



BEING S.A.F.E FAMILY HANDBOOK

Personal Safety & Life Education

**Awareness, Prevention, Resilience
& Leadership.**



www.safecommunity.com.au

Would you like to join the being S.A.F.E community program?

Reduce the risk of an attack or crime?



Subscribe to Being S.A.F.E Program for \$29 per year

Protect your entire family
Bullying, Cyber, Scams, Predators

SIGN UP FOR FAMILY SAFETY

- Tips to living SAFE
- Videos - being SAFE
- Self Defence Tips
- Latest News
- Survivor Stories
- Support Agencies
- Prizes - monthly giveaways
- Send to a Friend

via PC  via Mobile  Being S.A.F.E Downloads 

Being S.A.F.E Videos
to buy the videos. ... visit safecommunity.com.au
Download one for \$2.99 or all 12 for \$9.95

 Philosophy of S.A.F.E FREE	 CyberBully S.A.F.E \$2.99 BUY	 Internet S.A.F.E \$2.99 BUY
 Abduction S.A.F.E \$2.99 BUY	 Feeling S.A.F.E \$2.99 BUY	 Reputation S.A.F.E \$2.99 BUY
 Home Invasion S.A.F.E \$2.99 BUY	 Walk Run Ride S.A.F.E \$2.99 BUY	 Community S.A.F.E FREE
 Train S.A.F.E FREE	 Self Defence S.A.F.E FREE	 Relationship S.A.F.E \$2.99 BUY

SAFER SCHOOLS & COMMUNITY

We provide personal safety and life education to schools and workplaces focused on awareness, prevention and resilience.

This is called the being S.A.F.E Family handbook.

The S.A.F.E COMMUNITY INITIATIVE is a collaboration between;



BoysTown
Fresh start.
New hope.



Each Partner offers programs which shift students thinking, create positive change and provide confidence & support networks to those who take part.

You can book us as a group or individually and prices are very affordable.

If you are looking to make a positive difference in your school or workplace and tackle confronting issues, then talk to us today about how we can tailor a program for you.

Follow us on:

THE FACTS

More than 50 children every month are kidnapped.

33% of youth suffer cyber bullying

50,000 homeless youth 'sleep rough' every night.

21.6% of boys & 15.4% of girls aged 15-24 deaths each year are from self harm.



800,000 home invasions every year

84% of Boys & 60% of girls have been exposed to pornography on the internet

40% of all sexual assaults happen to children under 14.

Sexual assaults are on the increase by 20%.

An assault occurs every 90 seconds.

Lead the change ... Australian communities need your help
JOIN THE SAFE COMMUNITY INITIATIVE

Being S.A.F.E



BE AWARE

Stay alert (but not alarmed) to what's going on around you. Look, listen and notice if something doesn't seem to 'fit'.

Stay sober and straight. Alcohol and drugs dull your awareness and are the greatest risk factor to your safety.

Be aware of the sort of conversations you have with yourself. Choose to think in a way that empowers your life.

VIOLENCE IS NOT A GENE

There is no gene for violence. Violence is a learned behaviour. And it's learned from our environment - family, social, cultural and messages we receive through the media.

Witnessing violence is a risk factor for becoming involved in violence, both as a perpetrator and as a victim. The more emotionally affected we are by the violence, the greater the

impact. We are subconsciously drawn to what is familiar - even if it isn't in our best interests.

Limit time watching violence on TV, at the movies or on the internet. Instead, watch things which show people being strong and overcoming adversity.

BE FOCUSED

Read books about how individuals can make a difference.

Don't constantly talk about what's wrong with this world, but about ways we can make this world a better place.

Every morning think about all the good things you'd like to happen that day. If you practise this every day, you'll be amazed at how much more easily and effectively you reach your goals.

It's vitally important to focus on what we want, not on what we don't want.

" We believe that by adopting SAFE HABITS everyone can make their world a better place."

S.A.F.E Thoughts

Like Yourself...



Expect that life is working with you and not against you to keep you SAFE.

You have a very strong survival instinct, your brain picks up the tiniest clues which alert you to danger.

What you do matters. Your choices, conversations and behaviors have the power to shape your life.

Expect good things to happen to you, regardless of what you've experienced in the past.

- Do and say things that build your self confidence.
- Set simple goals.
- Build a supportive circle of friends.
- Focus on good qualities about yourself.
- Be honest to yourself & others.
- Do not worry about what is out of your control.
- Get & stay fit.

Feeling S.A.F.E

It is possible to shift your feelings and change your mood.

Like changing the channel on TV ... you have the remote.

When you feel stressed or sad, you need to remind yourself of the good things. Close your eyes & think of an awesome moment in your life. Bring back that experience in your mind & it will give you an instant happy feeling.

Movement and exercise changes feelings & improves moods. 10 minutes of movement when studying or depressed can help dramatically. So get up and move when you feel down.

Skipping meals affects moods dramatically. You will feel even more stressed if you are hungry. Spend time everyday doing one



positive thing that makes you feel good.

Sometimes we get so caught up thinking about what we do not have that we forget what we do have.

You can break the 'bad luck' by reprogramming your brain with positive thoughts.

Remember ... Your brain can store 100 trillion facts and make 15,000 decisions a second.

Change stimulates the brain... so embrace it!

“ Get up and move when you feel down.”

S.A.F.E Relationships

All families, friends and couples fight.

It is how you fight that matters.

It is really important to have some rules about what is OK and what is NOT.

Here are the 9 golden rules for SAFE RELATIONSHIPS:

- No name calling
- No swearing
- Listen
- Learn to forgive
- Talk ... don't yell or scream
- No door slamming
- Time out if you are really angry and can't remain in control.
- When you fight ... Don't bring up the past
- No physical or sexual abuse is ever ok

“ How you fight matters.”

S.A.F.E Environment



The dynamics of domestic and family violence and sexual assault can be hard to identify and understand if you are suffering abuse.

It is also difficult if you are experiencing trauma and feelings of helplessness as the result of witnessing someone you love suffer abuse.

No one should have to live, work or study in a violent, unsafe environment.

There is help available for those who

- a) suffer violence
- b) support someone who is experiencing violence, and
- c) use violence

Although taking the first step can be the hardest, by speaking to someone you can trust helps you to know you are not alone.

Kids Helpline is available 24/7 on 1800 55 1800.

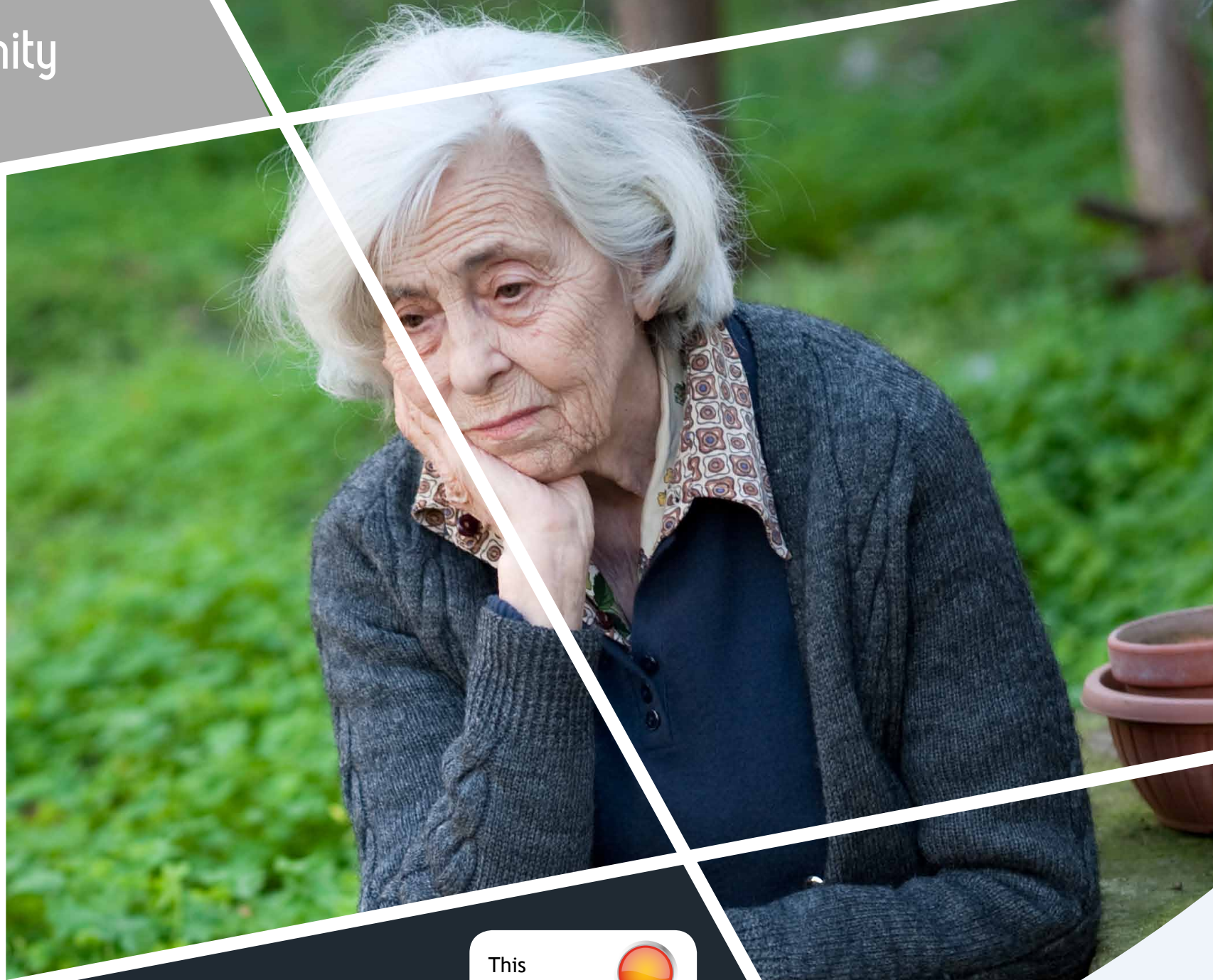
S.A.F.E Community

It is really important to be involved in your community in some way.

