



AWARENESS. CONFIDENCE. REAL-WORLD SKILLS.



**YOU WON'T ALWAYS BE THERE.
THEIR SKILLS CAN BE.**

A practical two-day life-readiness
camp for teenagers aged 13-16.

19-20 SEPTEMBER 2026

NEWCASTLE, NSW / AGES 13-16

AWARENESS. CONFIDENCE. CONTROL. CAPABILITY

THE PARENT REALITY

Their world is getting bigger. Your safety net is getting smaller.

They are travelling without you, meeting new people, handling conflict and making decisions in real time. In those moments, 'be careful' is important - but it is not a plan.

TRAVELLING ALONE

A situation changes and they must decide whether to stay, leave or seek help.

PEER PRESSURE

Friends push for a choice that does not feel right, but saying no feels difficult.

A BOUNDARY IS CROSSED

A situation changes and they must decide whether to stay, leave or seek help.

SOMETHING GOES WRONG

An injury, conflict or unexpected moment requires calm action.

**THE GAP IS NOT KNOWING WHAT IS RIGHT.
IT IS BEING READY TO DO IT UNDER PRESSURE.**

Advice can be forgotten in the moment. Practised skills are easier to use.

They need more than advice. They need practice.

Teen Ready turns the conversations parents are already having into a simple, practical response teenagers can rehearse and remember.

1

CONFIDENCE

Stay composed, communicate clearly and take positive action.

I can handle this.

2

AWARENESS

Notice people, places, behaviour and early warning signs

I can see what is happening.

3

DECISION- MAKING

Pause, assess options and choose a safer next step.

I can choose my next step.

4

PERSONAL SAFETY

Set boundaries, create distance and protect themselves.

I know what to do.

SEE IT. MANAGE IT. RESPOND TO IT. MOVE FORWARD.

THE OUTCOME

From 'What would I do?' to 'I know my next step.'

- 1 REAL-WORLD AWARENESS**
Read situations and recognise warning signs
- 2 DECISIONS UNDER PRESSURE**
Manage emotion and choose a safer response.
- 3 PRACTICAL PERSONAL SAFETY**
Learn striking, releases and self-protection.
- 4 CONFIDENT COMMUNICATION**
Use clear boundaries, body language and voice.
- 5 TRANSPORT SAFETY**
Travel with greater awareness and confidence.
- 6 FIRST AID + WELLBEING**
Respond, recover and seek appropriate help.

HOW IT WORKS

Two days designed to build, then apply.

DAY 1

SATURDAY 19 SEPTEMBER

- 1 STRONG FOUNDATIONS**
Movement, boundaries and confident communication.
- 2 STRIKING FUNDAMENTALS**
Pad skills, punches, palms, knees and combinations.
- 3 AWARENESS + CUES**
Body language, environmental risks and warning signs.
- 4 PERSONAL SAFETY DEFENCES**
Protect, move, create distance and disengage.
- 5 WEAPON AWARENESS**
Recognise danger, create distance, escape and seek help.
- 6 YOGA + RECOVERY**
Movement, breathing and reflection.

DAY 2

SUNDAY 20 SEPTEMBER

- 1 RELEASES FROM GRABS**
Wrist grabs, clothing grabs, chokes and headlocks.
- 2 TRANSPORT SAFETY**
Safer choices and awareness on public transport.
- 3 CONFLICT + PEER PRESSURE**
De-escalation, safer choices and seeking assistance.
- 4 DECISION-MAKING**
Emotional control, stress responses and safer decisions.
- 5 PRACTICAL FIRST AID**
Emergency calls, recovery position and bleeding control.
- 6 READINESS CHALLENGE**
Bring the four pillars together.

WHY PARENTS CAN TRUST TEEN READY BUILT FOR TEENAGERS. LED BY SOMEONE WHO UNDERSTANDS THEM.

Teenagers learn best when they feel safe, respected and appropriately challenged. Every session is age-specific, progressive and professionally supervised.

Who will be my teen's Instructor?

Adam White

Camp Director and Lead Instructor

Adam is an experienced high school PDHPE teacher and Krav Maga instructor with extensive experience teaching children and teenagers. As a Krav Maga Global Expert Level 4 instructor, he combines professional teaching practice with practical self-defence training to help young people build confidence, awareness and safer decision-making skills.



I created Teen Ready to give teenagers a safe place to practise the decisions parents hope they will make when no adult is beside them.

THE NEXT STEP

Two days now. Skills they can use for years.

EARLY BIRD / 2-DAY PASS

\$247

Book by Sunday 30 August 2026

SAVE \$50

REGULAR / 2-DAY PASS

\$297

From Monday 31 August 2026

LIMITED TO 24 PLACES

YOUR TEEN'S PLACE INCLUDES

- Two full days of professional instruction
- All workshops and scenario-based activities
- Morning tea, lunch and required training equipment
- A structured, supportive environment for ages 13-16
- No previous experience needed



GIVE YOUR TEEN THE CHANCE TO FEEL MORE READY

THE DECISION

**ONE DAY, THEY'LL HAVE TO
MAKE THE CALL WITHOUT YOU.
HELP THEM BE READY FOR IT.**



SECURE YOUR TEEN'S SPOT