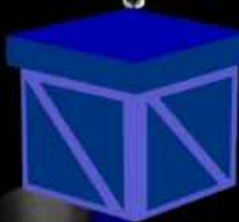


TRAINING FOR PROFESSIONALS WORKING WITH YOUTH

AT

RISK



The Safety Box
Youth Programmes



TRAINING FOR PROFESSIONALS

Our training program

The Safety Box ® training is extensive requiring all members of the training to undertake both practical and theoretical learning. The training program is design for social workers, police, pastoral assistants, teachers, support workers, detached youth workers, youth mentors, health professionals, probation staff, prison officers, prison staff, youth workers, youth ministry leaders, gang workers and anyone that comes across young people that are at risk of CCE or are involved in criminal activity.

Our training programs run for 4 or 5 days depending on the program selected and normally start at 10am finishing at 4pm.

Viewing violence through the lens of public health, The Safety Box employs an evidence-based model, proven to reduce violence in different cultural contexts.

The Safety Box has 5 types of professional courses available

Course 1 – CPD Training for Professionals Working with Youth at risk & Offenders

Course 2 - CPD Personal protection and defence for professionals working with vulnerable adults and youth at risk.

Course 3 - CPD Cultural competency training and community engagement training for the police and prison officers.

Course 4 - CPD Officer Equity, Culture & Diversity Training

CPD
MEMBER

“I have recommended this training to my team and really believe this training should be offered to all. I also think our young people at risk of weapon use could benefit from the session that gave us practical advice in defending ourselves from a weapon attack and violence. Really fantastic training and I highly recommend it.”

Islington's Children and Families Services Manager.



Viewing violence through the lens of public health, The Safety Box employs an evidence-based model, proven to reduce violence in different cultural contexts.

By employing a pioneering epidemiological model, The Safety Box ® model is unique in the approach we take to handling violent behaviours and causing a mindset shift our theory of change model has been replicated in the UK and Jamaica with professional that have gone on to have better practice and engagement with young people at risk of offending behaviour.

Our training is delivered at a high level with credible messengers who have lived experience of offending behaviour in the past.

All our programs have both CPD and AQA Accreditation.

CPD
MEMBER
The CPD Certification
Service

AQA

STAFF TRAINING COURSES WITH 12 MONTH LICENCE FEE

COURSE 1 - CPD Training for Professionals Working with Youth At Risk

The training program is design for social workers, police, pastoral assistants, teachers, support workers, detached youth workers, youth mentors, health professionals, probation staff, youth workers, youth ministry leaders, gang workers and anyone that comes across young people that are at risk of CCE or are involved in criminal activity.

This training programs run for 1 or 5 days depending on the program and normally starts at 10am finishing at 4pm.

1 day - £950 (no licence) - 14 learners

4 days - £7999 (Is licenced for 12 months)

5 days - £8300 - with self-defence (self-defence is not licenced)

With 4 or 5 days

The first two days – Theory, development of program

Day 3 – Theory

Day 4 – Delivery of in-house development course content

Day 5 – Self defence



Topics - CPD Training for Professionals Working With Youth at risk

- The types of weapons and their use
- Guns and how to avoid cross fire
- Effective Communication and Body Language
- Personality types & Traits
- Behaviour management & cultural perspective
- Understanding and recognizing trauma and the impact on young people
- Therapeutic support:
- How to deliver therapeutic support
- Delivering support (a non traditional way)
- Solution focused practice
- Demystifying “Ganja” and “Spice”
- Hormones, Violence, The Mind and Conflict
- Knives and the Impact on the Body
- Consequences of Knife Crime the long term impact on the family and sentencing
- Changing your working style to meet the needs of youth at risk
- Business and an alternative ways to make money
- Conflict Resolution

**Course cost: £7999 excluding VAT
(20 learners)**



Personal Protection for Lone Workers & Professionals



The Safety Box
Youth Programmes

Violence Against Lone Workers & Professionals is Rising

Violence against lone workers, social workers, care givers, youth mentors and professionals working with youth at risk is high and rising. In fact violence against social workers is still being regarded as “just part of the job” and not being treated seriously, according to data gathered by Community Care.