There are loads of great reasons why. Meet new friends, people look out for you, people help you, and it allows you to feel part of something.

Here are some of the ways you can make a difference in your school or community:

- Look out for each other.
- Join a committee or club.
- Visit the local Church.
- Give support to others.
- Practice random acts of kindness.
- Smile ... its contagious.



“ Love your community.”

This segment is proudly sponsored by ACS



ACS

INTEGRATED SERVICE PROVIDER

S.A.F.E Confidence



70 % of what you say is not in words. The way you walk, hold your head and look at people shows how confident you are.

We know that when you act confident, often you can avoid an attack or bullying situation.

When you are faced with a bully or attacker, the way you walk and hold your head makes a big difference.

Act brave even if you do not feel it, because it sends a strong message.

Follow our simple tips to act confident...

Turn on your terminator eyes and notice people everywhere you go.

At home, school or when you are out and about notice people and places that make you feel uncomfortable and avoid them.

Being aware is your number 1 defence & will reduce the risk of harm or crime.

Reading people's body language will allow you to judge if they are dangerous or agitated.

Just by acting confident you can often avoid trouble as attackers and bullies are less likely to see you as a victim.

Shoulders back, walk tall, notice people, this is a huge deterrent and sends a strong confident message.

*“ Act brave ...
send a strong message”*

S.A.F.E Home

Always lock your front door and windows when you are home.

Don't hide keys near a front door or under the door mat in an obvious place.

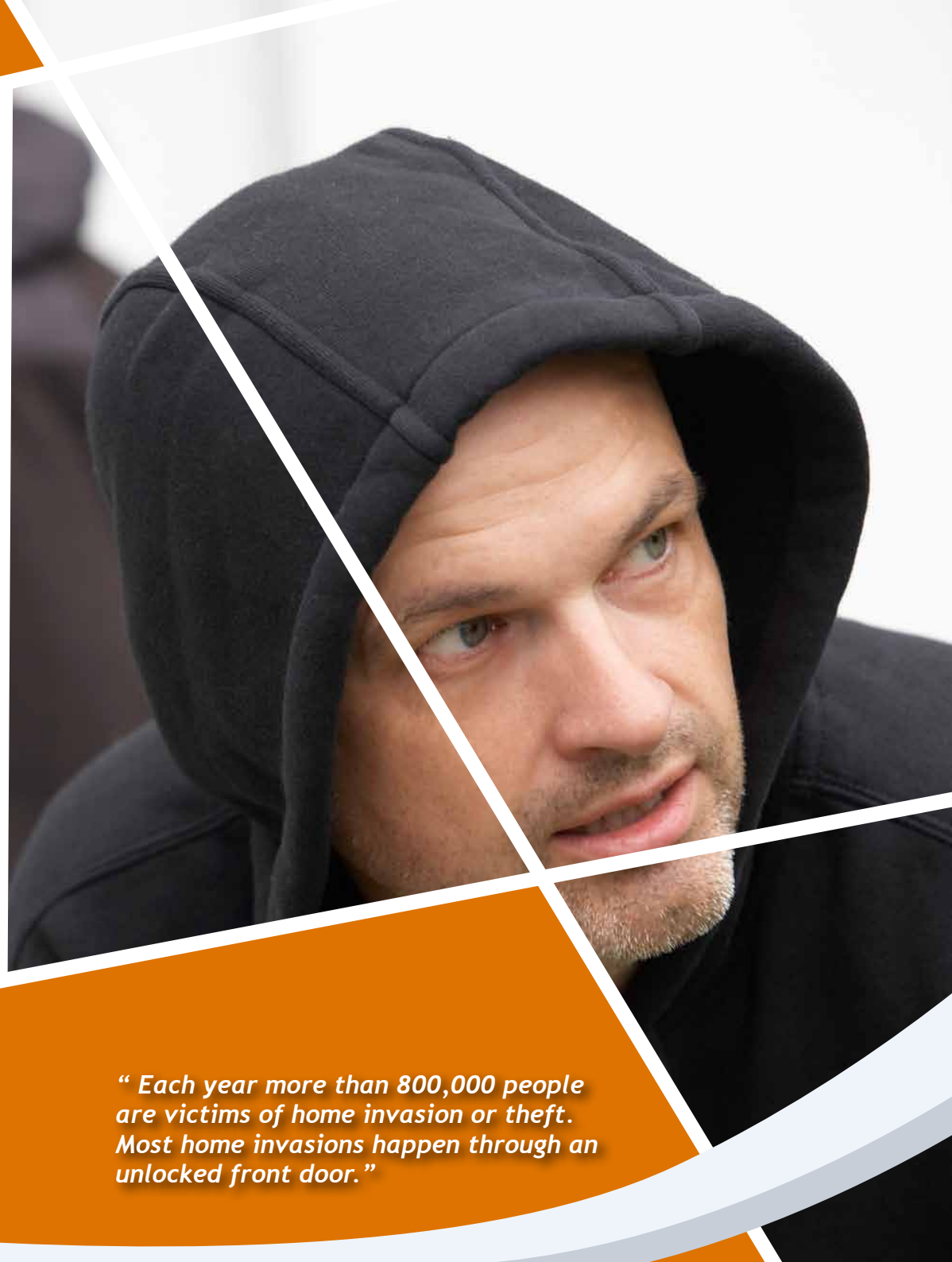
Don't leave a note on the door telling someone you are not home.

Ensure your windows have locks or bars, your door locks are tamperproof and your security doors could withstand a kick test.

Be on the look out for people who may try and trick you. Ask to see ID and speak to them through a security screen or intercom.

Don't open the door before seeing it is someone you know.

Never let someone in you do not know.



“ Each year more than 800,000 people are victims of home invasion or theft. Most home invasions happen through an unlocked front door.”



Predators are people who prey on children and young adults. They are clever and sometimes hard to notice.

Here are our TIPS to keep you safe from predators in your community.

Be aware of any stranger near you at any time and keep a big safe space.

Tell a parent or adult if you see someone who makes you feel uncomfortable.

Walk away if approached by a stranger. Don't accept gifts or lollies from strangers.

Don't wait alone anywhere, anytime especially by a roadside.

