

The Disclaimer

We are not trying to provide three hours of seminar training in one small brochure, and we strongly encourage everyone to attend a formal self-defense seminar in your area if you can, but we hope these tips may help you in the mean time.

The best form of self-defense is getting involved. Report suspicious activity in your neighborhood or when you're out and about. Be a part of your neighborhood watch, or be the genesis of one in your area. Be a good neighbor to the elderly on your street or in your building. All of these things develop a caring and compassionate community that will respond effectively in a crisis....all things that opportunistic criminals want to avoid.

The tips and techniques we present are far from exhaustive, may have more suitable alternatives for your particular circumstances, and may not apply in your "neck of the woods." Use them as a guide to start you thinking along safety and security lines without getting overly paranoid.

Let us know if you think we should add, or amend, any of the included tips.

Community Patrol USA

Every effort has been made to ensure the accuracy of the techniques and information provided and discussed in this document. At the time of printing and presentation this document the materials are, to the best of our knowledge accurate however anomalies, omissions, and factual errors may exist. This document may be modified at any time without prior notice either in part or in full.

Community Patrol USA is a not-for profit group run entirely by unpaid volunteers who have a focus and commitment to enhancing and improving the safety and security of the communities they live and work in.

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COMMUNITY PATROL USA

EZ-DEFENSE

Kids Safety



Share with family, friends and colleagues to help keep everyone a little safer.

SAFETY IS A COMMUNITY EFFORT

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Kid Safety

Encourage them to tell you **EVERYTHING** and to report **EVERYTHING** to you. Make a game out of it for younger kids to increase the fun and reduce the concern. You **MUST** know what is going on in their lives in order to properly protect them and keep them safe.

Instill a "**TELL ME FIRST**" policy where they **MUST** tell you before they go anywhere, accept anything, or agree to help anyone - even neighbors, friends, and family members, but most especially strangers. Instill the second part which is, if they can't tell you, they can't go, accept, or agree.

Create and use a **SAFWORD** that only the parents and the child know. This **MUST** be used by anyone who wants to change their normal schedule, take them from school, take them to the mall etc. if they aren't able to "**TELL YOU FIRST**." If the person, no matter who they are doesn't have the **SAFWORD**, then instill in the child that they need to stay where they are until **YOU** can say it's ok.

Encourage your child to be courteous, helpful, and respectful to everyone while using the '**TELL ME FIRST**' and '**SAFWORD**' rules. Play a game by having friends they don't know try to approach them and reward the child with a treat when they act properly. Be sure not to scold them if they act improperly, simply reinforce the 'game' rules and have them practice the correct response.

Kids will be kids, but establish some basic home safety rules to prevent unnecessary injury especially around open flames, boiling liquids and machinery such as a NO GO ZONE unless a parent is supervising.

Insist that your kid wears a helmet and basic safety gear when riding a bike, scooter, skateboard or similar fast moving wheeled object. Head injuries are easily minimized with a little common sense.

Don't allow kids to play unsupervised on balconies, by open windows on upper floors, by swimming pools or by large natural drops or bodies of water. It only takes a moment for a serious incident to take place.

Secure all cleaning products and medications in out of reach locations or behind locked doors. Be sure to teach your kids about the dangers of inhaling, drinking or eating such things and what to do should that accidentally happen.

Train your kids to use 911, and tell them when it's appropriate to use it to summon emergency help, and when it's not ok.

DON'T put your child's name conspicuously in large letters on their clothes or possessions, especially where strangers may see it. A stranger knowing your child's name could confuse them and cause your child to trust someone they really should not be trusting. Hide name tags if necessary in unobtrusive and difficult to find places.

Always ensure plenty of hydration is consumed in hot weather and use copious amounts of sun block in sunny weather. Equally ensure warm clothing during extremely cold weather.

Encourage your child to play with friends as well as enjoying alone time on artistic and creative projects that interest them.

Promote positive friendship relationships and conduct amongst family members as well as their play peers.

Don't let your child jump around in your car when driving. They should be securely belted in to a booster seat or the rear seat for the duration of the journey. Children are particularly susceptible to injury and death from even low speed vehicle collisions if they are not properly secured.

Teach your child how to cross the road and about road safety at an early age and reinforce the concept as they grow.

Dress kids in brightly colored light clothing during darkness to help them stand out for motorists.

Ensure your child knows your home address, telephone number and their parents first names as soon as possible, and continue to ensure they remember the information.