



US FIGHTING SYSTEMS

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BULLY MANAGEMENT- SMART™ FOR PARENTS

This "SMART™ Talk," program was designed for PARENTS in personal awareness issues of directly and indirectly managing, supervising, and handling young adults during these violent attacks in our schools. This training program was designed to enhance the parents growth and communication skills needed, and the parental development techniques to break down the barriers facing of our troubled children, and how to identify their "pattern of regressive behavior and personalities, anger management at home and establish personal goals in working with your children who are may be misguided, troubled, and truly seek out a mentor or a mature adult guide. Raising a child is not only time demanding but emotionally draining. I speak from experience having 6 of my own, five boys and a girl. Poverty, literacy, abandonment, drugs, violence, suicide, internet resources, physical, mental and sexual abuse and alcohol are all usually all known factors your children have to face on a daily basis. This program concentrates on providing you with a series of tactics at home to help you with your children and develop a plan of action when they need you the most. The teachers at our school and the law enforcement officers on patrol cannot do it without your help. We want to give you a way to help nurture, mentor and empower your child to "Face the danger," both in concept and principal.

Topics covered in this program are:

- Home and Internet Awareness
- Stereo Types your kids are faced with
- Controlling the fear at home
- Explaining how to talk with your child
- How do your children view you
- Changing your mind set on discipline at home
- Establishing your personal short/long goals
- Understanding Prevention Tactics
- Disconnect and Disassociation Tactics
- Professional/Personal Oath & Obligations
- Importance of Family Support
- How to develop a develop communication skills with your child

S.M.A.R.T.™

S-urvival

M-angement

A-ggression

R-esponse

T-raining

Duration: **4 Hours Basic Class**
 12 Hours Basic Instructor

Tuition: **\$TBA**

Equipment Required: Clothing and footwear for lecture, dynamic activities and self-defense instruction, notebook and pen, 50 3x5 index cards with whistle and lanyard. No recording or taping devices allowed. We will offer you additional access upon completion of the seminar.

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