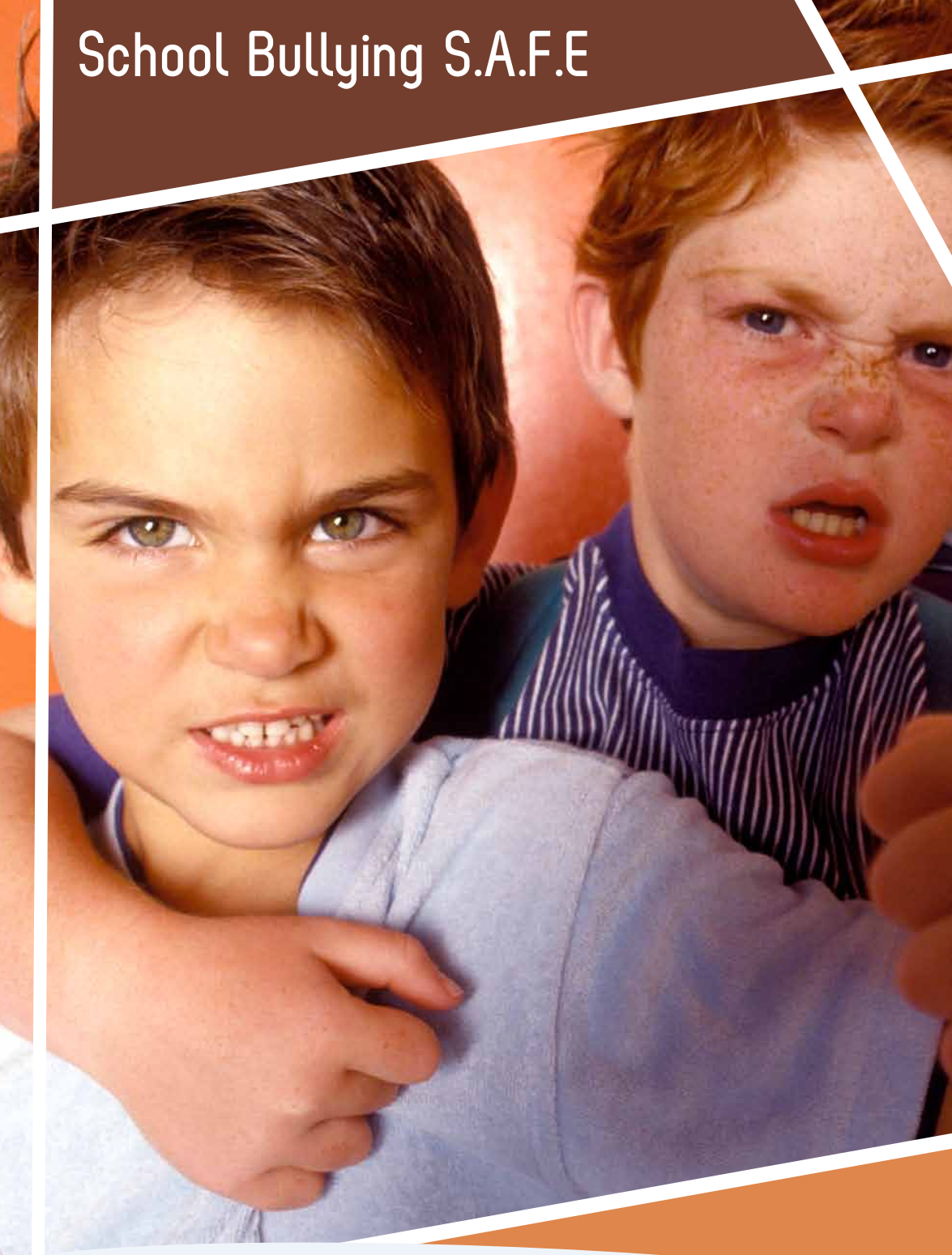
Sports pick ups from coach or parents.

Don't play in parks or front yards alone.

Make sure children know their neighbourhood well. Police stations, shopping centres, safe houses in their street and how to get home.

“ More than 50 kids under the age of 14 are abducted every month, 1 in 4 girls and 1 in 6 boys will be sexually victimized before adulthood”

School Bullying S.A.F.E



Bullying is a crime and if you are caught there are serious consequences for your actions.

If you watch someone being bullied and do not help then you are equally as bad. Doing nothing while someone else suffers is wrong.

If a group of kids tell a bully to stop, it could really help.

Stand up and speak out that it is wrong and help the person being bullied.

You do not have to fight off the bully but you can get or call for help without putting yourself at risk.

Here are our tips if you find yourself being bullied :

- Be aware & avoid the bully or gang areas.
- Stand tall and walk confident.
- If scared fake you are not.
- Ignore teasing, pretend not to hear.
- Learn how to defend yourself.
- Tell someone, don't keep it a secret.
- Stick to patrolled areas.
- Use busy entry and exits from school.
- If 'you' are threatened tell the Police.
- Suggest that your school introduce a Buddie system, where older students are paired with younger students to deter bullies.
- Ask teachers at the school to help by mediating the problem with your parents, and the person or group who is picking on you.

"1 in 3 children are physically bullied."

Cyber Bully S.A.F.E

33% of youth suffer cyber bullying.

Cyber bullying is a crime and if you are caught there are serious consequences for your actions.

Even if you pass a text, email or video msg on that someone else has sent, you can face charges.

Think before you inflict this hurt onto another person ... would you like it if it were done to you?

If you are being bullied by email or mobile messages you should:

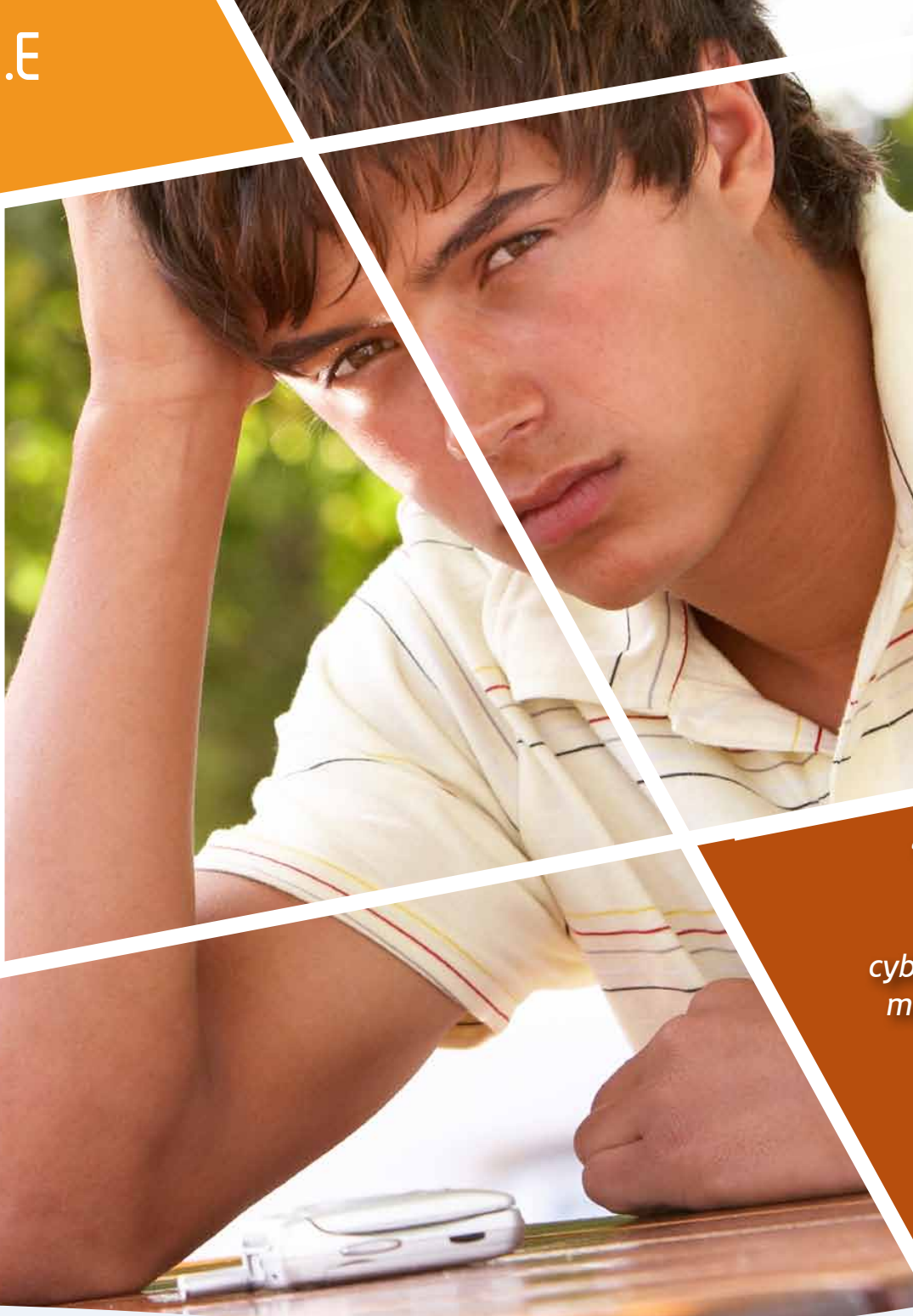
1. Tell someone.
2. Report the abuse to provider.
3. Block the sender.

