



PlayItSafe-Defense Strategies for Children, will be presenting a Stranger-Awareness and defense assembly to our students. Topics will include: “Awareness” the key to self-protection, projecting confidence, trusting their intuition (*even if it is someone they know*), as well as setting verbal boundaries. Like any lesson, this information must be reinforced at home through parent-child communication. Awareness is 90% of self-defense. Remind your child that “stranger attacks’ are **very** rare. Statistically they have more of a chance of being struck by lightning, then taken by a stranger and not coming home. It’s important to have the conversation with them about who strangers are. **Anyone they don’t know is a stranger**. They don’t know if that person is good or bad, so we call them “Don’t knows.” It’s not a child’s responsibility to figure out if the stranger is good or bad. Bad strangers can look nice and friendly. Good strangers **NEVER** ask kids for help!

The **MOST** important safety tip to reinforce with them is that they should never even “listen” to a stranger. If a stranger gets closer than five arm-lengths, they could be grabbed. Remind your child to never walk alone, always walk against traffic so that they can see the car coming towards them, and to always look over their shoulder when they walk by a stranger. Easy and age-appropriate physical self-defense techniques will be demonstrated using the student-body.

PlayItSafe: Safety Tips to Review

1. **SECRET WEAPON “Chihuahua CONFIDENCE”**: Be aware of your surroundings and project confident body-language. **Set boundaries(or bubble) with eye-contact and distance! 5- arm lengths from a stranger or car.**
2. **BIGGEST WEAPON “YOUR VOICE!”**: If a stranger approaches you, run and shout “STRANGER, STRANGER, 911!” Remember, **NOISE ATTRACTS ATTENTION!** Best to keep the words short so a bystander can understand them. People might think they are playing if they scream or scream “help.”
3. **STRONGEST WEAPON “YOUR LEGS”**: Your #1 goal is to run!!! If you can’t run away, drop to the ground and have a self-defense temper-tantrum and “**GO CHIHUAHUA CRAZY!**” **KICK AND SHOUT “STRANGER! STRANGER! 911!”** Never walk alone. Teamwork **ROCKS!!!** There is safety in numbers.
4. Don’t talk to strangers and “**NEVER STOP TO LISTEN**” to them.
5. Stay five arm-lengths or more away from a stranger or a car. Two arms lengths from a bully.
6. Always walk **against** the flow of traffic! See the driver’s face.
7. If you see a weapon, **RUN!!!!** NEVER, EVER get into a stranger’s car.
8. If someone is following you, go to a place with people. Call **911!** “**Stay with people or go to people.**” **Groups are good.**
9. If you are approached by someone in authority: security guards, policeman, fireman, store manager, have another adult check his credentials.

10. If someone you know makes your “**Creep Alarm**” go off, tell a trusted adult even if they threaten you.

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, over 90% of the time, when a child or woman is assaulted, it’s someone they know!

11. Secrets can be dangerous; no one will hurt you if you tell a trusted adult. Never feel ashamed.

12. **Permission Protects!!!!** Having mom or dad knowing where they are will protect them.

If you are interested in a 2-hour **PlayItSafe** self-defense class, please contact Tracie Arlington at Tracie@PlayItSafeDefense.com or www.PlayItSafeDefense.com for upcoming class dates. We can bring this class to your group; scouts, after-school programs, youth groups. Discounts available for groups.

Review the material and the techniques from home!

<http://www.playitsafedefense.net/tv/>

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