



SCHOOL WORKSHOPS

CLOSE THE CONFIDENCE GAP WITH KYUP!

From Australia's biggest cities to the most remote Indigenous communities, our team of passionate presenters have delivered violence prevention workshops and keynotes to more than 10,000 Aussies in schools, universities, domestic violence shelters, community groups and corporates since 2013.

Our programs are for everyone, no matter your culture, size, age, fitness or ability. We offer practical tools, techniques, scripts and strategies to cope with past and present violence and everyday situations that don't feel right.

KYUP! Project tackles the big uncomfortable issues surrounding:

- > self worth and self defence
- > ethical bystanding
- > domestic and family violence
- > gender equality
- > bullying /cyber& workplace bullying
- > consent

Proudly partnering with the University of Sydney across their ground-breaking Interdisciplinary Industry Partner Undergraduate Curriculum.



FEATURED IN:



MEET MEL, THE DRIVING FORCE BEHIND KYUP! PROJECT

As Australia comes together to try and address an 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.

Mel Thomas is a writer, speaker, media commentator, mother of 2 girls and champion black belt martial artist with more than 20 years of martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel was awarded a scholarship with Layne Beachley's Foundation and founded KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area.

KYUP! is named after a power shout in martial arts, Mel inspires all Australians to raise their voice and claim their right to be safe.



KYUP! PROJECT DELIVERS HIGH IMPACT RESULTS

97%

of students rate
KYUP! workshop
as excellent
(3% very good)

200%

increase in the
number of girls that
think that they are
equal to boys

100%

would recommend
a KYUP! workshop to
their friends & family

300%

increase in the
number of girls that
feel confident to
protect themselves



“Emotional, strong, empowering. There were only 20 women in here but there should’ve been 1,000’s... the reactions, the strength and the power changed those women’s lives.”

Alice, midwifery student, Harris Park Community Centre.

COURSE – HALF DAY

KYUP! SHOUT! Up to 50 girls / years 7-12

Our KYUP! SHOUT! workshop coaches a girl to stand tall, turn around negative self-talk and use her voice to speak out for herself and for others. In this session girls champion their safety and self-worth. Introducing ‘heads, shoulders, knees and toes’ a set of easy to learn and fast to recall self-protection techniques.

KYUP! TRUST! Up to 50 girls / years 7-12

We share proven strategies for a girl to identify, protect and defend herself from unsafe people and unsafe relationships. Girls tap into intuition, sharpen their awareness skills and take action when a situation doesn’t feel right. We introduce ethical bystander skills and further life saving, self protection skills every girl must know.

COURSE – WHOLE DAY

KYUP! POWER! Up to 50 girls / years 7-12

Be prepared, not scared. Based on the successful KYUP! for Kings Cross Police Youth Program. KYUP! POWER! is the ultimate confident booster and bully buster. The facts of drink spiking, cyber bullying and slut shaming – the reality and the fallout, techniques and strategies to protect against street harassment and sexual assault. Boundaries and Dr Brene’s Brown’s Braving technique to deal with conflict and past violence. Essential de-escalation and necessary fight back skills included.

Both KYUP! SHOUT! & KYUP! TRUST! are also available as individual 1 hour workshops.

WHY SHOULD YOU HELP?

- > Be part of the change needed to break the cycle of family violence
- > Align your brand to deliver value to your community and stakeholders
- > Motivate your staff to enhance morale, teamwork and retention rates
- > Strengthen relationships with your community

CORPORATE & COMMUNITY CLIENTS



KYUP!
PROJECT

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