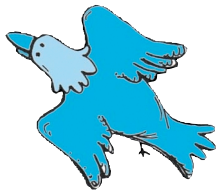


## Lifelong Courage for Kids!

Safe & Sound Safety Training & Consulting created **SafeKids 1** to teach kids and grown-ups the basics in safety.

**SafeKids 1** helps kids feel confident and capable in their homes and communities. Moms and dads will feel assured, knowing that their kids will learn to recognize:

- when and how they can help themselves, and
- when they should get help from a grown-up — how to get it, and who to get it from.



## Safe & Sound Instructors

Safe & Sound **Lead Instructors** are Police Officers who have experience dealing with violent situations on city streets. Our **Team Members** are well-trained safety professionals. They have taught personal safety strategies to Canadian citizens and organizations since 1995.

## Courses and Services by Safe & Sound

SafeKids 1 (ages 3-6)

SafeKids 2 (ages 6-12)

Safeteen Personal Safety for Teens

Level I Personal Safety for Adults

Level I Personal Safety for Persons with Disabilities

Level II Advanced Personal Safety

Customized Corporate Programs

Corporate Team Building Events

Refresher Courses

Safely Managing Difficult Customers

Conflict Management

## For More Information

**Safe & Sound  
Safety Training & Consulting Ltd.**

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Fax: (403) 216-7001

Toll Free: 1-888-828-8185

Email: [info@safeandsound.ca](mailto:info@safeandsound.ca)

Web: [www.safeandsound.ca](http://www.safeandsound.ca)

Available for bookings throughout Canada and the United States. Group maximum is 25 participants. Courses can be customized. Please contact us for more information.

# safe kids

# 1

LIFELONG  
COURAGE  
FOR KIDS

FOR KIDS FROM  
3 - 6 YEARS &  
THEIR PARENTS

PRESENTED BY  
**SAFE & SOUND**  
Safety Training &  
Consulting Ltd.

# safe**kids**

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**SafeKids 1** is a fun, interactive one hour safety program that has been specially designed for kids from 3 to 6 years of age, and their parents. This foundational session will give children and parents the tools they need to begin developing a safety plan.

## Meet Emily!

**SafeKids 1** is taught in a non-fearful way with a puppet named "Emily". Through song, interaction, and by reading from her book, she helps us understand the important message of safety. Emily makes sure the atmosphere is friendly and comfortable. She welcomes kids and grown-ups to ask questions, and talk about what they learn.

## Welcome parents and guardians!

Parents and guardians are strongly encouraged to attend. Be a safe family — learning with your kids will help you continue sharing as they grow!

“My Mom says I am a precious gem. And because I am so precious, I need to be safe.”

*Emily*



## What will you and your children learn?

Some of the topics covered in SafeKids 1 are:

- How to begin building a children's safety plan
- The basics in personal safety
- What to do if you're lost
- How to 'Play Safe'
- The 'Stranger Myth' – child abductions
- Inappropriate touching

## Included with this Program

- Activity/Coloring books for the kids
- A comprehensive and informative "Guide to Parents"
- "Extended Curriculum" for the teacher/coordinator — includes three additional sessions for the children to enhance learning

## Proudly presented by

