

General Personal Safety

COURSE CODE F2

VERSION 2008/01



Training Outcomes:

After the training participants will be able to:

Suited for:

- Any person concerned about their personal safety
- Groups involved in similar activities with similar concerns about their personal safety

Typical Previous Clients:

A large multi-national company's staff development day

Community group concerned about crime in their area

Charity doing weekend outreaches

TOPIC	OUTCOME
Understanding Aggression	Describe the nature and causes of aggression Describe the current picture of risks in the UK
Prevention Techniques	Conduct "On the spot risk assessments" by recognising warning signs and controlling their own behaviour Consider specific concerns including walking out and about, travelling safely, drug rape, muggings, knife and gun crime, intoxication and other issues requested by the group.
Managing the Risks	Explain the essentials of defusing aggression
Aftercare	Decide when what and how to report Describe the effects of violence and aggression

Important Information

Content Variation	Content can be varied upon request
Duration	1-2 hours
Technical	A PowerPoint Projector, Spacious room (with the ability to facilitate small group work), flipchart with paper
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