

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

Teen Safety



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

SAFETY IS A COMMUNITY EFFORT

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Teen Safety – (For The Parents)

Keep the **"TELL ME FIRST"** and **"SAFWORD"** strategies, but adjust them as the child gets older, perhaps to use a cell phone to contact you. Role-play scenarios where they are 'forced' to call home by a possible abductor where they use the **"SAFWORD"** in what would be a normal call - helping you identify that something is wrong.

Continue to encourage them to tell you **EVERYTHING** as this remains the best way to identify possible threats or problems. Remember that many sexual assaults are perpetrated by close family members or friends and they will often try to trick the child into feelings of guilt or complicity. Encouraging your child to communicate as honestly and openly as possible can help to identify possible problems quickly.

Use real-life examples of abuse or abductions that are age-appropriate and that your child is aware of as a result of media coverage to discuss and talk openly with them about the potential dangers that are out there. Don't frighten them or encourage paranoia, but offer them some strategies for dealing with a similar situation if it happened to them. Your local police department, martial arts training center, school, or self-defense training organization may be able to give you additional tips on this.

If someone does try to abduct your child, encourage them to **"FIGHT AND SHOUT"** as much as they can, as long as they can, and as hard as they can at the moment of abduction.

Make sure they use words like **"I DON'T KNOW YOU"**, **"LEAVE ME ALONE"**, **"YOU'RE HURTING ME"**, **"YOUR NOT MY MOM/DAD"** etc. to increase the chances of any potential witness paying more attention to the incident.

Encourage your teen to seek help from others in bad or dangerous situations by going into stores, seeking out police officers or parking officers, attracting the attention of city employees and so on. All can be sources of temporary safety and refuge in a bad situation.

If your child is abducted, instill in them the need to survive and that you will ALWAYS be looking for them. Discuss ways they may leave clues or try to contact you or the police such as using a payphone if they have a chance, leaving a note at a store or with someone else. It's never going to be an easy thing for anyone to go through, and you don't want to create fear and panic in your child, but discussing it may give them one to two techniques that may help them escape if an abduction situation should ever occur.

Give your teen some space, but know where they are going, who they are with and how you can contact them in an emergency when you need to.

Watch for tell tale signs of depression or bullying in sudden unusual irritability, mood swings, loss of appetite or interest in hobbies and friends. Intervene immediately to help and provide resources to your teen.

Guide your teen on suitable conduct within the ever expanding social media culture. They will want to experiment and they will make mistakes. How you react when they tell you, and how you resolve the matter will factor greatly into the trusting bond you will establish and maintain with your teen.

If your teen is driving, set clear rules and explain the purpose of the rules. Teenage male drivers in particular are significantly more at risk of fatal injuries when driving vehicles due to a number of factors. Consider limiting the number of people they can carry at a time and impress upon them the responsibility for their friends lives when they are in the car.

Remind your teen not to flash their cash or electronics around campus or on the way to or from school. They can easily become targets of violent robberies for desirable items.

Report all instances of bullying or assault, whether as a witness or victim. Such offenders need to be identified early in order to receive remedial treatment.