



# **MEDIA RELEASE**

## **Safe Futures Canada Teaches Kids to be Safe**

### **While At Home Alone**

On Sunday September 21, 2008, sixteen youth attended a workshop at Millennium Tae Kwon Do to learn ways to stay safe during times when the youth are at home alone.

A large number of youth spend time at home alone before or after school due to parents work schedules or other commitments. The focus of the workshop was to prepare children to look after themselves during these times. Important skills were stressed through interactive lessons and role-play to help make both the child and their parents more confident when they are at home alone. Topics covered in the workshop included the child's rights and responsibilities when at home alone, how to respond safely to phone calls and unexpected visitors, how to keep constructively occupied and basic self-defense techniques.

"We were extremely happy with the response to the workshop and actually had a waiting list of children as we limited the number of spaces", said Safe Futures trainer Scott Davis. "The response indicates that several children are put in this type of situation in our community and that parents are being proactive by ensuring that their kids are better equipped to handle different situations that can arise when their parents are not home", explained Davis.

The workshop will be offered again on October 26 and a date for a workshop in Shelburne is expected to be announced in the very near future.

SAFE FUTURES CANADA develops and delivers a variety of programs and presentations to address violence prevention, bullying and various issues of safety.

An experienced Police Officer and a Child and Youth Counsellor team has proven to be an excellent means of facilitating a non judgmental, therapeutic approach mixed with a informed legal component. Their approach to presenting a well-rounded program is thorough and innovative.

For more information about SAFE FUTURES CANADA or the Home Alone Kid's Academy workshop, please contact Sonia Mc Donald at 905-866-2172 or [info@safefuturescanada.ca](mailto:info@safefuturescanada.ca)