4. Keep the evidence.
5. If threatened call the police.

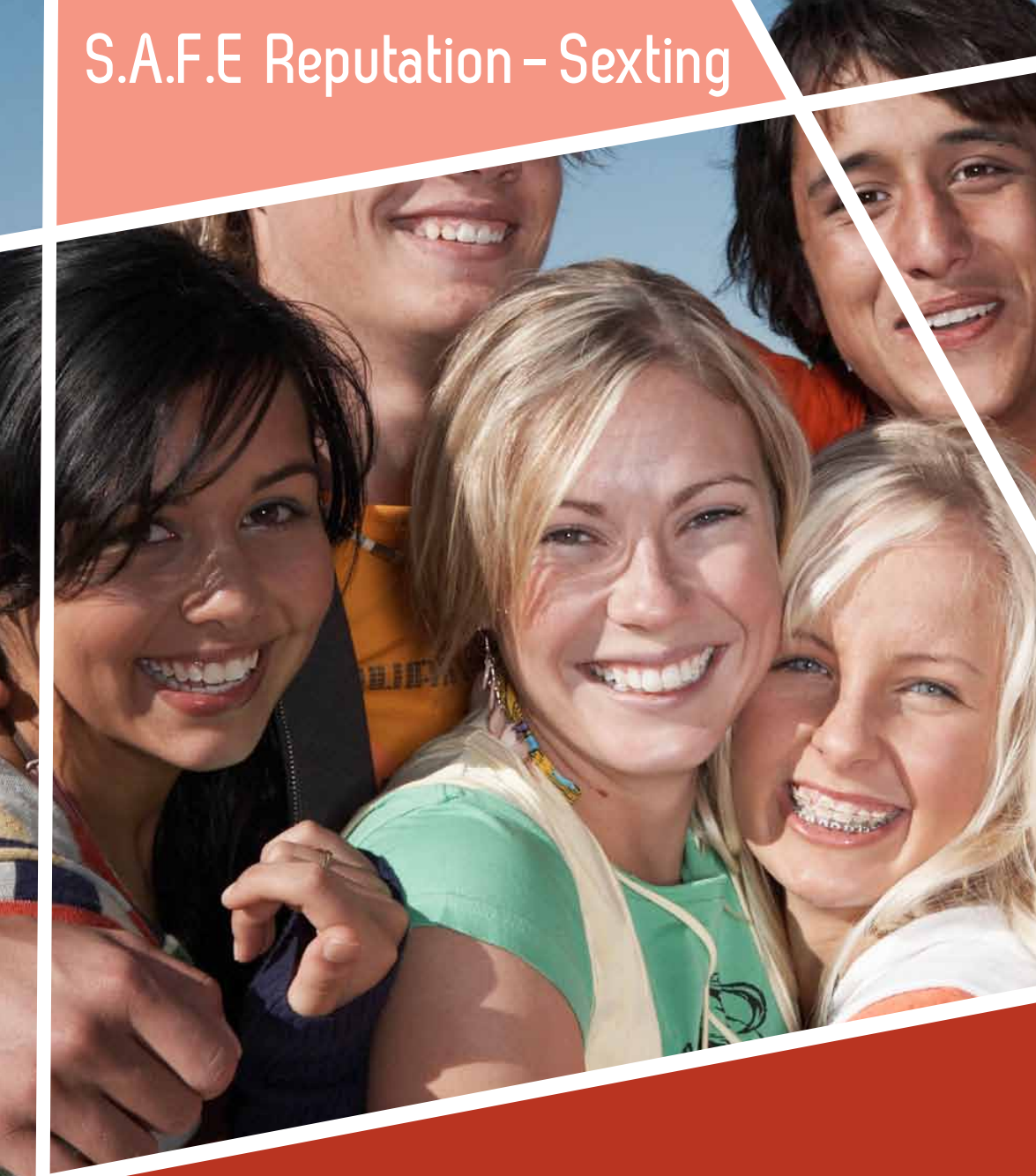
You can block nuisance, stalkers and bullies by contacting your phone carrier.

- Telstra- 1800 805 996
- Optus- 1300 300 937
- Vodafone- 1555
- Virgin- 1300 555 100

“ Think twice before you pass on a nasty or mean text msg. 20% of teens have engaged in cyber bullying; including posting mean or hurtful information or embarrassing pictures.”



S.A.F.E Reputation – Sexting



When it comes to your reputation, it is easy to lose face over a video or picture that is embarrassing or private.

As we move into the 21st century more people share information and images than ever before.

It has become popular to send 'naughty' or 'sexy' photos and video. This is also known as 'Sexting'

Your reputation can be destroyed in doing this. You really need to think past the moment ... who will see it? How would you feel if everyone at school or work saw it?

You can never be sure that no-one else will ever see or where it will end up on the internet.

Once the image or video is out there it is impossible to control how many people will see it.

Think firstthese images could be out there for a long time, seen by a lot of people without you knowing it. Or worse everyone in your school or workplace seeing them.

Warning ... Teenagers and Adults can be charged with possession of child pornography for simply receiving a suggestive msg if the person is under 16.

DID YOU KNOW...

- Australians sent 11 billion text messages last year.
- 40% of people have been asked to send sexual images of themselves.
- Texting by adults has increased by 130%.

“ It is almost impossible to control how many people will see it. ”



S.A.F.E Internet

CHATROOMS - eg MSN & Facebook
Online dangers are real.

Parents needs to take control of the internet.

Teach your kids to treat people online as they should in real life.

Trust yourself, if something doesn't feel right it probably isn't right.

Know who your kids are communicating with.

Kids need Parents life skills to stay safe no matter what they say.

Talk to your kids about it openly.

Seek advice from the police if you feel you should.

Treat online friends as 'strangers'.

Never forget, there are adult people using the net looking to harm our kids and people of any age.



SOCIAL NETWORKING

Learn the basics of how these sites operate.

Set sites to **PRIVATE**.

Remember nothing is 100% private on the internet.

Set family rules on personal details and in particular teach that 'friend of friends' are strangers.

Let your kids know the internet is not them and a screen, it's them and the whole world.

It's your right to know what your kids are posting on the internet.

Predators troll the internet looking for kids personal information.

ONLINE GAMING

Remember, Adults may be playing these games online disguised as kids.

Take the time to watch any game your kids are into.

Set firm rules about time they can spend playing.

Trust your instincts if you don't feel good about the game don't let them play it.

Read the rating - you wouldn't let them watch M or R rated movies then same is so for games.

Discourage chatting with unknown users of online games.



" 4 million children post content to the internet every day. 76% of parent don't have rules about what their kids can do on the internet. 9 out of 10 parents will never know if inappropriate contact has occurred."

Walk, Run, Ride S.A.F.E

If you walk or ride through parks or a bikeway. If you play sport in fields or parks then you need to be aware of the dangers of being alone in these areas.

Here's what you should do to walk, run or ride safe.

Be aware, see everyone around you.

Trust your feelings if they seem weird or scary avoid them, walk the other way.

Keep a safe space from everyone, especially when alone.

Act confident, even if you do not feel it.

Don't walk with your head down, notice people who pass you and make eye contact.

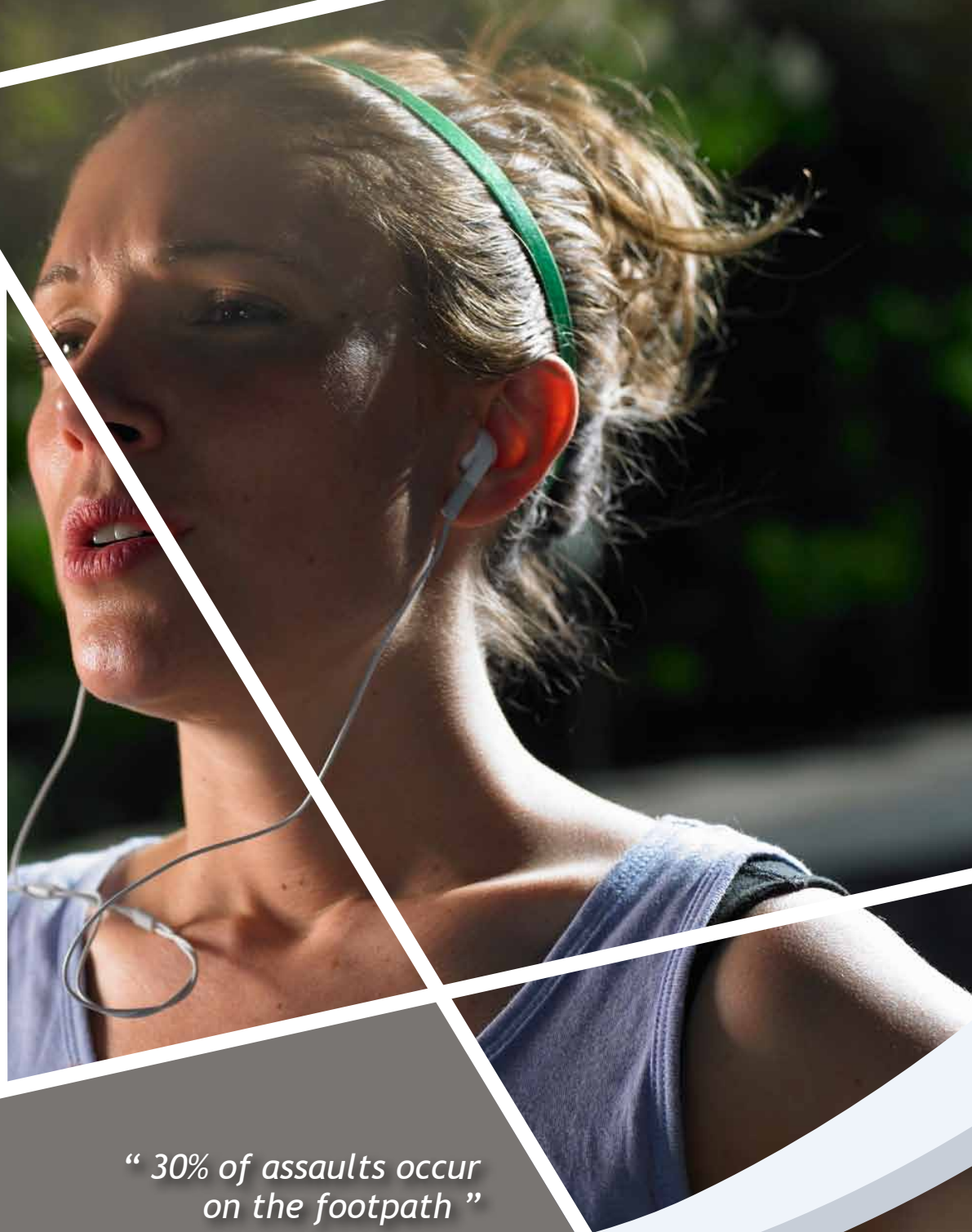
Don't walk or run with headphones in at night, or music so loud you can't hear what's going on around you.

