

Types of Attacks

Attack	Defense
1. Verbal:	Walk or Run Away
2. Physical:	Use the three T's: Tools, Techniques, and Targets
3. Weapons:	Use the three T's: Tools, Techniques, and Targets

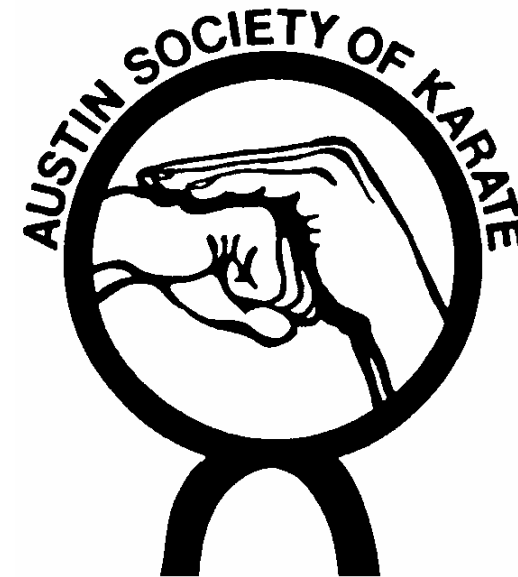
Tools and Techniques

Tools	Techniques
1. Brain:	Be aware of surroundings at all times. Use your head, don't panic, use the three T's. Trust your intuition or feelings.
2. Voice:	Yell! Be assertive! "Help! This Is Not My Mom!", "Stop!" "Stay Away From Me!" "Leave Me Alone!"
3. Legs:	RUN away from danger and potential danger. Run to a populated area.
4. Feet:	Stomp or Kick.
5. Teeth:	Bite. <i>(like you are biting a candy bar)</i>
6. Elbow:	Elbow Strikes.
7. Knee:	Knee Strikes.
8. Body:	Wiggle or squirm when picked up.
9. Hands:	Punch, Strike, Grab, Claw, Palm Heel
10. Weapons:	Sticks, Stones, Dirt (for eyes), Shoe, Jacket, Books. Anything can be used as a weapon.

Targets and Techniques

Target	Techniques
1. Eyes:	Poke, Gouge, use weapons <i>(dirt, pen, keys, comb, etc.)</i>
2. Ears:	Twist, Box, Pull, Bite
3. Hair:	Pull, Yank
4. Groin:	Grab, Kicks, Hand Strikes, Elbow Strikes, Knee Strikes, Palm Heel
5. Throat/Neck:	Punch, Claw, Hand Strikes, Elbow Strikes, Bite
6. Instep:	Stomp
7. Shin:	Kicks
8. Knee:	Kicks
9. Legs:	Kicks, Elbow Strikes, Knee Strikes, Bite
13. Arms:	Palm Heel <i>(elbow)</i> , Bite, Grab and bend fingers back

Abduction Prevention and awareness



Parents Handbook

What Parents Can do

- ◆ Have school call if your child does not show up for school.
- ◆ Review safety rules with your child weekly.
- ◆ Let your child know it is okay to say no to an adult if they feel uncomfortable, or if it is a stranger.
- ◆ Get involved with local businesses and malls and find out how they respond to abducted, and lost children in their stores. (*Wal-mart has code "ADAM"*).
- ◆ Always know where your children are and who they are with.
- ◆ Your best self defense is prevention. Come up with "what if's..." scenarios and act them out in practice with your children.
- ◆ Don't worry about scaring your child. Being a little afraid will make the child slow down, and think about situations they might be getting themselves into.
- ◆ Keep an updated picture of your child.
- ◆ Child can have an I.D. bracelet with "reward if found" on the inside.
- ◆ Sign your child up with a child identification program.

