



For ILRCSF teens/young adults, ages 16-22 with adult allies
Saturday, June 14
12:30 - 2:30 pm
649 Mission St.
Third Floor

The Independent Living Center San Francisco (ILRCSF) will be holding 2 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 second active, upbeat session, older teens, and young adults 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, on-line... everywhere, with everyone.

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

- **Assess situations and respond quickly**
- **Project awareness and confidence**
- **Stop unwanted attention**
- **Use voice as a safety tool**
- **Set strong boundaries**
- **Take charge of emotional triggers**
- **Get help - and persist until you get it!**
- **Deal effectively with verbal aggression**
- **Stop most attacks before they start with a few simple 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



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.