

# Course Information Sheet

## Personal Safety

DE05E13A



<b>Venue</b> 📍 Sir John Hunt Community Sports College	<b>Start Date</b>	30 Sept 2024 18:00
	<b>End Date</b>	21 Oct 2024 20:30
	<b>Fee</b>	£0
	<b>Materials</b>	£0

[OCSW DE05E13A Personal Safety \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Empower yourself! This 4-week Personal Safety course equips you with the knowledge and skills to navigate the world with confidence and stay safe in everyday situations.

### Course Description:

Feeling safe and secure is essential for peace of mind. Our Personal Safety course empowers you to take control and develop the skills to stay safe in a variety of situations. Learn situational awareness techniques, de-escalation strategies, and practical self-defence skills. This course is perfect for anyone who wants to feel more confident and prepared, regardless of age or background.

### What will I learn?

- **Week 1: Building Situational Awareness:** Identify potential risks, understand body language cues, and develop strategies for staying alert in different environments.
- **Week 2: De-escalation & Communication:** Learn verbal and non-verbal communication techniques for diffusing tense situations and avoiding conflict.
- **Week 3: Personal Boundaries & Assertiveness:** Set healthy boundaries, develop assertiveness skills, and practice saying "no" confidently.
- **Week 4: Self-Defence Techniques:** Learn basic self-defence manoeuvres, understand legal considerations, and develop a personal safety plan.

### How will I be assessed?

- **Formative:** Interactive exercises, group discussions, role-playing activities, and self-reflection quizzes throughout the course.
- **Summative:** Develop a personalised safety plan and participate in a simulated scenario practising learned techniques.

### **Who is this course for?**

This course is designed for anyone who wants to feel more confident and prepared in everyday situations. It is particularly beneficial for individuals who live in urban environments, travel frequently, or work alone.

### **Progression Opportunities:**

After completing this course, you could progress to more advanced self-defence training programs or explore online resources on personal safety specific to your profession or hobbies. Consider courses in first aid or CPR for a well-rounded approach to personal safety and well-being.

### **Career or Job Enhancement Pathways:**

- **Security Guard:** Develop a strong foundation in situational awareness and de-escalation techniques.
- **Social Worker:** Enhance your ability to navigate challenging situations and build rapport with clients.
- **Teacher/Carer:** Learn strategies for promoting safety awareness and managing conflict in educational settings.
- **Personal Trainer/Fitness Instructor:** Understand safety considerations for physical activity and create a safe and inclusive environment for clients.

### **How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

### **How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

**Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

**How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

