

# Enabling students to take ownership of their personal safety

**Explore our range of courses designed to educate & equip students with the mindset and skills to keep them safe**

- **Designed & delivered by highly experienced subject matter experts**
- **Courses & seminars to cater for all budgets and time constraints**
- **Emphasis on developing a balanced protective mindset**
- **Bespoke, 'real world' & relevant to student life**

**For all students from year 10 to university**



# Why, what and how we do it

## WHY

During 2019, Saturn Protective Solutions LLP were contacted by a UK based University, who requested a bespoke self defence course for their female students. Extensive research and consultation with British and international students from many universities highlighted:

- They were experiencing an escalation of physical and sexual assaults.
- Students lacked knowledge and preparation with regards to personal safety.
- This is an international issue

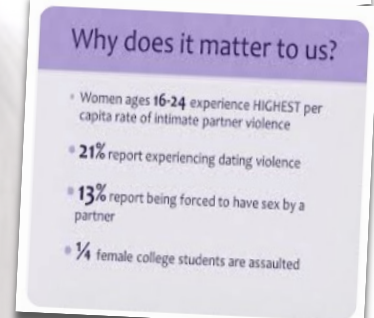
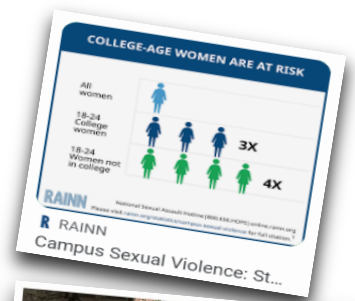
## WHAT

We take a "real world" holistic approach to personal safety, relevant to student life and beyond - our unique training covers:

- Self awareness - understanding the physiological and psychological responses to threat and fear and how it affects us.
- Situational awareness – covering vital skills in order to observe, evaluate and avoid danger in a balanced and timely fashion.
- Physical defensive syllabus – Highly effective, realistic, relevant and 'no nonsense'. Utilising gross motor skills - easily learned, easily retained, and easily recalled.

## HOW

- We design our courses to be easy to learn, interactive, safe & immersive
- We use relatable material that provokes interest and discussion.
- Our physical defensive syllabus is delivered in a safe progressive format.



# About us

With extensive specialist operational and training experience within law enforcement and the private security industry, the Saturn team are experts in the field of situational awareness & personal safety - having delivered consultation and training solutions throughout their careers for a range of clients across the public and private sectors, including City Councils, independent educational establishments, high-net-worth individuals, corporations and global organisations.



Colchester  
City Council



Framlingham  
COLLEGE



QATAR  
AIRWAYS  
الخطوط القطرية



United  
Nations

*We are very passionate about helping people to stay safe, drawing upon our vast experience to develop high quality training that is balanced and relevant to our clients needs*

Simon Clarke  
Managing Partner



**Simon Clarke**

Simon served with Essex Police (UK), the majority within the Specialist Operations Department and Tactical Firearms Unit. Trained in overt and covert armed policing, surveillance, close protection and counter terrorism. Experienced in specialist unarmed combat tactics and numerous martial arts, Simon is a Btec level 3 accredited self defence instructor. SIA accredited, Simon currently works within the private security sector as a Behavioural Detection operative as well as providing close protection services for a range of clients including A list celebrities and sporting franchises.



**Lea Westby**

Lea served with Essex Police (UK). His expertise was recognised and utilised early in his career where he led a proactive team undertaking operations and taskings in relation to public order policing, public protection during night time economy and tackling violent & acquisitive street crime. Lea spent several years as part of a specialist team tasked with investigation and disruption of County Line drug gangs. As a trainer, Lea is a 4th Dan martial arts instructor and former Police defensive skills instructor. He is also a Btec level 3 accredited self defence instructor.



