

Play It Safe

Self-Defense
Strategies for
Women & Children

As Seen On Dr. Phil

KFMB, KGTV, KUSI & Fox Channel 6 News

Parent Supplement

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CHILD LURES

FROM KEN WOODEN THE NATIONS LEADING EXPERT ON CHILD ABDUCTION
www.childlures.org

1. **Affection Lure:** The worst lure. **Approximately 1.3 Million victims** per year. Rule: No person touches where the bathing suit covers. Except a Physician if ill with a parent present.
 2. **Assistance Lure:** The most lethal. The Perpetrator Breaks down the Stranger Danger barrier by humanizing themselves and becoming familiar to the child.
 3. **Pet Lure:** **Good** adults **NEVER** ask kids for help to find lost pets or ANYTHING else.
 4. **Authority Lure:** Fake badge and convincing story to convince kids to let them in the house.
 5. **Bribery Lure:** They give kids money or gifts. Big red flag.
 6. **Ego Lure:** Approach victims and tell them they can be a model or the feature of a news story.
 7. **Emergency Lure:** Tells the kids their house is on fire or someone is hurt and they need to go with them or let them in the house.
 8. **Combination Lures:** The Predator combines several lures together.
 9. **Fun & Games Lure:** Hide the Quarter or touchy feely type games. The games escalate into assaults.
 10. **Hero Lure:** Santa Claus and Clowns have been used to lure the kids in.
 11. **Job Lure:** Older kids are offered jobs with good pay to lure them in. John Wayne Gacey used this lure to torture and murder 33 young men before he was caught.
 12. **Name Recognition Lure:** When kids have their names written on their clothes it gives the predator an icebreaker with the child.
 13. **Playmate Lure:** Starts with befriending one child and convincing them to bring over friends with them to play.
 14. **Threats and Weapon Lure:** Don't leave the 1st crime scene and go to the 2nd one.
 15. **Pornography Lure:** Starts with innocent cartoons and escalates to porn cartoons and pornography to desensitize the child and assault.
 16. **Computer Lure:** Predator asks probing questions and turns the child against the parents and tries to get the child to meet in person.
 17. **Drug Lure:** Using Alcohol or Drugs to get the kids away.
- Many of the Predators use threats toward children and their parents as a way to avoid detection. Educate the kids about the concept of laws on the books designed to protect them. The knowledge will empower the children if anything were to happen to them. It would be a violation of the LAW and **the person responsible WILL BE PUNISHED!** If the children thinks someone is CREEPY or some situation is Creepy it probably IS and should be investigated. Open the communication between the kids and adults. Reward them for trusting their instincts.

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Defense Strategies for Children

Thank you for allowing us the privilege of coaching your child through the serious subject's of abduction defense and bully basics. Like any lesson, this information must be reinforced at home through parent-child communication and role playing. We suggest a yearly refreshers course, and at best enrolling your child in a martial arts program. Studies have found that the martial arts train children not to fight by increasing their confidence level and self esteem. They then are able to diffuse a situation should it arise.

THINGS TO REVIEW

Talk to your children about strangers; who they are:

1. Someone you don't know
2. Someone you recognize, but is not a trusted family friend.
3. It might be a person they know, but has not been given permission to take your child somewhere. (It's a good idea to have a family password)
4. Talk to your children about adults they might know that make them feel uncomfortable. If their "Creep Alarm" goes off, they need to tell a trusted adult. Remember, 85% of the time, when a child or woman is assaulted, it's someone they know!

REMIND YOUR CHILDREN:

- * Adults do not ask children for help unless it is a parent or trusted adult.
- * Strange adults don't talk to children without their parents or guardians present.

ROLE-PLAY, ROLE-PLAY, ROLE-PLAY!!!!

Role-play many different scenarios with your children. What if a stranger says this or that? What if a bully says this or does that to you?

Here are a few examples:

What if a stranger needs help finding their pet, small child etc? What if a stranger tells you they need to take you to your mom or dad? What if they show you a police badge or they are wearing a uniform of some kind? What if they know your name and tell you they are your friend? What if they pull up next to you in a car while you are walking or playing and show you a weapon? What if an adult you trust makes you feel uncomfortable and tells you to keep a secret? What if the bully won't leave you alone? What do you say to someone who teases you? What if the bully pushes you?

THE NEXT STEP

After discussing several scenarios, it's time to reinforce the response your child should take. They must not hesitate and they must practice using their voices. Your child's voice is their biggest weapon! The louder the better, noise attracts attention! Remind them that smaller people can back off larger people just with their voices. Practice and see! Remember the arms length rule- **(Keep bullies two arm lengths away and strangers or vehicles, 4 arm lengths away.)**

QUICKLY REACT AND RESPOND

BULLIES- The Highest Goal is to Stop a Fight

The proper response, "**Back-off, leave me alone! I said, Back-off!**" Encourage your child to use their secret weapon, their confidence! Look confident and use eye-contact, that's how you steal a bully's power. Refuse to fight, reason with the bully, "**I don't want to fight, I don't want to get in trouble, etc.**" Have them practice the six "bully buster" techniques; ignore, walk away, agree with the bully, change the subject and be nice, refuse to fight, and tell an adult.

STRANGERS- Reaction and response are critical

It is very important when role-playing with your child that he or she does not let the stranger get within 4 arm lengths. Remind them to react and respond quickly by using their loud voices and running to a safe place. The moment the stranger speaks or gets close, remind your child to yell, "**Back off, I don't know you!**" At this point they should be running away from the stranger screaming, "**Stranger, Stranger, Call 911!**" It is not a good idea to scream "HELP!" because people might think they are playing. Discuss with your child the different safe places available and to always tell a trusted adult about inappropriate behavior from an adult, even if the adult is someone they know. It is important to reinforce that your child appear confident (*their secret weapon*), use their voice (*their biggest weapon*), and if they can't get away, they need to drop to the ground kick with their legs (*their strongest weapons*).

