter a potentially hostile situation and knowing your legal rights
- Understanding the psychology of fear and adrenaline and how to prevent yourself from “freezing in the moment”
- Knowing how to use your size to your advantage, learning “critical hit point “to stop any size attacker
- Preparing a personal safety plan

Learning self-defence is just plain smart and essential for teens. Skills for life!

To organise a programme for your school please email:

michelle@proactive-sport.co.za and please cc: debbie@rapewise.co.za

Additional information

This programme is endorsed by Rape Wise SA as an essential programme for teens living in South Africa. Many of the cases that Rape Wise deals with, could have been avoided, had the children involved had basic self -defence and safety awareness skills.

IEB portfolio certificates Grade 10 -12

Please note that this workshop falls within our portfolio of life skills workshop offerings for IEB portfolio purposes.

Minimum number of learners: 30

Cost: R 130.00 per learner – learners receive a certificate

Time: 2 ½ hours

Where: at your school

When: During school, after school, Saturdays

Please note that the above self – defence programme can also be presented as a staff development workshop, as many educators are often at risk themselves, during afterhours school activities.