Abduction Awareness and safety Tips

- ◆ The most effective tool you have is your brain! USE IT!
- ◆ If someone tries to abduct you, scream "HELP! This is not my mother! This is not my Father!"
- ◆ Emergency number is 911.
- ◆ If you ever feel uneasy, suspicious, or funny about something, don't hesitate to call for help.
- ◆ Trust your intuition (*feelings*).
- ◆ Use the buddy system. Try to go places with friends.
- ◆ Always carry enough change for a phone call.
- ◆ Always walk against traffic so cars can't come by and pick you up.
- ◆ Don't walk with headphones on.
- ◆ Create a safety zone with strangers. Don't let them get too close. Back away when a stranger approaches you. Keep two arm lengths away.
- ◆ Always go directly to school, and directly home afterwards.
- ◆ If someone tries to touch you, hurt you, or make you do something you know is wrong, tell your parents or another adult.
- ◆ Don't talk to strangers.
- ◆ Never get into a stranger's car or an adult you know without permission from your parents.
- ◆ Don't accept gifts or candy from strangers.
- ◆ Don't help strangers find their lost pets or child.
- ◆ Don't join secret clubs or gangs and don't play games that must be kept secret.
- ◆ Always tell your parents where you are going. Always let someone know where you are.
- ◆ Play in safe places such as backyards and playgrounds.
- ◆ Never play in vacant buildings, empty lots, construction areas, or with open containers and old refrigerators.
- ◆ Respect other people's property. They work hard to keep their property nice.
- ◆ Never open the door for strangers. Have a chair by the door so you can look through the peep hole.
- ◆ Don't let strangers know if you are home by yourself if they call on the phone.
- ◆ Don't let other kids talk you into ruining property or taking things that don't belong to you.

- ◆ Ask an adult to help you mark your belongings with an engraver or marking pen. Use your parent's drivers license number, not your name.
- ◆ Always lock your bike.
- ◆ Make a secret code word that only you and your parents or guardians know.
- ◆ If you think someone is in your home a good place to hide is the dirty clothes hamper, bushes, or cabinets, not under your bed or in your closet.
- ◆ If you are in the trunk of a car you can unplug, kick or punch out the rear lights. Some cars have latches to open the trunk from the inside or you can kick out the back seat.
- ◆ Don't enter a stranger's home or car.
- ◆ Stay away from unlit or isolated street, lots or playgrounds.
- ◆ Tell someone if you encounter a person who acts scary or unusual.
- ◆ Don't give out personal information to anyone. (*i.e. - name, phone, address*)
- ◆ Immediately tell someone if you are attacked.
- ◆ Do whatever it takes and never give up!
- ◆ Have a safe room with a separate phone line or mobile phone to call for help from.
- ◆ A good guy will not try to get you to go somewhere with him. Only a bad guy will.
- ◆ All bad guys do not wear black clothes. They dress and look just like you and me.
- ◆ Don't do drugs or hang around kids who do.
- ◆ Don't walk up to a car if a stranger asks you for directions or has a question.
- ◆ If you get grabbed, pull out of your clothes. (*i.e. - jacket, shirt, etc.*)
- ◆ If you are being chased or followed in a parking lot, get under a car and hold onto the underside.
- ◆ If you are being abducted in a parking lot kick at the cars, try to set off car alarms.

A. Alertness, Awareness, Avoidance.	N. Never play in empty buildings or non lighted places.
B. Be Careful.	O. Obey the laws.
C. Call Home if you are going to be late.	P. Play in safe places with friends.... not by yourself.
D. Don't go with strangers.	Q. Question what you are not sure of.
E. Emergency Call 911.	R. Run!
F. Fire!	S. Stealing is wrong.
G. Go straight to school.	T. Tell an adult if you are attacked or touched.
H. "Help! This is not my Mom!"	U. Use common sense.
I. Intuition is usually correct!	V. Voices attract attention.
J. Just say no to drugs.	W. Walk away from verbal attacks.
K. Know your address, home phone number, and mom parent's work or pager number.	X. X-out crime by helping the police.
L. Look! Be aware of your surroundings.	Y. Yell "Help! Fire!" if you need help.
M. Mark your belongings (<i>not w/name, with mom's TDL</i>).	Z. Zone. Create a safety zone.