Look behind you as you pass people to make sure you are not followed.

Safety in numbers, walk with a friend or dog.

Walk towards the traffic.

Don't take risky shortcuts, especially at night through dark areas.



“ 30% of assaults occur on the footpath ”

Shop S.A.F.E

Most teenagers hang out at shopping centres on week-ends. They are a fun place to meet your friends and spend some time... BUT they are also dangerous places and trouble can happen anywhere and often does.

It is very important to be aware of who is near you and getting yourself into isolated places alone.

Here are our tips to staying safe whilst you are in a shopping centre:

- Beware leaving banks.
- Do not use isolated ATMS.
- 007 eyes in the car park.



- Park in well lit, secure areas.
- Have keys in your hand ready to open the car door in poorly lit or secluded car parks.
- If you are confronted, submit and give up the valuables. You are worth more than your stuff; it is not worth turning a robbery into a violent assault.
- If you find yourself in this situation, keep out of grab reach, keep eye contact, no sudden hand movements, speak calmly and reassure the person you don't want trouble. Then throw the wallet as far away from you as possible then run.

Train S.A.F.E

Train travel is a fast, safe and easy way to travel. Keeping yourself safe is about being aware... staying alert... and being RailSmart.

Being RailSmart is about making the right choices - using rail crossings like overbridges, subways and pedestrian crossings, and staying off the train tracks and behind the yellow line on the platform.

Taking risks takes lives - too many young people lose their lives or limbs around rail property by taking on foolish dares and trespassing. When using a rail crossing always obey the signs and signals and be aware of the second train.

Being RailSmart is also about respecting people and property around you - giving up your seat for someone who needs it more, speaking softly on your mobile phone, keeping headphone volume to a minimum, considering others when talking to friends, keeping your conversations private and always travelling with a valid ticket or pass.

Being RailSmart is about being aware of your surroundings and trusting your instincts by:

- Staying in the blue and white striped line area on the platform and under CCTV.
- Sitting near the guard in the middle of the train (six car) or at the end of a three car train.
- Being aware of emergency phone at each station which immediately puts you in touch with the control centre and police and activates a CCTV camera
- Being aware of the emergency button next to every door on the train
- Staying alert and sitting close to other people or with friends

If you don't feel safe, move carriages, alert someone or do whatever else you believe will keep you safe.

Security guards are there to help YOU and they patrol the trains on 40% of evening services during the week and 100% of evening services on weekends.

**Be Aware... Stay Alert...
Be RailSmart.**



this segment is proudly
sponsored by Queensland Rail

RailSmart.com.au

S.A.F.E Kindy Program

S.A.F.E KINDY will help teach safety & awareness to children between the ages of 3 & 6.

1. THREE ELEMENTS MAKE UP THE S.A.F.E KINDY PROGRAM

1. Discussion & slide show about being SAFE.
2. Memory Game - know your neighbourhood.
3. Role Play - Making a 000 call.

2. DELIVERY

The S.A.F.E KINDY Program offers a fun, controlled environment where children can relate and quickly adopt these safe habits.

Game 1 - Know your neighbourhood

Memory recall game. We encourage parents and Teachers to continue to develop their sense of awareness in their home neighbourhood.

Game 2 - Do you know how to get help.

We practice making a 000 call. In case Mum or Dad get hurt ... how to use the phone to get help.

20 - 30 minutes.

3. CONTENT

- Who are SAFE People?
- Do you know where you live?
- Know your neighbourhood - memory game
- What are SAFE Places?
- Why shouldn't you talk to strangers?
- Computers and the Internet
- Answering the door
- Talking on the phone
- How to get help - making a 000 call.

4. TAKE HOME MATERIAL - FOR PARENTS

Each child receives a S.A.F.E KIDS HANDBOOK to take home and read with their parents.

TARGET	4 - 6 year old
SCHOOL	Kindy & Preschool
COST	\$250 per centre
DURATION	20-30 minutes

S.A.F.E Kids Program

S.A.F.E KIDS will help reduce bullying, teach internet safety, responsible choices and stranger danger awareness.

Common sense, safety for primary school children between the ages of 5 and 13.

The S.A.F.E KIDS program empowers parents, teachers and children to embrace safe habits.

1. BULLYING

- It's not 'cool' to bully.
- How to avoid bullying.
- How to deal with bullying.
- Acting brave and confident.
- What can the group do to reduce bullying in their school?

2. STRANGER DANGER

- Answering the door or phone.
- How to make an emergency call.
- Playing in front yard, parks or walking home from school.
- Accepting lifts or gifts.

3. INTERNET SAFETY

- face book, MySpace, YouTube & chat rooms.

4. AWARENESS

Flick the switch on ... being aware will keep you S.A.F.E. We shift their thinking to better read potentially dangerous situations by being aware of unsafe feelings, places & people. We teach how to use peripheral vision - 007 eyes. Know your neighbourhood and environment.

5. THE SAFE MOVES

The SAFE Moves - everyone of any fitness level can learn the 3 (three) evasive moves:

- S.A.F.E space
- S.A.F.E stance
- S.A.F.E evasion

TARGET	5 - 12 year old
SCHOOL	Primary
COST	\$10 per student
DURATION	1 hr

S.A.F.E Choices Program

S.A.F.E CHOICES will help teenagers say no to drugs and alcohol, recognise and provide tools to deal with unsafe feelings, as well as teach general awareness in their everyday life to improve their personal safety.

Common sense, SIMPLE TO FOLLOW safety for secondary school children between the ages of 12 and 18.

1. S.A.F.E FEELINGS

Remind yourself why are you special? Understand everyone feels down from time to time. Reading the signs. Tips on how to feel good and 'shift' low, angry or sad moods.

SAFE Thoughts > Fact! What you think you become.

Your thoughts are energy and put out radio waves like a TV signal. You will put out good vibes or bad vibes depending on your thoughts. Less time thinking and caring what others think. More time focusing on things that make you happy, goals and relationships.

2. S.A.F.E CHOICES

Drugs & Alcohol - learning how to say no & still save face.
5 things you probably didn't know about party drugs and binge drinking.

S.A.F.E ways to party, without losing control.

Everyone wants to fit in socially. Drugs and Alcohol peer pressure can be intense. We show you some ways to say no and still look cool. It's how you say it that counts. We discuss party drugs and alcohol's affects on young peoples lives > sharing video story.

3. CYBER S.A.F.E

We discuss common situations and show students how to deal with cyber bullying, and personal attacks online or via mobile. What are the rules? When have you crossed the line and broken the law and someone's rights to privacy. The consequences of keeping it going or turning a blind eye to abuse.

4. AWARENESS IS KEY TO STAYING SAFE

We shift their thinking to better read potentially dangerous situations by being aware of unsafe feelings, places & people.

5. THE SAFE MOVES

The SAFE Moves - everyone of any fitness level can learn the 3 (three) evasive moves;

- S.A.F.E space
- S.A.F.E stance
- S.A.F.E evasion

TARGET	12 - 18 year old
SCHOOL	Late primary & secondary
COST	\$10 per student
DURATION	1 hr

S.A.F.E Teen Program

S.A.F.E TEEN will help teach safety awareness, better cope with stress and depression, as well as build confidence on how to deal with everyday risky situations.

We teach common sense awareness, vital relationship and communication skills, along with role play and video to shift thinking in students between the ages of 12 and 18.

1. S.A.F.E COMMUNICATION

First impressions count > respect, presentation & preparation.
Body Language - 70% of what we say is not in words.

