

e-induction

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UK LAW ON SELF-DEFENCE

DISCLAIMER

This document is provided “as is” and whilst every effort has been made to ensure the accuracy and relevance of the advice herein, it should not be viewed as bona-fide legal advice.

The techniques shown are for real self-defence purposes only.

Practice should be conducted under trained supervision. Please ensure you are medically fit and able to perform any of the techniques.

RESOLVEit will not be held responsible for any actions taken or not taken by individuals.

The information on the law in relation to physical force can be found at:

<https://www.cps.gov.uk/legal-guidance/self-defence-and-prevention-crime>



Who is this for?

The RESOLVEit e-induction is a workshop for anyone (staff or volunteers) who is involved in running or supporting RESOLVEit assemblies.

It is compulsory to complete this free e-induction before running a RESOLVEit personal safety assembly for either primary or secondary students.

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How does it work?



How it works

The aim of the e-induction is to give every participant a basic introduction to RESOLVEit and equip them with the information they need in order to deliver a personal safety assembly, safely and effectively.



Online tuition

The free online e-induction is compulsory to complete before running a RESOLVEit personal safety assembly to either primary or secondary students



The learning experience

By the end of the e-induction, participants will be able to:

- Name and understand the four RESOLVEit principles.
- Deliver a personal safety assembly safely and confidently.
- Understand their role, responsibilities and any relevant safety information when delivering a RESOLVEit safety assembly



Our commitment

When you purchase any of our workshops, we will train you, online, for free, to confidently deliver the self defence elements of the workshops and your school will have the opportunity to become a #weareasafetyschool

Further your learning experience by joining our RESOLVEit community.

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Who are RESOLVEit?

RESOLVEit are a Community Interest Company (CIC) who provide training and workshops in how to stay safe.

We specialise in using personal safety to engage, teach life skills and develop strategies to cope with challenging situations using our four principles:



AWARENESS



AVOIDANCE



DIALOGUE



ACTION

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Awareness

RESOLVEit teach you to assess any new situation using POP:

People

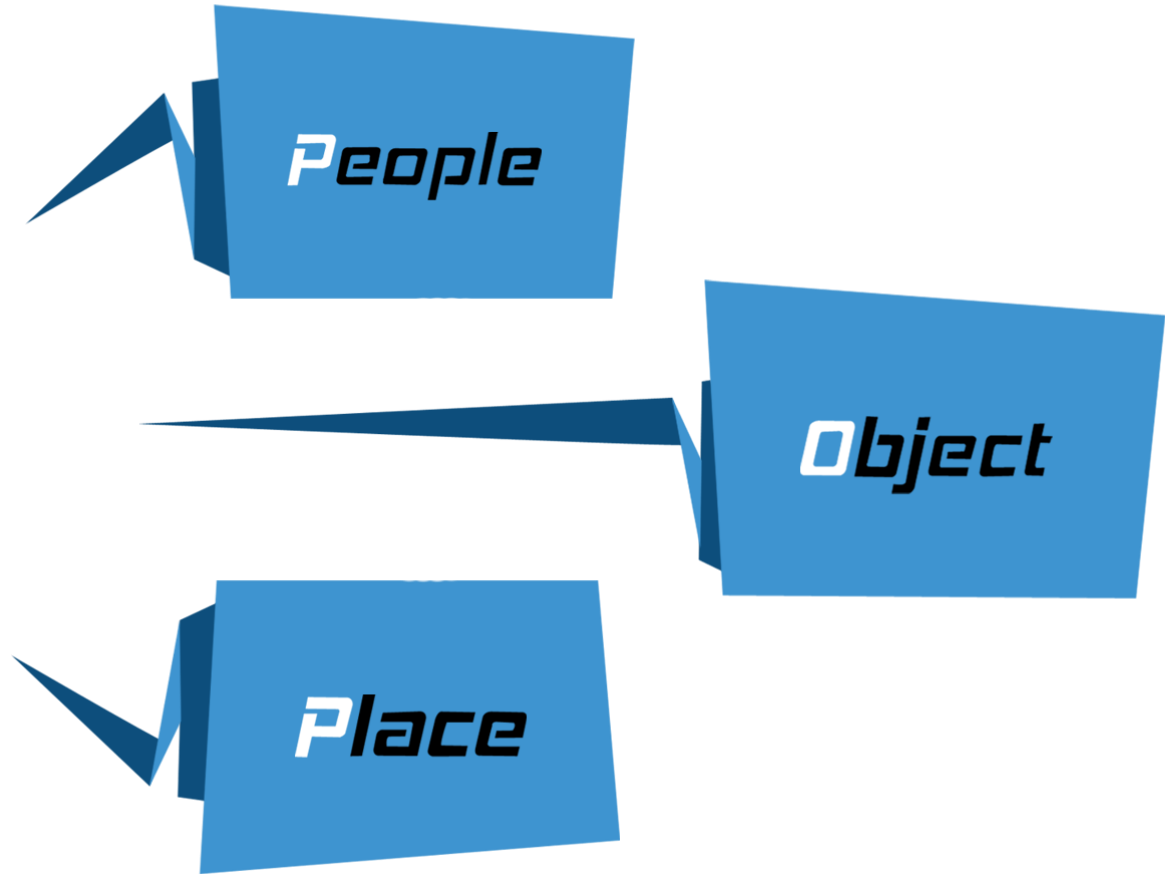
(do you know them, what is their mood, what is your gut instinct?)

