



Confidence is knowing you are ready.

Since 1971, the **IMPACT Defense System™** has been the leading innovator in personal safety training in the country. We have specialized curriculums to train adults, teens, children and special needs individuals who are blind or otherwise physically challenged.

Nationally recognized safety experts and trauma recovery specialists have identified **IMPACT** as effective in teaching the skills necessary for violence prevention.



Professional Defense Training Group

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SELF-DEFENSE FOR TEENS

TRAIN. EQUIP. PROTECT.

IMPACT
TEENSAFE PROGRAMS
Grades 7-9



**PROFESSIONAL DEFENSE
TRAINING GROUP**



PROFESSIONAL DEFENSE TRAINING GROUP

The **IMPACT "TeenSafe"** Program is a 16-hour nationally recognized curriculum designed to teach the skills necessary to help young people protect themselves. "TeenSafe" teaches real life solutions to everyday situations in small gender-specific classes.

Teens have always been vulnerable to peer pressure and relationship concerns, and are at high risk of assault. The natural transition from the protection of parents, to being responsible for their own safety adds to this vulnerability.

Most teens understand the issues concerning safety, but have not had the opportunity to learn appropriate responses during a moment of fear or intimidation.

"**TeenSafe**" gives your children, through repetitive role-plays, the opportunity to practice safety concepts in a safe and supportive environment. We use various scenarios, with instructors portraying the "assailant" to create a realistic training environment. **IMPACT** programs use a team of male and female instructors, each having specific roles during the course.

TRAIN. EQUIP. PROTECT.

Your children learn how to:

- ▲ Expand their awareness to avoid danger
- ▲ Set boundaries in situations that make them uncomfortable or that are potentially dangerous
- ▲ Lead themselves out of problematic situations
- ▲ Recognize common lures used by predators
- ▲ Trust their instincts
- ▲ Read nonverbal communication
- ▲ De-escalate threatening situations
- ▲ Say "NO" when they mean "NO"
- ▲ Keep a safe distance from strangers
- ▲ Use Full-force / Full-contact defense skills against a physical assault

On-site training is available for schools and other organizations.