

Teen Self Protection Class
Saturday February 18th, 10-11:30
Cass County Public Library, Pleasant Hill Branch
1108-B N. 7 Hwy

February is National Teen Dating Violence Awareness Month.

The Center for Prevention of Abuse (CFPA), in collaboration with organizations such as Love Is Respect, Let's Be Real, and Break the Cycle, are working to raise awareness about teen dating violence, the warning signs of abusive relationships, and what teens can do to protect themselves.



According to the CDC:

- Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year.
- 26% of women and 15% of men experienced dating partner violence for the first time before age 18.

PHHS HOSA is asking the Pleasant Hill community to join the movement to end abuse. On February 18th, PHHS HOSA will be presenting a Teen Self Protection seminar.

This course will introduce ways for teens to be more aware of their environment to avoid potentially dangerous situations, how to recognize predatory behavior from both strangers and potential partners, how to assess risk in their day to day life, verbal skills to deescalate potentially violent encounters, and simple but effective techniques to escape an attack.

Register Here (20 spots available – grades 6-12)



WWW.casscoLibrary.org