



# Bully Safe Kids Night

**AGES 6 - 12 YEARS OLD**

Youth ages 6-12 years old are invited to learn Frank Sacco's approach to defeating bullies without fighting. In conjunction with *Integrity Martial Arts* of Enfield, join Jonathan Metcalf to learn Sacco's 9 strategies to deescalate tough situations kids might find themselves in. Participants will learn social balancing and will participate in role playing scenarios to learn how to deescalate these situations. **Please note that sensitive topics, such as verbal aggression, physical aggression and the power dynamic, will be covered.** Participants should wear comfortable clothes and bring a water bottle. A parent/guardian is required to stay on site for the entirety of the program. Please note that in addition to registering, you must complete the *Integrity Martial Arts* waiver at [www.playatima.com](http://www.playatima.com). **Limit: 12.**

**Date:** Saturday, October 22, 2022

**Time:** 5:30 – 7:30 PM

**Fee:** FREE!

**Location:** Integrity Martial Arts Studio

585 Hazard Ave.



## Registration Begins:

**Residents:** Friday, September 9 at 8:30 AM

**Non-Residents:** Friday, September 16 at 8:30 AM



Enfield Recreation | 124 North Maple Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