**Andy Bareham**

Andy served a diverse career with Essex Police (UK). Early years within a proactive street crime team before moving into armed policing at an international airport, undertaking anti-terrorism and core policing duties & operations. As a Detective, Andy spent many years in both serious crime investigation and as a covert intelligence operative. Andy is a former Police defensive skills instructor and within the commercial sector, has previously delivered disruptive passenger training for international airlines. Andy currently consults for a leading UK Hostile Behaviour Detection Training provider for Police, Border forces, Military Units and commercial security teams.

## Recent Case Study

Framlingham is a vibrant boarding and day school for boys and girls aged 3 to 18. An ambitious learning culture permeates all they do, both within the classroom and beyond. We have delivered Personal Safety training for their college students (separate male & female classes) for the last three years, instilling vital life skills, confidence and resilience – ultimately minimising risk to their personal safety and wellbeing.



Framlingham  
COLLEGE



*I was so impressed in what you achieved in such a short space of time. I have taught some of these girls and they were quiet and shy. However, by the end of the sessions you could visibly see their confidence had grown and they felt more secure. The course is intense but all within a secure and safe environment. Would thoroughly recommend this course for all schools. Should be mandatory!*

**Steven Phaup**  
Assistant Head of 6<sup>th</sup> Form

*"I really enjoyed the self-defence course, and it has taught me many important skills, it has given me more confidence for when I go travelling or when I go to university in terms of being more aware of my surroundings and how to act in situations which could pose danger. I feel that from now on I will be more aware and cautious when going out and how to react if I am ever under threat. I would highly recommend this course to anyone."*

Year 12 student  
Framlingham College



*"I thought that the course was extremely helpful and really fun as well. The instructors were super nice and I'm definitely doing the refresher course next year. By doing the course, I feel much safer than I did before. The red man challenge where we had to fight one of the instructors was definitely the best part since we really got put into the situation and were able to use what we learned."*

Year 12 student  
Framlingham College



## Our courses:

### Situational Awareness – 2hr seminar

**Who's it for?**

All students from year 10 to University

**How many?**

Minimum of 20 students

**Duration?**

2 hours

An interactive delivery, designed to provoke discussion, covering:

- Self protective principles & strategies
- Easy to apply visual threat recognition, evaluation and avoidance systems
- Self awareness – the physical & psychological impact of threat and conflict
- Advice and guidelines for relevant situations/subjects

### 12hr Student Personal Safety

**Who's it for?**

All students from year 10 to university

**How many?**

Minimum of 15 students

**Duration**

12hrs/2 days

An holistic approach to personal safety, covering both proactive and reactive aspects to staying safe.

Our physical defence system is designed to realistically finish and/or get away from a physical encounter.

The course covers:

- Self protective principles & strategies
- Easy to apply visual threat recognition, evaluation and avoidance systems
- Self awareness – the physical & psychological impact of threat and conflict
- Advice and guidelines for relevant situations/subjects
- Physical defence system – principles & application
- Physical defence system scenario training – highly immersive, fun and empowering

### 6-hr Student Personal Safety

**Who's it for?**

All students from year 10 to University

**How many?**

Minimum 15 students

**Duration?**

6 hours

Course Content:

A holistic approach to personal safety, covering both proactive and reactive aspects to staying safe.

Our physical defence system is designed to realistically finish and/or get away from a physical encounter

The course covers:

- Self protective principles & strategies
- Easy to apply visual threat recognition, evaluation and avoidance systems
- Self awareness – the physical & psychological impact of threat and conflict
- Law relating to self defence
- Advice and guidelines for relevant situations/subjects
- Physical defence system – principles & application

## How will it benefit your students and school?

- Enhanced personal safety and wellbeing for students
- Reduced risk of adverse incidents and reputational damage
- Improved site safety through better awareness
- Students better equipped to make informed decisions under pressure and navigate crisis situations
- Empowered with skills and protective mindset to carry throughout their lives

For further information visit: [saturnprotectivesolutions.com](https://saturnprotectivesolutions.com)

Email: [info@saturnprotectivesolutions.com](mailto:info@saturnprotectivesolutions.com)

