

**SOMETHING
DOESN'T
FEEL RIGHT!**

**Ages
12-22**

YOUTH EMPOWERMENT

SELF WORTH AND SELF PROTECTION HOUR OF POWER

CONFIDENCE BOOSTING KYUP! POWER COMING TO NORTHERN BEACHES!

Learn simple self-defence techniques anyone can use, no matter her size or skill level. Using relatable examples of real-life scenarios – such as public transport, public places and parties this fun, safe, hands-on workshop focuses on setting boundaries and responding to conflict.

PARTICIPANTS LEARN TO:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

FREE ALL YOUTH WORKSHOPS SPACES ARE LIMITED. DON'T MISS OUT!



04 December 2024
4:00 - 6:00 pm
PCYC Northern Beaches

SCAN ME



MEL THOMAS

The Driving Force Behind KYUP! PROJECT

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and learn about positive relationships.

In 2013, Mel founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area. Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

As featured: Prime 7, ABC News

PRIME 7

**Radio
AUSTRALIA**

"Mel embodies passion & strength"

LAYNE BEACHLEY AO
7 x World Surfing Champion

"Great leadership, with important information and powerful techniques given to boost self defence ability, and confidence. Should be a mandatory course :) thx!" D.Altivo Parent

IN PARTNERSHIP WITH:



Proudly Supported by

KALOF



KYUP!PROJECT

★★★★★
TRUSTED