

**La sécurité des aînés... On passe à l'action!  
FullPower**

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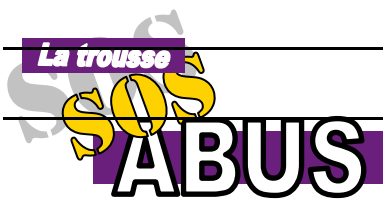
**BRIEF DESCRIPTION OF THE TOOL:**

Workshops for adults or seniors are a very easy and practical way to develop a toolbox of safety skills, in a safe learning environment focused on success and empowerment. These workshops aim to communicate principles and teach personal safety skills to prevent many cases of violence involving both known and unknown persons, in daily interactions and in situations of danger or emergency.

In the workshop for seniors, content and practices are tailored to meet their needs, their life situations and the capacities of each senior or group of seniors. Whether participants still live very active lives or have physical limitations or weaknesses, we always focus on what they CAN DO rather than what they can't do. We support them so they can use their skills to help them to stay safe.

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<b>Tool name</b>	La sécurité des aînés... On passe à l'action! FullPower
<b>Document type</b>	Participant guide Advertising leaflet (8½"x14") for the self-defense workshop
<b>Type(s) of abuse</b>	All
<b>Intended for</b>	Seniors
<b>Issued by (organization)</b>	Fullpower Kidpower Foundation Montreal Coalition pour le maintien dans la communauté and Fullpower Kidpower Montreal
<b>City (region)</b>	Montreal
<b>Creation date</b>	2008
<b>Number of people reached</b>	250
<b>Contact person (contact information of the organization)</b>	Lise Noël  Fullpower Kidpower Foundation Montreal P.O. Box 48561 Stn. Van Horne Montreal, Quebec H2V 4T3  Phone: 514 990-7124 Fax: 514 990-7124 Email: <a href="mailto:aines@pleinspouvoirs.org">aines@pleinspouvoirs.org</a> Local Website: <a href="http://www.pleinspouvoirs.org">www.pleinspouvoirs.org</a> Website of KIDPOWER International : <a href="http://www.kidpower.org">www.kidpower.org</a>
<b>How to get the tool: Contact the organization</b>	
<b>Distinctive features:</b>	Workbook comes with a training Workshops for people with disabilities or limitations



We are working to develop, through individual practice and group activities, different assertiveness and security skills such as:

When alone or out, HOW TO...

- Adopt a confident, attentive and calm attitude
- Pay attention to the behavior of others while in transit or out on the streets in order to take things in hand if needed and prevent problems before they get out of hand
- Create safety plans when out/traveling and manage risky situations
- Respond effectively to harassment on the street
- Use one's voice and body to defuse a potential attack
- OPTIONAL: Safe and effective techniques for physical self-defense to be used as a last resort

With people you know, HOW TO...

- Protect yourself from offensive words and insults
- Set limits and make requests effectively and appropriately
- Manage invasive or inappropriate behavior such as: peer pressure, emotional coercion and manipulation; blackmail, intimidation and abuse of authority
- Stop non-safe or inappropriate physical contact or unwanted attention
- Counter harassment, sexual or otherwise
- Get help from a busy or indifferent person
- ...and more