2. S.A.F.E RELATIONSHIPS

Everyone in a relationship needs to respect each another even when angry or fighting. Families, Girlfriends, Boyfriends, Friends. We talk about how to communicate emotions without anger.

S.A.F.E ways to communicate in relationships.

Everyone disagrees and fights in relationships. It's how you fight that counts. We discuss what is ok in relationships when fighting or arguing. What is not OK to do when you breakup with someone. Such as posting nasty comments, sensitive personal information, videos or images.

3. CYBER S.A.F.E

What is OK and what is not - all forms cyber safety. We delve into common situations and show how to deal with bullying, predators, and personal images and information.

- Online Predators - What not to post on face book, MySpace, YouTube & other social websites.
- Sexting - what not to do. The true impact of posting nasty or private, sensitive info.
- Mobile / Cyber Bullying Stalking - what can you do to stop it?

4. AWARENESS IS KEY TO STAYING SAFE

We shift their thinking to better read potentially dangerous situations by being aware of unsafe feelings, places & people.

5. THE SAFE MOVES

The SAFE Moves - everyone of any fitness level can learn the 3 (three) evasive moves;

- S.A.F.E space
- S.A.F.E stance
- S.A.F.E evasion

TARGET	12 - 18 year old
SCHOOL	Late primary & secondary
COST	\$10 per student
DURATION	1 hr

S.A.F.E Parents Program

S.A.F.E PARENTS will empower and help Parents deal with common risks faced by Families in the 21st century.

1. S.A.F.E CHOICES

Drugs & Alcohol - 5 things you probably didn't know about party drugs & binge drinking. Drink spiking, date rape & assault whilst under the influence.

How to open conversations and discuss the affects.

Do your children know where the safe places and people are if they're in trouble?

2. S.A.F.E RELATIONSHIPS

The importance of rules for both Parents & Kids.

- Fight rules
- Internet use
- Game time - online & offline
- Study time
- Quality Family time

3. MUST KNOW THINGS ABOUT ONLINE SAFETY

Navigating the sites and software used by children, we take parents through the dark side of the internet and how to protect against, child pornography, sexual predators, sexual abuse and cyber bullying.

4. AWARENESS IS KEY TO STAYING SAFE

Learning how to turn on your child's terminator eyes. We will show you how to use peripheral vision to read people and places. Importance of being well prepared and understanding the area - safe places and locations. We shift their thinking to better read potentially dangerous situations by being aware of unsafe feelings, places & people.

5. THE SAFE DEFENCE MOVES

- The 3 S.A.F.E moves > be aware, stand safe, maintain a safe space.
- The top 5 vulnerable areas on the body
- The top 3 evasive moves

Take away information

- S.A.F.E Handbook

TARGET	Parents
SCHOOL	Primary & Secondary
COST	\$10 per couple
DURATION	1 hr
BOOKINGS	minimum of 30

S.A.F.E Schoolies Program

S.A.F.E SCHOOLIES will help teenagers understand the risks and choices they will face during Schoolies week.

1. S.A.F.E CHOICES

Drugs & Alcohol - 5 things you probably didn't know about party drugs & binge drinking. Where are the Safe places & people if you get into trouble?

Drink spiking and date rape or robbery could happen to you.

2. S.A.F.E PARTIES

S.A.F.E ways to party, without losing control. Stick to the beaches or areas where there are dedicated events for you.

The dangers of Toolie parties, clubs and hotels room parties. Use the free walk home service from Red frog volunteers, who will look after you or your friends with Party survival tips & recovery advice.

3. S.A.F.E RELATIONSHIPS

Respect both parties must consent and have a choice. How to handle unwanted advances. Practice responsible, safe sex.

Binging behaviour can ruin relationships.

4. AWARENESS IS KEY TO STAYING SAFE

Learning how to use peripheral vision to read people and places. Importance of being well prepared and understanding the area - safe places and locations.

We shift their thinking to better read potentially dangerous situations by being aware of unsafe feelings, places & people.

5. THE SAFE DEFENCE MOVES

- Vulnerable areas on the body
- Defensive positions
- Knowing when to walk away

Take away information GOLD COAST & SUNSHINE COAST

- Red Frogs brochure with walk home service telephone number.
- Events & activities flyers.



TARGET	15 - 18 year old
SCHOOL	Late secondary
COST	\$10 per student
DURATION	1 hr

S.A.F.E Community Program

What can you expect from the S.A.F.E COMMUNITY Program?

THE POSITIVE OUTCOMES ...

- Improved confidence and awareness.
- Significantly reduce the risk of an attack or bullying.
- Provide 5 SAFE Tips that could save a life.
- It will educate and empower parents.
- It will provide Tools to deal with many serious issues families face.
- It will provide access to support for those in need.

THE BENEFITS ...

- This program will instil a sense of awareness that could save a life.
- Our simple to follow tips are delivered in a fun, supportive way.
- We provide the tools for people to handle difficult situations where they face violence, bullying or crime.
- S.A.F.E offers a solution to any organisation looking to provide its people with a positive experience that will have benefits for years to come.



S.A.F.E Community Program

We teach prevention, awareness & resilience. A positive, empowering experience for your people.

CUSTOMISE YOUR PROGRAM WITH ANY OF THESE TOPICS

1. Family Fights
2. Safe Feelings
3. Safe Relationships
4. Responsible choices
5. Bullying
6. Cyber Bullying
7. Stranger Danger
8. Online Predators
9. Online Scams
10. Sexting
11. Stalking
12. Identity theft
13. Safe Public Travel
14. Walk, Run, Ride Safe
15. Home Invasion
16. Road Rage
17. Car Jacking
18. Shop Safe
19. Party safe
20. 5 x Self Defence Moves that could save a life

PROGRAM COSTS

1hr	\$15
2hr	\$25
1/2 day	\$45
Full day	\$75

minimum of 50 people.
maximum of 250 people.



“ S.A.F.E is a HR Family Program that everyone will love.”

S.A.F.E Program Costs

SCHOOL PROGRAMS

			incl GST
1. KINDY	30 minutes	up to 50 children	= \$250
2. KIDS	60 minutes	min booking of 75	= \$10 / child
3. TEEN CHOICES	60 minutes	min booking of 75	= \$10 / student
4. iSAFE	1 x school term	entire school community benefits	= \$16,500
5. SAFE PARENTING	60 minutes	min booking of 50	= \$10 / couple
6. SAFE SCHOOL PACKAGE	6 x 1 hr sessions	student (4 of), + teacher + parent	= \$3,300
7. SAFE SCHOOLIES	60 minutes	min booking of 75	= \$10 / student

COMMUNITY PROGRAMS

			incl GST
1. 5 x SAFE Habits that could save your life	30 minutes		= \$750
2. Women's Workshops	60 minutes		= \$1,500
3. Women's Workshops	90 minutes		= \$2,000
4. Elderly Workshop	60 minutes		= \$750
5. Family Seminars	60 minutes		= \$1,500
6. At Risk, & Special Needs Workshop	60 minutes		= \$750 (up to 20)

CORPORATE PROGRAMS

			incl GST
1. S.A.F.E Seminars	1 hr		= \$15 / person
1. S.A.F.E Seminars	2 hrs		= \$25 / person
1. S.A.F.E Seminars	half day		= \$45 / person
4. S.A.F.E Seminars	full day		= \$75 / person

**Program costs are subject to change

Lead the change ... Australian communities need your help
JOIN THE S.A.F.E PROGRAM

yLead Program Overview

CREATING INSPIRATIONAL YOUNG LEADERS

yLead delivers its message through:

- Experiential in-school programs for years 5 to 12 for a full or half day, with the entire cohort or a selected group.
- Travel expeditions.
- Leadership conferences.
- School camps.

LEADERSHIP IS ANY ACTION THAT MAKES THE WORLD I TOUCH A BETTER PLACE

yLead programs are about:

- Young people taking action.
- Building self confidence.
- Developing a strong personal vision.
- Enhancing resilience.
- Imparting essential leadership skills and tools.
- Vision, dream and goal setting.

- Shifting thinking and transforming mindsets.
- Making a positive contribution to school communities.

LIFE CHANGING EXPERIENCES THROUGH TRAVEL

yLead offers overseas expeditions for year 11 and 12 students that are:

- Schoolies week alternative trips - with a difference
- Making a contribution to the global community
- Challenging out of your comfort zone
- Opportunities to form friendships with other motivated young people

yTravel goes to Tanzania, India, Nepal, South America and within Australia.



Contact the team at yLead for costing and content information on these programs -
(07) 32692233
www.ylead.com.au | info@ylead.com.au

Generation Now Program

Overview

VISION

To impart to young people the knowledge and revelation that they have been created with purpose and enable them to find, within themselves, the potential to live out their dreams.

GOALS

- To provide for young people a sense of self-worth and give them, through practical exercises, an understanding of how they have been created to succeed.
- To present different views on a range of topics, for them to realize that they are entitled to an opinion and a voice to stand up for what they believe in.
- To build self-awareness.
- To teach young people to set goals and steps to achieve them.

