

CHILD SAFETY BULLETIN:

A kidnapper will say anything to take your child.
Does your child know what to do to stay safe?

FACT: Over 100,000 children are kidnapped every year.

(Source: American Prosecutors Research Institute, 1999)

CAN YOU TEACH CHILDREN TO BE SAFE WITHOUT SCARING THEM?

Children's personal safety skills, when supported, can help them stay safe with most people most of the time. Young people are at risk of assault, abduction, and abuse even in caring families, schools, and communities. Prevention is the key to protecting children's personal safety. The good news is that there are simple and effective ways of teaching children how to protect themselves.

Just telling children about safety or just showing children what to do is not enough. When we just talk to children about danger, their raised awareness can actually raise their level of anxiety. Young people learn best by actively participating. Practicing children's personal safety skills increases their confidence and competence. It is important to do this in a way that is not scary, but is fun. Your child can learn with you, and in programs such as NAK Martial Arts.

WHAT CHILDREN NEED TO KNOW AND PRACTICE TO STAY SAFE:

- A stranger is just someone I don't know and can look like anybody.
- How to stand and walk with awareness and confidence.
- How to keep a safe distance from someone approaching them.
- How to get help from a busy or insensitive adult if they are lost or scared.
- How to make noise, run, and get to safety in case of an emergency.
- What to say and do if a stranger approaches them at home.
- How to escape when grabbed (arm, hair, foot).

FACT: Approximately 50% of children abducted by non-family members are murdered and 74% of these children are dead within three hours.

(Source: American Prosecutors Research Institute, 1999)

TEACH YOUR CHILD HOW TO STAY SAFE BEFORE IT'S TOO LATE.

- Fun classes • Real Self-Defense • Discipline • Family Rates • and More!
- Mention this flyer for One Free Week!***



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