In a survey conducted with 446 social workers, 85% said they had been physically assaulted, verbally abused or harassed with the year. In most cases the abuse was carried out by a service user or service user’s relative. Social workers reported being threatened with weapons, verbally abused, stabbed, held hostage, harassed in the street and having hot drinks thrown on them. Some had to move house or leave their jobs due to persistent abuse.

“On one occasion, a service user’s son threatened to hunt me down and talked about weapons he could use, all because I was supporting his father in his wish to access respite care.” - a social worker

Another case worker reported four arson attacks to her car after a service user found out where she lived:

“I had to give up my home and move,” she told us, while another reported being stabbed on two separate occasions, threatened with a firearm, spat at and punched in his 14 years in the profession.



Our Defence Courses

The Safety Box run a number of self defence training programs through our protection courses arm of the business for professionals working both in the public and private sector.

We have trained professionals who have worked for the **Army, Security Service, Police, Prison Officers, Social Workers, Corporate Bankers, City workers, Nurses and Health Care / Care Workers.**

All our programs are built with the insight gained from the experience of our work with offenders, we use a real approach to all of our self defence strategies.

The Safety Box **F.A.S.T (Fear, Adrenalised, Stress, Training)** defence courses shows participants how the body reacts under severe, adrenaline fuelled encounters and then how to turn that reaction into a positive outcome. The defences are practiced full-on against our padded 'Bulletmen'.

Simplicity is the key to all our skills. If it isn't simple, you'll probably not be able to utilise it under pressure.



WHAT MAKES US DIFFERENT FROM OTHER BREAKAWAY DEFENCE ENTERPRISES

We recognise that breakaway techniques are essential manoeuvres to break away from a potentially violent person without harming him or her, however what if they lash out and hit you and pick something up as a weapon. The Safety Box has worked with real offenders in Her Majesty and Prison Probation service and have a deep understanding of how people have been attacked in the past. All of our techniques have been developed with this knowledge and insight, we also utilise Gross Motor Functional movement for all our blocking series and weapon assisted attacks.

WHY WE USE GROSS MOTOR FUNCTIONAL BASED SELF DEFENCE

The Safety Box uses gross motor functional blocking within all of our programs, which makes us different from many other providers. The reason for this is that during an attack the heart rate rapidly increases. Once the heart rate reaches over 145 beats per minute our complex motor skills (writing, small movements, martial arts skills) immediately begin to deteriorate.

When the heart exceeds 175 beats per minute adrenaline in the body is secreted at a rate that prohibits logical thought, peripheral vision is lost, hearing excludes everything not only that but tunnel vision and vascular constriction sets in as a natural way to reduce bleeding from any wounds you're about to suffer. Traditional martial art trained complex moves are very difficult to pull off and after combat freezing, begging for your life or the bladder emptying, the only movements you have left is gross motor skills; namely. Running, Large Circular Movements, Wide and Big movements with your arms, or charging, kicking or curling up.



COURSE 2 - PERSONAL PROTECTION AND DEFENCE FOR PROFESSIONALS WORKING WITH VULNERABLE ADULTS AND YOUTH AT RISK.

Training for youth outreach workers and professionals on the frontline is very specific. All enrolled on this program are trained for 2 half days days (3.5 hours) the programs employ high-risk conflict mediation techniques to mediate conflict, stop retaliations, pre-empt and stop violent incidents occurring towards self or to young people in their care. As more and more members of the professional community are at risk of violence we feel it is important that professionals are taught the basics of how to stay safe whilst at work.