- To empower them to implement good decision-making skills to counteract current youth culture
- To train them in leadership skills and public-speaking skills.

GENERATION NOW is a program that was birthed out of a passion to see young people empowered. This is the generation of now, who are making choices, developing values, creating cultures and developing world views. Because this is such a crucial time in a young person's life, GENERATION NOW was developed to meet young people where they are and guide them through navigating their inner core values and belief systems as well as training them as leaders in the community.

CONTRIBUTING AUTHORS

GENERATION NOW was developed and written by Andrew Stone with contributions from International bestselling author Dr Bill Newman and Tony Scown, an accomplished physical trainer for the 2000 Olympic swimming team.

PROGRAM DELIVERY

A one hour session - breakdown into three parts.

Part one: the POWER of PURPOSE Breakdown: Students will learn that one can only give what one has...therefore it is what is within you that you give out. Find your purpose, because it's that purpose that will dictate your life, your choices and what you give to those around you.

Part two: Living the DREAM Breakdown: Students will discover that 'one' thing that they live for, the one dream that they are willing to do anything

and everything to achieve, and how to set goals to achieve that dream.

Part three: Defining your atmosphere

Breakdown: We explore the power of words, words that we use, words that we allow to affect us and words that we take on and allow to define our lives. In this session we take the students through what they say and how it affects who they are as well as the people around them. By the end of this session they will be realizing that positive declarations can change their lives.



For more information call or email the team PH 3843 9700
andrew.stone@internationalyouthmovement.com
www.internationalyouthmovement.com

INESS Program Overview

INTERNET SAFETY

Empowering Youth Online

Dynamic individualised programs
Acceptable and accessible
messages for students, teachers
& parents. Presentations covering
all facets of internet and mobile
phone use

WHY OUR PROGRAMS ARE EFFECTIVE

**Witness the internet through
the eyes of a child.**

Unique credibility generated with
our audience. Simple messages
delivered in a powerful way.
Knowledge of the cyberworld
like no one else. We give youth
a reason to make good choices
when typing keys and pushing
buttons. Making online dangers
and responsibilities real for
our audience “we take all the
teachings surrounding keeping
ourselves safe and respecting
others in the real world and
apply that to the internet
in a manner acceptable and
accessible to youth”

SCHOOLS

- One session 60-90mins
(Max 200 students)
\$750 ex GST
- Two sessions 60-90min
(Half day)
\$1,380 ex GST
- Three sessions 60-90min
\$2,070 ex GST
- Full school day
(4 sessions maximum)
\$2,500 ex GST
- Full Day package - 4 student
sessions, teacher session,
parent evening session
\$3,300 ex GST



For more information call or email the
team - (07) 3103 3723
www.iness.com.au | info@iness.com.au

Ian Jacobs BIO

S.A.F.E Founder

Email: ian@safecommunity.com.au



EXPERIENCE

Expert in individual, family & community safety.

Expert in conflict resolution.

20 years of teaching & developing self defence programs.

10 years developing the SAFE program curriculum.

4 years posted in various 'high risk' countries as an International bodyguard.

Security consultant to large corporations globally.

Founder of the powerhouse fitness system.

10 years of developing fitness & rehabilitation programs for elite athletes, corporate organisations & gyms.

Grand master trainer.

Keynote speaker on motivation, fitness & safety.

VOTED

One of the best martial artists of all time.

Australia's pound for pound 'greatest kick boxer of all time'.

Best ever K.O award.

2009 comeback fight - set new world record for fastest KO.

Best ever fight seen on FOX TV.

Australia's most wanted 'come back' athlete.

TITLES

Undisputed triple world champion.

World - W.K.A champion.

World - Intercontinental W.K.A champion.

World I.S.K.A champion.

10 x state, national & international title belts.

INDUCTED

1996 I.K 'Hall of Fame'.

2008 I.S.K.A "International Hall of Fame".



Kim Sheree B10

S.A.F.E Co-Founder

Email: kim@safecommunity.com.au



EXPERIENCE

Expert in Individual, Family & Community Safety.
Serial Entrepreneur - since the age of 22.
Expert - Conflict Resolution.
Founder Urban Survival Program - Schoolies Safety.
16 years - Mixed martial arts systems.
14 years - delivering safety and awareness programs.
6 years - Director for Women in Technology Association.
10 years - Strategic marketing, brand & IT systems.
10 years - Sponsorship & Partnership frameworks
8 years - developing industry programs for women in the ICT
Motivational Speaker - advancing Women, Youth, Kids & SAFE.

AWARDS

2010 Who's Who among Executives and Professionals.
2000 AusIndustry Innovation Award.
2004 Ambassador to Women in Technology QLD.
2004 Pearcey Award nominee.
2004 ICT outstanding achievement award.
2005 IT Goddess Calendar Project.
2008 Asia Pacific Role Model.

ACHIEVEMENTS

Balancing motherhood and a career.
Developing Programs which impact positively on the community.
Developing businesses with a social conscious.
5 x ICT Not for Profit Industry Board Directorships.
Australian Gladiators Fight Trainer > 2 x series.
Australia Martial Arts Academy Accredited Instructor.
Black Belt Instructor - Karate.

Survivor of 3 violent assaults.



Rachel Kayrooz BIO

Founder & Managing Director, SHOUT! SPEAK OUT
Founder & CEO, FAITH.HOPE.CHARITY FOUNDATION
(AUSTRALIA)



EXPERIENCE & EXPERTISE

Domestic violence survivor & motivational trainer.

Nationally recognised keynote speaker on domestic & family violence, violence prevention, respectful relationships, sexual assault, child protection & single parenting.

Trainer & consultant to community, government and Boards including QLD Police, lawyers, social workers, psychologists, teachers & university students.

Mentioned in several Government Hansards, and both national and international media.

Her workshops with women who have suffered violence results in empowerment , long-lasting change and self awareness.

AWARDS

2009 QLD Child Protection Award - Education

2008 Pride of Australia Courage Award

2008 Babes in Business Young Gun Award

2007 Lord Mayor's Australia Day Achievement Award

ACHIEVEMENTS

2009 Child protection Blog published on Erin Brockovich's website

2009 Youngest speaker at Australian Judicial Administrator's Conference

2009 National Campaign Coordinator, Stop Violence Against Women for Amnesty International Aust

2008/2009 Youngest Member on the Federally-appointed National Council to Reduce Violence against Women and their Children

2008/2009 Online columnist on topics such as domestic & family violence, single parenting, workplace bullying and cyber safety

2008 Met with former Prime Minister Kevin Rudd to discuss the long-term effects of violence against women and children and the impact on our health and economy sectors.



Dr Helena Popovic MBBS, BIO.

S.A.F.E Contributor

Email: dr@helenapopovic.com



EXPERTISE AND EXPERIENCE

Medical doctor and peak performance expert.
Specialist in brain plasticity and lifestyle-based diseases.
Development of the program: Be SAFE through Self confidence, Awareness, Focus and Expectation.
Keynote speaker and workshop presenter in both corporate and public sectors.
Founder of Mission SlimPossible: licence to lose.
Fitness Instructor
Lifeline Counsellor

BACKGROUND

Graduated from the University of Sydney in 1995.
Trained in hospitals in India and the United States.
Spent a year working in Germany as a medical translator.
Vasectomist (keeping women SAFE from pregnancy).
Worked in women's health clinics in Auckland, New Zealand.

PHILOSOPHY

Education is more powerful than medication.
Every moment in our life is a point of choice - where we can choose to make a positive difference to our life, our community and our planet.



Andrew Stone

Founder

andrew.stone@internationalyouthmovement.com

www.internationalyouthmovement.com

EXPERTISE AND EXPERIENCE

Andrew and Alison Stone have been involved in youth work for nearly 10 years and have served in many different capacities, including community development, partnering with high schools and community groups to run programs in high schools, social work, foster care, school chaplaincy and as youth and young adult pastors at the Worship Centre with Clark Taylor.