Object

(what objects are around you?)

Place

(where are you?)



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Avoidance

- Know your limits.
- Stay away from confrontation if at all possible.
- Call for help if a fight breaks out rather than jumping in.
- Don't end up alone in empty places you don't know.
- There is safety in numbers; stay with your friends.



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Dialogue

If you have been unable to avoid conflict, the next tool is dialogue and body language.

- Use a calm voice
- Display non-aggressive body language.
- Keep a safe distance
- Use The shield, you will learn about this technique later in the e-induction.



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Action

Self-defence must only be used as a last resort.

Think of self-defence as managing distance. The further away you are from a threat, the easier it is for you to escape that threat.

The main objective of physical self-defence is to get away quickly and safely, not to stay and fight.



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Why an e-induction?

Why? We wanted to provide a free resource to schools which would give them the opportunity to teach the subjects of personal safety and self-defence.

How? An e-induction seemed like a perfect solution; a simple way to teach basic personal safety and self-defence techniques.

Who? The e-induction is designed for school staff, volunteers and anyone who is involved in running or supporting a RESOLVEit personal safety assembly.



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What is personal space?

Hold your arms out sideways and turn in a circle; that is *your* protective bubble. This is called your personal space.

Only people you choose to invite in are welcome in your personal space.

It is important to remember that just because you know someone it does not mean that they would not wish to harm you.



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What is personal safety?

Personal safety includes being aware of your surroundings, making informed decisions and remembering the saying,

“it’s better to arrive late than dead on time”.

Don’t take the shortcut that you’re not sure about, go outside with that stranger or leave your drink unattended. However, sometimes danger is not always as obvious as that which is why learning some basic self-defence is always useful.

When teaching children about personal safety we don’t want to make them afraid of the world so we teach it in an age-appropriate way as you will see from the assembly packs when you get to slide 14.



"Self defence is more than just a set of techniques;
it's a state of mind and it begins with the belief that
you are worth defending." - Rorion Gracie



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What is self-defence?

In legal terms: self-defence is a defence permitting reasonable force to be used to defend one's self or another.

In every day terms, self-defence is essentially self preservation.

At the end of the day, there are no guarantees but learning the basics of personal safety and self-defence is always worthwhile and will help you and whoever you teach to feel more confident in day to day life.



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The Assembly packs

Mae'r pecynnau hyn ar gael yn Gymraeg ac yn Saesneg.
These packs are available in Welsh and English.

Click on the links below to view the assembly packs:



The Assembly pack self-defence moves: a reminder

- The shield / Y Darian
- Single hand wrist grab /Cipiad un arddwrn
- Double hand wrist grab / Cipiad dau arddwrn

NB: Remember it is always best to stand with your legs apart as it gives you greater stability.

The thumb is the weakest part of the hand.



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Conclusion

- RESOLVEit believes everyone has the right to feel safe.
- Their four principles are Awareness, Avoidance, Dialogue & Action.
- Personal space is your private, protective bubble.
- Personal safety is being aware of your surroundings and making informed decisions when possible.
- Self-defence is when you have to spring into physical action.
- The primary and secondary personal safety assemblies teach the following self-defence techniques: The shield, single hand wrist grab release and double hand wrist grab release. They also look at various aspects of personal safety.
- ❖ **Please ensure you have watched at least one of the personal safety assemblies available before you take your assessment.**
- ❖ **If you have a willing volunteer, it is a great idea to practice the self-defence moves on them before you teach them so you know you are truly confident with them all.**

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We hope you enjoy running your assembly sessions!

We would love you to share your personal safety assembly experiences with us, you can contact us using any of the following:



@RESOLVEitUK



@RESOLVEitCIC



@RESOLVEitcic

Thank you for training with RESOLVEit, we hope you come back for more training soon.
Please get in touch if you have any questions.

www.resolveitcic.co.uk
enquiries@resolveitcic.co.uk

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