**For further information or questions,
please feel free to contact us.**

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We appreciate any feedback, visit our website

www.PlayItSafeDefense.com

Safety Checklist and Things to Review

If lost: Know full name, address, and phone number. Designate safe rendezvous places when you are out. If you get lost in a business establishment, find an employee that you see working.

Family Password: A secret word/words that only the members of your family know, in case of an emergency where someone else might have to pick you up. The password indicates that the person has been given permission to pick you up. If you use your password, change it! Always remind your parents what the password is.

Biggest weapon: your voice!

Secret weapon: your confidence!

Strongest weapon: legs!

Strangers:

1. Adults don't ask kids for help! Get another adult to help.
2. Never go anywhere with someone you don't know. If you know the person, don't go without your parent's permission.
3. Never take anything from someone you don't know. Even if it belongs to you. Remember 4 arms length distance from a stranger and a car.
4. If you are approached by someone in authority; security guard, policeman, fireman, store manager, have another adult check his credentials.
5. Never get in a car of someone that you don't know!
6. Be Aware! Look around and know who is around you wherever you go. That goes for cars and other vehicles too.
7. If someone feels funny to you, trust your feelings and watch carefully. Listen to your "creep radar" even if it is someone you know.
8. Secrets can be dangerous. You won't get in trouble for telling.
9. NOISE ATTRACTS ATTENTION!
10. Your #1 goal is to run!!!!!!!!!!!!!!
11. If they try to grab or touch you, use whatever things you may have, kicks, eye strikes, biting. If you can run for help, call 911. If you can't get away, drop to the ground, kick and yell "I don't know you! Stranger, Stranger!"

Bullies:

Ethics Fighting is only done to protect yourself in an emergency.

1. No Challenge (never start a fight).
2. No resistance (If someone starts a fight, use your bully buster techniques to avoid a fight).
3. No injury (Don't hurt someone else unless they are hurting you)

Bullies leave confident people alone. Even if you are scared, "Fake it to make it!"

Look the bully in his or her eyes. If you don't react to their insult or threats, you will steal the bully's power.

PREPARE - We can prevent a fight when we learn to TALK our way out of a fight BEFORE it happens. We can stop a bully from hurting us, without hurting the bully. Here are six simple ways to do that. We call them Bully Busters.

POWER PROTECTORS MAKE YOU THE WINNER!

- **W Walk away** from the bully! Say nothing. Keep walking and don't look back!
- **I Ignore the comment!** Ignore the bully as if he or she weren't there. Go on your way.
- **N No Attitude:** Agree with the bully! Tell the bully, "O.k. sure...." Don't say powerless words like, "Whatever, SO! or I don't care!" Attitude only attracts attitude.
- **N Nice:** Change the subject and say something **nice** to the bully! Then keep walking.
- **E ESCAPE! Refuse to fight!** Just say **STOP!** Leave me alone! Attract attention with your voice! Keep them 2-arms length away.
- **R Report it!** If you see someone being bullied go tell the adult who needs help. That way you won't be labeled a snitch. If you are in a group, go and get the kid who is being bullied and walk him away. Don't get into it with the bullies. There is power in numbers!

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Defense Strategies for Women & Children

SUGGESTED READING LIST

Debbie Gardner. Mike Gardner Raising Kids Who Can Protect Themselves
De Becker, Gavin Protecting the Gift. Dell Publishing
Soret-Cope, Carol. Stranger Danger, How to Keep Your Child Safe.
Wooden, Kenneth. Child Lures. Summit Publishing, 1995
Linda Walvoord Girard "Who is A Stranger and What Should I do?" (K-5th grades)
Sandy Kleven "The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse."
Allan L. Beane Protect Your Child From Bullying: Expert Advice to Help Recognize, Prevent, And Stop Bullying Before Your Child Gets Hurt."
Coloroso, Barbara. The Bully, the Bullied, and the Bystander. Harper Resource, 2004
Dellasega & Nixon. Girl Wars: 12 Strategies that will end female Bullying.
Rosalind Wiseman. Queen Bees and Wannabees
Criswell, Patti. Stand Up for Yourself & Your Friends: American Girl (K-6th grades)
Karen Gedig Burnett "Simon's Hook: A Story About Teases and Put-Downs." (K-5th grades)
Ludwig, Trudy. 2 books: My Secret Bully. Just Kidding. (K-5th grades)
Naylor-Reynolds, Phyllis. King of the Playground. Pre-K to 3rd grade
McCloud, Carol. Have You Filled a Bucket Today: A Guide to Daily Happiness for Kids

Recommended reading for Women and Teens

Debbie Gardner "Simply the BST Crime Survival."
Lori Hartman Gervasi Fight Like A Girland Win!"
De Becker, Gavin. The Gift of Fear. Dell Publishing 1997
Strong, Sanford. Strong on Defense; Survival Rules to Protect You and Your family from Crime.

Websites and Videos

American Girl:
www.childlures.org

www.NCMEC.org

www.SafeFamilyOnline.com

www.familywatchdog.us

www.misdefenseproducts.com

Chrissa Stands Strong (elementary school age)
Information on pedophiles, lures, and child abduction

National Center for Missing and Exploited Children

Cyberbullying Information

John Walsh's website to locate sexual predators in your neighborhood

Child Proximity Alarm

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