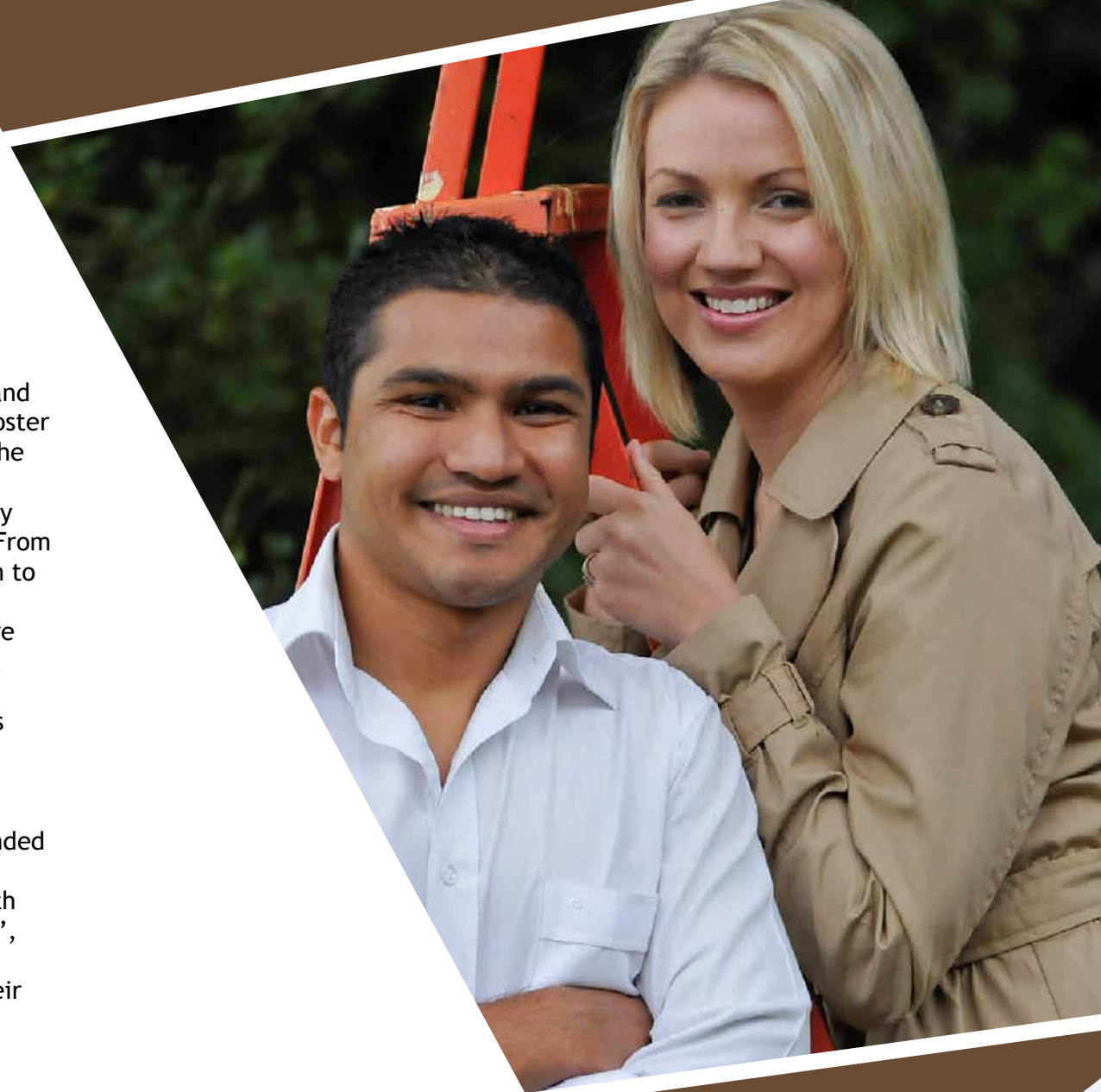
Andrew and Alison are both highly sought-after speakers nationally and internationally and specialise in empowering young people. From classrooms to conferences, their message inspires and gives vision to a younger generation and gives them hope to 'Live the Dream'. 'The look on a young person's face when they realize that they are bigger than their circumstances and that the dream in their heart is possible if they just believe...is truly priceless, that's what gets us up every morning, that's what we live for...to speak life to this generation.'

INTERNATIONAL YOUTH MOVEMENT

International Youth Movement is a not-for-profit organisation founded by Andrew and Alison Stone who have worked intensively with youth on a local and global level. The vision of International Youth Movement is 'If you can save a Generation, you can save a Nation', meaning if you can impart wisdom, knowledge and understanding into young people, allowing them to fully experience hope for their future, society will benefit by having better students and citizens and, eventually, better parents, employees and spouses.



INTERNATIONAL YOUTH MOVEMENT



Brett Lee

Founder

Email: brett@iness.com.au

www.iness.com.au

EXPERIENCE

INESS creator, Brett Lee, worked as a Queensland Police Officer for 22 years, 16 of those as a Detective predominantly in the field of Child Exploitation. Specialist in the field of undercover internet child exploitation investigations.

AUSTRALIAN TRAINER to law enforcement agencies including New South Wales Police, South Australian Police, West Australian Police and Australian Customs. Plain clothes police through Detective Training and Sexual Crimes courses in Online Child Exploitation investigations.

INTERNATIONAL TRAINER US/Iraq project as a Police Instructor training Iraqi nationals at the Iraq National Police Academy.

ACHIEVEMENTS

FBI Advanced Internet Investigations Course. Brett has worked with the FBI Innocent Images Unit, Maryland USA, the Department of Homeland Security Cyber Crimes Centre, Virginia USA and the San Jose Internet Crimes Against Children Task Force, California USA.

Keynote speaker at conferences around Australia and the World.

INESS which in 2009 reached over 100,000 students, teachers and parents ACROSS Australia and New Zealand with a message of awareness and responsibilities

AWARDS

Queensland Police Commissioner's Gold Award
Crime and Misconduct Commissioner's Award
National Police Medal
Queensland Police Medal

THE BEGINNING OF INESS

In 2001, in his role as a Detective, Brett delivered an internet safety presentation to students. It was then that he realised the key to protecting the most vulnerable people in our society, our children, from online dangers was education. This realisation fuelled a passion that led to the creation of INESS.



yLead Facilitators

(07) 32692233

info@ylead.com.au

www.ylead.com.au

yLead Facilitators are young, dynamic and make a strong connection with students. They work with youth from over 250 schools each year and have developed an engaging and inspiring way of sharing the yLead message. Having participated in yLead programs themselves as student leaders, our Facilitators know the challenges facing young people and consequently how to assist them to overcome their fears and motivate them to achieve their goals.

One of yLead's key deliverers Matthew Kershaw has had a number of experiences that have lead him to being the organisation's Powerful Presenter. Climbing Mt Kilimanjaro three months after major surgery is counted as one of his greatest life changing events and has shaped him into a mature, yet energetic facilitator. Matt is effective in leading young people through programs that not only help develop themselves, but their communities, families and the world around them.



WHO IS BOYSTOWN?

For almost 50 years, BoysTown has been providing hope for a brighter future to young people across Australia.

WHO DOES BOYSTOWN HELP?

BoysTown has a range of services for children, young people and their families.

- Kids Helpline
- Parentline
- Employment services
- Training and education services
- Parenting programs
- Family refuges
- Counselling and life skills training

All our services are FREE.

PARENTLINE

Parentline is a confidential and anonymous telephone counselling services for parents and carers of children in Queensland and the Northern Territory.

Counselling, education and support is available from 8am to 10pm seven days for the cost of a local call*.

**Contact Parentline on
1300 30 1300.**

BOYSTOWN JOB SERVICES

BoysTown Job Services specialises in helping young people become work ready and find a job. We provide job seekers with:

- One-on-one job search support
- Training
- Working experience
- Literacy help
- Mentoring
- Specialised counselling and support for those facing significant barriers to finding work

We also help employers find the right staff through:

- One-on-one consultations with job service specialists to identify job and industry training needs
- Paying start-up costs for new employees - licenses, clothes and equipment
- Advice on wage subsidies and other cost savings
- Post placement support and mentoring.

**Call 1300 WORKSEARCH (that's
1300 967 573)**



**For more information visit
BoysTown at
www.boystown.com.au.**

*** Call charges may apply from
mobile phones.**



BoysTown

Fresh start.
New hope.

KIDS HELPLINE

WHO IS KIDS HELPLINE?

Kids Helpline is Australia's only free*, private and confidential, 24 hour counselling service specifically for young people aged between 5 and 25. Counselling is available by telephone, email and over the web.

WHAT CAN KIDS TALK ABOUT?

Counsellors are able to talk about anything - no problem is too big or too small.

- What's going on at home
- A friend who needs help
- School worries
- Feelings of sadness or confusion
- Anything else that's going on

Children and young people's calls are private and they don't have to tell the counsellor their name.

WHO CALLS KIDS HELPLINE?

Counsellors speak with almost 6,000 children and young people each week and help with all sorts of problems, big and small.



Our counsellors support young people by:

- Listening
- Seeking to understand what is happening
- Helping them to express how they're feeling

They also help young people find other relevant services and support when needed.

Kids Helpline is available 24 x 7. Web and email counselling are also available. Check out the website for more information.

(Note call charges may apply from mobile phones)



1800 55 1800
www.kidshelpline.com.au

S.A.F.E Future

Positive programs which make a difference, tackling confronting issues faced by people of all ages. Everyone can embrace and adopt safe habits to create a better future.

Web: www.safecommunity.com.au

Ph: (07) 3356 3363

Email: info@safecommunity.com.au

