

STRATHFIELD

Confidence boost

Shireen Khalil

DON'T mess with the women and children of Strathfield.

A lot of them will be at Strathfield Town Hall in the next four weeks learning self-defence and safety skills in free classes offered by Strathfield Council and world self-defence champion John Gill.

Mr Gill is a long-time advocate for women's and children's safety. He was the first in Australia to open a women-only defence school in the '80s and is confident the course will boost self-esteem and minimise rape statistics.

"I had a friend who was raped in the early '80s," Mr Gill said.

"Then I started teaching her self-defence and saw the empowerment she got from it."

He said cowards are less likely to attack if they know people are learning to defend themselves.

"I'll teach people the physiological and verbal way of self-defence and protection.

"There need to be free courses to encourage women and kids around the country to learn to defend themselves," Mr Gill said.

TECHNIQUES TO CONVINCE BULLIES TO BACK OFF



John Gill shows Catherine Robinson some self-defence moves outside Strathfield Town Hall.

Picture: CRAIG WILSON

EDUCATION

Keep family cyber-safe

Rashell Habib

FOR many parents the idea of social media is daunting, but in an age where children have embraced it, it is important to navigate the new landscape.

Founder and owner of Social Media Computing Solutions Company Leonie Smith has become an advocate for better cyber safety at home.

As a mother-of-four and with 15 years of online communication experience, she is trying to arm parents with the knowledge needed to protect their children in the 'digital age'.

"For some parents internet gaming and social media is not only entirely bewildering but something they never expected that they would have to learn about so that they could supervise their children online" she said.

Ms Smith advises parents not to spy on their children but keep an eye on their safety.

FIVE TIPS

Leonie Smith's five steps to start being more cyber-aware in the family home:

- Keep all computers in a high-traffic area of the house, such as a family room.
- Be sure that all antivirus programs are up to date.
- Talk with your kids about their online interests and video games, open communication.
- Create a safe level of trust so that your children can ask you for help without fear.
- Use parental controls on your child's PCs, console games and mobile devices.



For more details about cyber safety visit thecybersafetylady.com.au

THE ART OF SELF-DEFENCE

- March 2-16 (Fridays - three sessions) from 6.30-8.30pm
- February 25-March 17 (Saturdays - four sessions) from 10.30am-noon
- 65 Homebush Rd, Strathfield. For registration call 9748 9999 or email jacob.stewart@strathfield.nsw.gov.au
- Read more about John Gill at johngill.com.au

Council taking the safety initiative

STRATHFIELD Council is the first in Australia to jump on board this initiative thanks to a \$150,000 grant from the Crime Prevention Division of the Federal Attorney General.

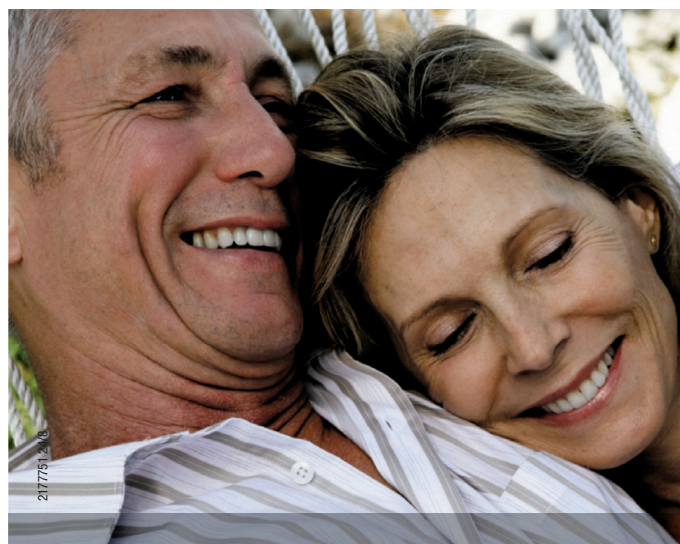
The project helps people to feel safe when walking on the

streets, to avoid being a target or victim of crime and to learn how to defend themselves.

Other Strathfield safety initiatives include education sessions for high school students in conjunction with Flemington Police and

materials to raise the awareness of the importance of safe behaviour.

A council spokeswoman said the self-defence course aims to encourage people to be more street smart and know how to avoid being a victim of crime.



Your Smile says it all

Cosmetic, family and emergency dental

For any dental problems or to improve your smile for life, make an appointment with Dental on King today.

We are a modern and friendly surgery and we would like to welcome you with a

FREE Initial Consultation

CROWNS & BRIDGES | DENTAL IMPLANTS
TEETH WHITENING | SMILE MAKEOVER | WHITE
FILLINGS | PORCELAIN VENEERS | BAD BREATH
WISDOM TEETH | FULL & PARTIAL DENTURES

Prompt Emergency Service

57 King st
NEWTOWN
02 9557 9299

DENTAL ON KING

www.dentalonking.com.au