



**For Independent Living  
Resource Center San Francisco**

**teens ages 13-17**

**Tuesday, April 21**

**from 4-6PM**

**825 Howard Street**

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 teenagers’ lives and tailored for each participant’s abilities & strengths, we’ll practice skills to:

- **Notice possible problems & respond quickly**
- **Deal with peer pressure & bullying**
- **Make safe choices with strangers**
- **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!**
- **Say ‘no’ in ways that are effective & practical**



**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.

Please contact Kidpower at (800) 467-6997 ext. 1# with any questions.

**To learn more** about this workshop or to sign up, please contact Fiona Hinze, [fiona@ilrcsf.org](mailto:fiona@ilrcsf.org) or 415-543-6222, ext. 1106.

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