

teenpower[®] For ILRCSF youth, ages 11-15 with adult allies

**Saturday, June 14
10:00am-12:00pm
649 Mission St.
Third Floor**

The Independent Living Center San Francisco (ILRCSF) will be holding 2 "People Safety" workshops on June 14 (one for ages 11-15, another for ages 16-22), at 649 Mission St., 3rd Floor, near the intersection of Mission and New Montgomery Streets. Pizza lunch will be provided for both groups in attendance.

In this active, upbeat session, teens practice using "People Safety" skills to prevent, manage, or leave potentially unsafe situations with people. "People Safety" skills help prevent violence and improve communication at home, at school, out in the world, online... everywhere, with everyone.

Using examples relevant to the lives of teenagers, we'll practice skills to:

- **Notice possible problems & respond quickly**
- **Deal with peer pressure**
- **Stay safe from verbal attack**
- **Stop unwanted attention**
- **Set clear, appropriate boundaries**
- **Act aware, calm, and confident**
- **Manage emotional triggers**
- **Get help from adults - and persist!**
- **Make safe choices around shunning and exclusion**
- **Use practical Stranger Safety habits**



All skills will be tailored for each participant's visual, hearing, mobility & cognition as well as for their use of wheelchairs, service dogs, canes, or other assistive technology.

Teenpower is a program & service of

kidpower[®]

the nonprofit leader in "People Safety" skills education for all ages & abilities.

Space is limited, so please RSVP ahead of time by sending an email to Derek Zarda, Youth Programming Coordinator, at derek@ilrcsf.org or by calling ILRCSF's office at 415-543-6222. **Deadline to RSVP is June 6.**

To request alternative formats or accommodations related to disability, contact Derek Zarda at derek@ilrcsf.org or 415-543-6222 before 6/6.

NOTE: ILRCSF is wheelchair accessible and provides reasonable accommodations upon advanced request. In order to be fully accessible to all people with disabilities, ILRCSF is a scent-free office. When visiting ILRCSF, please do not wear any scented products, including perfumes, aftershave, hairspray, etc.