



Safety & Self-Defence Training for Young Women

from the London Centre for Personal Safety funded by City Bridge Trust

The London Centre for Personal Safety (LCPS) has been funded by the City Bridge Trust to deliver personal safety and self-defence training, with a focus on sexual assault prevention, for young women and girls aged 14 to 21 years old.

The project aims to:

- **prevent** and **reduce** sexual violence and the fear of sexual violence
- **develop** women and girl's ability to **respond** positively to threats to their safety.

"This particular course as it is delivered to such a high standard by extremely competent and experienced professionals would, in my opinion, benefit all women."

Rape and Sexual Assault Support Centre

Booking your self-defence course

- From your organisation, identify a group of service users, volunteers or staff members who are eligible for training.
- Identify your available dates.
- Contact us for more information

This training is **FREE** to all participants and **organisations** taking part in the programme. Women and girls of all abilities are welcome. We can adapt the training to suit the needs of your organisation's users, staff and volunteers.

Our Training

Our **evaluated training approach**, which has consistently been cited as highly effective, is tailored to address a broad range of safety concerns and needs. Our training will address a range of situations, from harassment to actual assault, using **safe simulations in a supportive environment**. The training is lead by female trainers supported by male trainers.

This training has been successfully delivered to thousands of women and girls in the UK. The training will:

- **give accurate information** about the nature and prevalence of sexual violence
- **challenge rape supportive beliefs**, and resistance 'myths'
- **create a safe space** for participants to discuss their experiences, concerns, and perceptions of risk
- **teach practical skills** of self-defence to improve chances of escaping assault in progress
- **provide information** about support services for victims of sexual violence.

For more information
 Please contact Claudia da Silva
 by phone on
020 8743 7827 or
020 8740 1114
 or via our website at
**www.londoncentrefor
 personalsafety.org.uk**

LCPS Registered Charity No. 1009482

