

**FOR IMMEDIATE RELEASE**

January 12, 2017

## **SELF-DEFENSE PILOT PROGRAM *STAND-UP, STAY-STRONG* LAUNCHES AT CCI**

NORTHUMBERLAND COUNTY – Today Grade 9 girls at Cobourg Collegiate Institute (CCI) participated in ***Stand-Up, Stay-Strong***, a new self-defense pilot program facilitated by Constable Frank Francella of the Cobourg Police and Community Counsellor, Lucy Caldwell, from Cornerstone Family Violence Prevention Centre (Cornerstone). ***Stand-Up, Stay-Strong*** is a self-defense and safety training program designed to provide students with information and practical knowledge on how to protect themselves in various risky situations.

Committed to creating safe communities, local businessman and father, Darryl Goodall saw the need for self-defense and prevention education for young adults and set the plan into motion to develop a program to meet these needs. With support from Cornerstone, Cobourg Police, and local business sponsors, as well as some very engaged teachers, the ***Stand-Up, Stay-Strong*** program was formed.

“I had difficulty finding a local self-defense program for my teenage daughter and decided to reach out to my contacts within the community to see if there was a way to provide this training to all the girls,” said Darryl Goodall. “I have been amazed at how quickly the various stakeholders were able to get behind this initiative and make it a reality, and because of this efficiency there is potential for all high school female students to receive self-defense training before graduation.”

Currently designed as a onetime, two (2) hour workshop, ***Stand-Up, Stay-Strong*** includes discussion and information about healthy and unhealthy relationships, as well as domestic and sexual/dating violence. There will be a large focus on safety planning and how to minimize or mitigate risk, and students will also be taught basic self-defense strategies with the opportunity to practice these skills with trained police professionals.

“Cornerstone is proud to be involved with ***Stand-Up, Stay-Strong***,” says Executive Director Nancy Johnston. “It allows us to continue in our mission to provide prevention services and offers a platform to expand our support to young adults throughout Northumberland County. ***Stand-Up, Stay-Strong*** helps to build a solid foundation for the future, creating stronger and safer communities free from family violence,” Johnston adds.

“As part of the Community Mobilization Unit, I am very pleased to be involved with this women’s self-defense and safety awareness initiative,” said Constable Frank Francella of Cobourg Police. “Chief Liu, Deputy Chief VandeGraaf, myself and many of my fellow officers are here and eager to volunteer our expertise; our goal is to help students work toward building healthy relationships while also developing awareness of personal safety at school, home and while in the community,” Francella adds.

***Stand-Up, Stay-Strong*** is proudly sponsored by Spoolon Manufacturing Ltd., Kawartha Metals Corp., Third Street Law, Part Time CFO Services, Lynch Rutherford Tozer Chartered Professional Accountants, National Shunt Services Ltd., PACE Network, Finlay Construction, TD Bank and Sommerville’s.

-30-

**For more information please contact,**

Carly Cunningham, Manager of Community Engagement

905-372-1545 x 236

[ccunningham@cornerstonenorthumberland.ca](mailto:ccunningham@cornerstonenorthumberland.ca)