

Tips

The most effective tool you have is your brain!

Remember the ABC's of self defense:

- A. Alertness, Awareness, Avoidance
- B. Be Careful
- C. Call Home if you are going to be late
- D. Don't go with strangers
- E. Emergency Call 911
- F. Fire!
- G. Go straight to school
- H. Hitchhiking is a no, no
- I. Inform if you see anything fishy
- J. Just say no to drugs
- K. Know your address and phone number and mom / dad's work number
- L. Lock up your bike
- M. Mark your belongings
- N. Never play in empty buildings
- O. Obey the law
- P. Play in safe places
- Q. Question anything you are not sure of
- R. Respect other peoples property
- S. Stealing is wrong
- T. Tell an adult if someone hurts you
- U. Use common sense
- V. Vandalism is wrong
- W. Walk to school with friends
- X. X-out crime by helping the police
- Y. Yell "Help Fire!" if you need help
- Z. Zap Crime

If someone try's to abduct you scream "This is not my mother! This is not my Father!"

Emergency number is 911.

If you ever feel uneasy of suspicious about something you hear, don't hesitate to call for help.

Trust your intuition.

Use the buddy system.

Always carry enough change for a phone call.

Always walk against traffic.

Don't walk with headphones on.

Create a safety zone with strangers. Don't let them get to close.

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 go up to or get into a strangers car.

Don't accept gifts or candy from strangers.

Don't help strangers "Find their lost pets".

Don't join secret clubs.

Always tell your parents where you are going.

Play in safe places such as backyards and playgrounds.

Never play in vacant buildings, lots, or construction areas.

Respect other people's property; they work hard to keep their property nice.

Never open the door for strangers.

Don't let strangers know if you are home by yourself.

Don't let other kids talk you into ruining property or taking things that don't belong to you.

Obey the law!

Ask an adult to help you mark your belongings with an engraver or marking pen. Use your parent's driver's license number, not your name.

Always lock your bike.

Make a secret code word that only you and your parents or guardians know.

In case of Fire:

Never smoke or play with matches.

If there is a fire, get out of the house. Go to neighbors and call 911.

Establish a well-planned escape route with the entire family. Practice!

Have at least two exits.

Establish a meeting place.

In case of fire, act quickly but cautiously. Feel the door; if it's hot don't open it..

Tools

- | | | |
|---------------|----------------|----------------|
| 1. Your Brain | 5. Tigers Claw | 9. Knee Strike |
| 2. Front Kick | 6. Stomp | 10. Palm Heel |
| 3. Side Kick | 7. Knife hand | 11. Bite |
| 4. Eyes Gouge | 8. Back Kick | |

Targets

1. Knee
2. Shin
3. Groin
4. Eyes
5. Throat