



**Parent and Mentor  
Workshop  
For Sonoma Valley  
Mentoring Alliance staff,  
parents, and mentors  
Thursday, Feb 2  
6:00 - 8:00pm**

People Safety skills help people be safe with people at home, at school, online, out in the world... everywhere. They also help strengthen important relationships. Learn ways to help children and teens learn and use age-appropriate People Safety skills on an everyday basis to have safer, more positive experiences with people, including strangers, siblings, peers, and other people they know.

This workshop is open to all Sonoma Valley Mentoring Alliance staff, parents, and mentors. During the workshop, we'll practice how to help kids and teens:

- **Be and act aware and confident**
- **Check with adults if anything seems unsafe**
- **Move away from possible problems**
- **Follow Stranger Safety rules**
- **Stay safe from hurtful words**
- **Use voice as a safety tool**
- **Set clear boundaries**
- **Say “No” or “Stop” clearly and respectfully**
- **Deal with other kids poking, pushing, grabbing, etc.**
- **Use safety plans if lost in a store, park, or library**
- **Get help from busy adults - and persist!**



This tailored workshop is a service of



the nonprofit leader in “People Safety”  
skills education for all ages & abilities.

To sign up, contact Tina Baldry, SVMA at (707) 996-6843 or [tina@sonomamentoring.org](mailto:tina@sonomamentoring.org).

Please contact Kidpower at (800) 467-6997 ext. 1# with any questions about the class content, our public workshops or materials, or to talk about arranging a workshop for a group of any age.