Topics

- Avoidance, Awareness and Prevention
- Spotting potential danger
- Building Awareness Strategies
- The effects of adrenaline, the brain and stress
- Verbal de-escalation techniques
- Understand the importance of non-verbal communication
- Undertake a Dynamic Risk Assessment
- Body Language and Body Posture in attack prevention
- Verbal Defence & The Law
- Reactionary Distancing, Strangles & Lock Escapes
- Reactionary Distancing, Strangles & Lock Escapes
- Understanding Domestic Violence & where to find help
- Using Body Weight in Personal Protection
- Safety against Stalkers
- Avoiding Street Robberies and Phone Snatching
- Gross Motor-functional Movement Blocking (Utilising SAFE Simple, Adaptable, Fast and Effective)
- Controlling the attackers knife hand
- The knife lines of attack (Danger Zones)
- Blocking against a knife
- Intro Defending against a knife attack level 1. (Static)
- Intro Defending against a knife attack level 2. (Slashes)
- Intro Defending against knife attacks level 3. (Rear hand grip, forward hand grip Thrusts)

Ground Activity

- Break-falls
- Intro Throws and Take Downs
- Rape Defence (Floor and Wall)

Testing

- Dynamic Stress Simulation Drill



**Course cost: £2950 excluding VAT
(14 learners)**

COURSE 2 - PERSONAL PROTECTION AND DEFENCE FOR PROFESSIONALS WORKING WITH VULNERABLE ADULTS AND YOUTH AT RISK.

The Safety Box Self Defence programs for professionals is designed specifically for frontline and lone workers, we teach how women can protect themselves and also how to avoid gun cross fire. We take safeguarding very serious and train participants at a very real level of physical conflict using both rubber and blunt metallic knives. We take a realistic, multi-sensory, practical and strategic approach to deal with the instinctual gross-motor body movement when in a state of adrenaline secretion.

We train people's bodies how to respond appropriately under a fear or anger induced stress conditions, simulated in a competitive scenario. Our training methods have been used in real life by both military personal, police and highly trained combat experts.



**Course cost: £2950 excluding VAT
(14 learners)**

COURSE 3 - CPD Cultural Competency Training & Community Engagement Training for the Police & Prison Officers.

With the growing negative media coverage that the Metropolitan Police, Manchester Police and other police forces around the country, in addition to lack of cultural competency in HMPPS have been facing, The Safety Box have a powerful program designed to help both police and prison officers deal with Black and Asian groups making them more culturally aware to aid better policing and management of Black and Asian people. The force in London in particular has recognised that the perceptions of the police have been declining. In aims to rebuild trust and faith between the police and the community, the focus is turning to implicit bias training to help their staff recognise when they are relying upon assumptions and stereotypes. Also to assist prison officers in maintaining safer custody and de-escalation techniques this course is vital to enable prison safety amongst black and asian offenders. One of the major activities of the our training is the use of "Stop Search", "Get back to your cell" role plays that our facilitators perform with the police and officers, in order to highlight real life experiences from the points of view of the people involved. This is an effective tool for police to contemplate on any instinctive bias they may have formed without realising, but it also allows for a compassionate discussion to take place about the underlying issues behind a person's reaction. Our facilitators use role plays to showcase awareness and effective processes to help these types of individuals. These role plays are eye-opening and productive and show examples of more assertive but empathetic and aware reactions to the victims in these situations. We train prison officers on better ways to manage behaviour of offenders and how to de-escalate situations quickly that will result in compliance, better relationships and less unconscious bias.



COURSE 3 - CPD Cultural Competency Training & Community Engagement Training for the Police & Prison Officers.

This course is run over a period of 4 days within a time frame of 12 weeks.

The program is inspirational, impactful and empowering.
It utilises the following methodology of engagement.

- Focus Group Work
- Open Dialogue
- 1-2-1 Sessions
- Evaluation sheets
- Empathy Tools
- Positive Speech & Affirmations
- Role Play
- Reflective Practice

**Course cost: £7999 excluding VAT
(40 learners)**



COURSE 4 - CPD Officer Equity, Culture & Diversity Training

This program is run in partnership with Equity + which is a company that provides accredited training and development within the needs of organisations to strengthen the pillars of Equity, Inclusion and Diversity across the sectors of business, education and leadership.

This course is run over a period of 4 days within a time frame of 12 weeks.

The program is inspirational, impactful and also empowering.

Course cost: £7999 excluding VAT
(40 learners)



