



PROGRAM BROCHURE · IRON DEFENCE ACADEMY

StreetWise Women™

Level 1

Personal Safety, Situational Awareness & Emergency Readiness

A prevention-first civilian safety education program for women and gender-diverse participants. Six to eight hours of instructor-led learning built on one decision framework: Scan. Assess. Find options. Exit early.

See it. Read it. Avoid it. Get safe.

Iron Defence Security Corporation · Iron Defence Academy
Ontario, Canada — in person, instructor-led virtual, or online
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THE PROGRAM**What StreetWise Women™ Level 1 teaches**

Level 1 is awareness-based education, not combat training. Participants learn to recognize risk early, set and hold boundaries, de-escalate and disengage, move safely through streets, transit and workplaces, and act decisively in an emergency. Instruction combines teaching, demonstration, controlled practice and scenario-based decision making, and closes with a personal safety plan and knowledge assessment.

SCAN People, place, exits and assistance points	ASSESS Behaviour, change and environmental conditions	FIND OPTIONS Reasonable choices that move you toward help	EXIT EARLY Leave before a situation needs confrontation
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DELIVERY FORMATS**Four approved formats**

Every format teaches the same S.A.F.E. framework at the depth the time allows. Delivered in person, instructor-led virtual, or online.

Format	Length	Description
StreetWise Foundations — Online	90-120 minutes	Self-paced foundational awareness education covering personal safety principles, the S.A.F.E. Method™ and everyday application.
StreetWise Awareness Workshop	2-3 hours	Instructor-led introductory education with facilitated discussion and short decision exercises.
StreetWise Corporate Workshop	2-4 hours	Customized to an organization's environments — lone work, shift travel, client meetings, site access and workplace assistance resources.
StreetWise Women™ Level 1 (flagship)	6-8 hours	Full curriculum, scenario-based learning, knowledge assessment, personal safety plan and Certificate of Completion.

Who it is for

Women and gender-diverse participants aged 16+, community groups, campuses, newcomer organizations, shelters and employers. No prior self-defence training, martial-arts background or fitness level is required, and no participant is asked to disclose personal experience of violence or harassment.

Scenario standard — controlled, never dangerous

Scenarios are educational and controlled. Participants are never deliberately placed in uncontrolled dangerous situations, are never pressured to disclose personal experiences of violence, harassment or abuse, and may decline any exercise without giving a reason. Level 1 prioritizes avoidance, communication, disengagement, escape and obtaining assistance.

LEVEL 1 CURRICULUM

Twelve modules, one decision framework

Six to eight hours of instructor-led education.

01 Introduction & Getting Started

- Program purpose, scope and limits
- How the course is delivered and assessed
- Ground rules, dignity and the right to decline

02 Personal Safety Foundations

- Prevention and preparedness versus reaction
- Awareness without fear: observant, not hypervigilant
- Recognizing personal risk as circumstances change
- Prevention-first decision making: time, distance, leaving early
- Personal responsibility and rejecting victim-blaming

03 The S.A.F.E. Method™

- Scan, Assess, Find Options, Exit Early
- Scanning: people, place, exits, assistance points
- Assessing behaviour, change and environmental conditions
- Finding reasonable options and moving toward help
- Exiting early and avoiding unnecessary confrontation

04 Situational Awareness & Warning Signs

- Reading normal patterns and spotting the unusual
- Behavioural warning signs, not appearance-based assumptions
- Recognizing developing and escalating situations
- Distance, positioning and keeping multiple options
- Streets, parking areas, elevators and venues

05 Personal Boundaries & Assertive Communication

- Physical, social, communication and privacy boundaries
- Recognizing boundary violations and pressure tactics
- Communicating clearly without over-explaining
- Assertiveness versus aggression
- Acting when boundaries are ignored

06 Verbal De-escalation & Disengagement

- Understanding escalation and changing tone
- Principles of controlled communication
- Verbal disengagement and ending interactions
- Knowing when communication is no longer working
- Moving from communication to safety

07 Streets, Parking & Public Spaces

- Street and sidewalk awareness; managing distractions
- Approaching and leaving vehicles in parking areas
- Elevators, stairwells and enclosed environments
- Public venues: exits, staff, meeting points
- Everyday scenario decisions using S.A.F.E.

08 Transit, Rideshare & Transportation Safety

- Platforms, stations, waiting areas and where to sit
- Late travel, shift work and route planning
- Rideshare and taxi verification; responding to discrepancies
- Route awareness and trusted contacts
- Transportation scenario practice

09 Social, Dating & Digital Personal Safety

- Meeting arrangements and transportation independence
- Recognizing persistent boundary violations
- Personal information, privacy and accumulated data
- Social media, location sharing and visible routines
- Online interactions and physical safety

10 Workplace, Lone Work & Travel Awareness

- Entering and leaving workplaces; meeting unfamiliar individuals
- Lone-worker check-in procedures and missed contact
- Travelling between locations and sharing itineraries
- Hotels, airports and unfamiliar environments
- Travel contingency planning

11 Emergency Readiness & StreetWise Application

- Recognizing when assistance is needed
- Emergency communication: location and relevant details
- Building a personal safety plan
- Scenario-based decision making across environments
- Personal action plan, worksheet and knowledge assessment

12 Wrapping Up

- Review of the S.A.F.E. Method™
- Personal safety priorities
- Course completion and certification

HOW TO ENROL**Four steps from enquiry to certificate**

- 01** Enquire
Email or call with the group, preferred format and timing. Individual seats, community groups and organizational bookings are all welcome.
- 02** Confirm eligibility
Complete the prerequisites and enrolment checklist: age 16+, participation at your own pace, code of conduct, and any accessibility needs.
- 03** Scope & schedule
We confirm the format, venue suitability, session date and any customization, then send program terms, acknowledgements and privacy information.
- 04** Attend & certify
An authorized instructor delivers the approved curriculum. Full attendance earns the knowledge assessment, personal safety plan and Certificate of Completion.

BEFORE THE SESSION**Come prepared**

- Choose a format and date from the published schedule
- Submit accessibility or accommodation needs early — acknowledged within 2 business days
- Have an emergency contact ready for the intake form
- In person: comfortable clothing, flat footwear, water and a notebook
- Virtual: device with camera, stable internet and a private space
- Materials are provided; full attendance is required to certify

PROGRAM EXCLUSIONS**What this program is not**

- Ontario Security Guard Basic Training
- Private-investigator training
- Law-enforcement or military training
- Close-protection certification
- Tactical operations or weapons training
- Martial-arts certification
- Medical training or psychological treatment
- Legal advice
- Any guarantee against crime, violence or harassment

Book a session

Foluwa T. Rewane — Founder, Iron Defence Academy & Lead Instructor, StreetWise Women™

Email: foluwa.rewane@irondefencesecurity.ca · Mobile: 647-781-5043

Delivery area: Ontario, Canada — in person, instructor-led virtual, or online

Iron Defence Academy makes no guarantee against crime, violence, injury, harassment or victimization. The Certificate of Completion is not a government licence or a regulated professional designation. Participants receive program terms, acknowledgements and privacy information before delivery.