

Girls' Self Defence Project

Aotearoa / New Zealand



PO Box 24090
Manners Street,
Wellington, 6011
admin@kiahaumaru.org.nz
(04) 213 9710

Kia ora parents and caregivers

Your child is invited to take part in a Girls' Self Defence Project course run by Kia Haumaru – Personal Safety Education.

The kaiako is a qualified and experienced Personal Safety Educator. She will help the students learn ways of dealing with unsafe people, situations, and threats to their safety - such as dealing with acquaintance and stranger attacks, being followed, and issues relating to cyber safety.

This includes learning how to give clear boundaries and messages to those known and unknown to them when feeling unsafe, trusting their feelings, and listening to their instincts. The course will also cover identifying unhealthy and abusive relationships while supporting them to build healthy and respectful relationships. These skills will be reinforced through discussion and the development of verbal and physical skills to help the students keep themselves and others (e.g., friends/siblings) safe.

This course offers each student the opportunity to take a positive step to reinforce their ability to think confidently, speak strongly, and use their physical skills when necessary.

You can help by:

- Encouraging them to talk about what they are learning
- Encouraging them to talk about their own experiences
- Helping them practice building confidence – remember this is not a competition – they are trying to learn some new skills.

The course will emphasise how students can 'think' their way out of a threatening situation, and how important it is to tell a safe adult if something happens.

The kaiako will be available at the end of the course, should you have any questions or concerns.

Ngā mihi

Parker Lloyd

Kaimahi // Administrator