

Programs for Middle School Students

Strategies for Safe Living

IMPACT programs help people of all ages improve their ability to respond to potentially dangerous situations. In response to the unique physical and emotional needs of young teens, IMPACT has created a curriculum that reflects the physical abilities and social realities of middle school students. Students are taught to avoid altercations, resist intimidation, assert themselves in the face of peer pressure and escape potential assaults. They are also taught how to report dangerous situations to a safe adult. Scenarios focus on issues relevant to their lives such as bullying, dating issues and peer pressure.

IMPACT teaches viable safety skills in a fun, interactive environment.

Age-appropriate safety skills include:

- ◆ How to **de-escalate potentially threatening situations**
- ◆ How to **respond to peer pressure, bullying, and strangers**
- ◆ Essential **self protection skills**
- ◆ **Empowerment and self-confidence**

A program of any length can be designed to fit your schedule.

For more information please contact:

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Protective body armor enables students to utilize effective self-protection techniques safely.

Classes are taught by two instructors. One teaches physical and verbal skills, the other takes on the role of an assailant or person who can't be trusted. He wears a full suit of protective body armor so that students can physically defend themselves using the same amount of force they would need in an actual attack. Instructors stress that physical self-defense is always a last resort and students learn numerous verbal strategies to avoid an altercation.

IMPACT
confidence ▶ safety ▶ empowerment