

Personal Safety & Active Bystander Training

About this course:	<p>This course empowers your employees with practical tips and strategies to keep themselves safe as well as lots of techniques they can put in place to become an active (and safe) bystander to aid other people.</p> <p>This course can be deployed to support specific demographics and related crimes such as anti-Asian hate crime or violence against women and girls and includes some basic self-defence techniques.</p>
Who is it for?	Employees, communities, clients or partners who would like to learn how to keep themselves and others safe.
Duration:	1.5 hours
Bespoke or off-the-shelf	This course can be tailored for specific target groups or demographics.
Delivery method	In-person or virtually
Learning Objectives:	<p>On completion of this course, delegates will be able to:</p> <ul style="list-style-type: none"> • Identify different types of risk, crimes and harassment • Feel empowered and assertive in their right to personal safety • Have an understanding of predators and perpetrators • Understand how to use intuition and techniques such as situational awareness • Safely respond to an incident • Be an active bystander to support others • Effectively report an incident and support any criminal investigation
Syllabus:	<ul style="list-style-type: none"> • Psychological Safety • What is every day harassment? • Journey planning and preparation • Predator psychology and techniques • Avoiding an incident and de-escalation • Responding to an incident • Taster of self-defence techniques • Allyship • Active bystander • Reporting a crime

Find out more

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