

## Comments from parents/caregivers:

*"My daughter has much more confidence in her ability to deal with 'difficult situations' and more awareness that these exist! She enjoyed seeing herself as strong and powerful."*

*"My daughter found it beneficial to be exposed to this vital information and the practical skills that were covered. It is something I would like her to attend once a year or once every two years. It sounds like the programme was fun, which makes it enjoyable for the participants. Thanks for running the programme."*

*"As parents we do of course teach them things ourselves but it probably carries more weight coming from someone who's not their parent! Keep up the good work!"*

## Dates and times

The workshop takes place over two days:

- Friday evenings 4pm – 6pm
- and all day Saturday 10am – 4pm

Parents and caregivers are invited to be present and participate from 3pm-4pm on the Saturday.

*It is vital that the girls attend the entire workshop. Not attending or not coming to even one hour means the girls are missing out on essential information. We ask that other commitments such as Saturday sports are foregone for this one weekend so the girls get the most out of Morgan's class.*

The dates for the next class are:

Friday 22 March, 2019

4pm - 6pm

Saturday 23 March, 2019

10am - 4pm



**VENUE:** Auckland Women's Centre  
4 Warnock St, GREY LYNN

**FEE:** \$50 each - If you would like to enrol your daughter but can't manage the full cost of the workshop please contact us about a reduced rate.

Concessions for two or more sisters booking in together:  
\$90 for 2 girls  
\$130 for 3 girls

To enroll, contact us via phone, email or website.  
Payment can be made by:

- Dropping by with cash or a cheque
- Internet banking:  
account # 12 3012 0782605 00
- Credit card when enrolling through our website



Auckland  
**Women's  
Centre**

**Facilitating empowerment  
and well-being for women**

# ***Girls' Self Defence and Personal Safety Workshops***

4 Warnock St, Grey Lynn, Auckland  
Mon-Fri 9am - 4pm  
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# Auckland Women's Centre

## Girls' Self Defence and Personal Safety

This workshop has been designed especially for girls 7-12 years of age.

Self-protection comes from  
knowing your rights,  
knowing your abilities,  
and feelings of self-worth

### Who should take part?

We believe all girls should take part in this workshop because learning self defence strategies and ways to keep themselves safe is an essential part of all children's education.

Girls need to be encouraged to trust their feelings, make good decisions, and be responsible for themselves when on their own.

### What do the girls learn?

The focus of the class is:

- \* To teach girls how to deal with uncomfortable and unwanted approaches and attention, and that it's okay to say if they feel uncomfortable around someone.
- \* To use verbal and physical ways to deal with abuse and assault.
- \* To say no in unsafe situations, remain calm, and the importance of telling a trusted adult.
- \* To develop confidence and strength by increasing their knowledge of their bodies, feelings, and rights.

This includes learning practical things like:

- \* How to deal with inappropriate comments or approaches by people they know
- \* How to deal with someone sitting outside the school gates, or approaching them in the street
- \* How to be safe around technology i.e phone and internet

The girls need to dress comfortably and bring with them morning and afternoon snacks as well as their lunch and a drink for the Saturday session.

### The tutor:

**Morgan Libeau** is a qualified self-defence instructor who has been teaching for about 20 years. Initially she taught women and girls but for some years has concentrated only on the children's course.

She believes that if information is given to children appropriately, it will make them feel safe instead of scared, enabling higher self-esteem and increased confidence.

Morgan works with children who have been victims of sexual, physical and emotional abuse. She is also involved in training and educating people in the various disciplines who work in the field, and has written four books for children and young people.

### Comments from girls:

*"I loved the feeling that I used to be someone small and shy, but now I feel clever and strong and brave! It was fun and I won't forget it! That's a promise". D aged 12.*

*"I liked how we learned about a stranger approaches you...you know what to do and I liked how we did the punches and kicks. Self Defence Rocks". J aged 12.*

*"The class was great. I learnt to punch and kick properly. I learnt it's my body. I learnt shouts, yells and blocks." H aged 9.*