
Family Awareness Program

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Mike's TAE KWON DO
Academy of Martial Arts

Dear Parents and Students:

Mike's Tae Kwon Do Academy of Martial Arts is committed to educating families, especially children, to live in confidence and peace of mind when it comes to their safety. The purpose of this program is to help teach and educate children, as well as mothers and daughters, certain guidelines and simple procedures for protecting oneself in a not-so-safe world. Especially since "St. Louis, Missouri, ranks as the nation's most dangerous city", according to *City Crime Rankings 9th Edition* from Morgan Quitno Press, based on an analysis of FBI crime statistics reported during 2001. Also, this handout is for the children as well as for the parents. The parents will play an active role in the teaching, educating and consistent reinforcement of these guidelines in order for them to work effectively. Parents need to assure their children that there will always be an open line of communication. A good beginning to implementing this program would be, together, come up with a "Family Password" that only your family and those closest to you know (see inside of pamphlet for detailed info). This password will be used in the event of an emergency. An example would be when you send someone to pick up your child and were unable to inform your child in advance. Most importantly, your child must know that they are never to go with anyone who does not know the "Family Password".

Children should be reinforced and rehearsed on the contents of this program, so that it becomes second nature, just like our self-defense techniques in Tae Kwon Do. Subsequently, they will not have to think about what to do in a dangerous situation and just simply act confidently and naturally.

Thank you for your time and I hope that this information will be a useful tool for the Safety and well-being of your child and female family members.

Special Thanks goes out to Master Tim Prinkey, President of Champion Martial Arts, for sharing the contents of his parent/child Safety Booklet for our use.

Sincerely,

Master Michael P. Rother
President/Founder

Women's Awareness

(continued)

Some Interesting Facts for Women

- ♦ The number one thing abductors look for in a potential victim is hair-style. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can be easily grabbed. They are also likely to attack a woman with long hair. Women with short hair are not common targets.
- ♦ The second thing abductors look for is clothing - they will search for women whose clothing is easy to remove quickly; such as overalls/coveralls, where they can be easily removed by cutting the straps.
- ♦ Abductors also look for women on their cell phone or searching through their purse or performing other activities while walking. During this time you are vulnerable and can be surprised, taken off guard and easily overpowered.
- ♦ The number one place women are abducted from or attacked is at a grocery store parking lot. The number two place is office parking lots or parking garages. And the number three spot is public restrooms.
- ♦ Remember, if you put up any kind of a fight, a rapist will get discouraged because they will realize shortly that going after you isn't worth it. So fight back!
- ♦ If someone grabs you, don't try to fight them with strength to strength, but instead outsmart them with the "breakaways" you practice in class. Use the same side and opposite side wrist breakaways. If grabbed around the waist from behind, a good one is to pinch "HARD" the attacker under the arm (between elbow and armpit) or upper inner thigh.

Remember, an attacker does not want a woman who will be a lot of trouble, So start causing trouble and escape. And finally, always be aware of your surroundings, take someone with you if you can and if you witness any odd behavior, don't ignore it - go with your instincts. You may feel a little silly at first, but you would feel a lot worse if the guy really was an abductor or rapist.

Women's Awareness (continued)

Parking Lot or Parking Garage Awareness

- 1) Always be aware. Look around you, look into your car - at the passenger side floor and in the back seat.
- 2) If you are parked next to a big van, enter your car from the passenger door (*most abductors attack their victims by pulling them into their vans while the women are attempting to get into their cars*).
- 3) Observe the car parked on either side of your vehicle. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a security guard or policeman or a manager or clerk to walk you back to your car.

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Parent Awareness

- 1) Avoid, if possible, having your child's name on their clothing and/or toys. A child is less likely to fear someone who knows his/her name.
- 2) NEVER! leave your child alone in a public place, a stroller or car.
- 3) Always accompany young children to a public bathroom and instruct your child never to play in or around the area.
- 4) Always accompany your child when participating in door-to-door activities such as but not limited to: school fundraising, Boy Scout/ Girl Scout fundraising, Halloween, etc.
- 5) Point out "Safe Homes" where children can go if they feel they are in trouble. These should be homes where you know the owners very well.
- 6) Listen to your children and let them know you are sensitive to their fears.
- 7) Teach them that the police or fireman are their friends and that they can consult them if any danger. However, only if the police officer is in uniform or in a "marked" police car.
- 8) Maintain an updated color photograph of your child, dental history and medical history.
- 9) Educate and provide your child with the following information:
 - ◆ Child's full name
 - ◆ Home phone number with area code
 - ◆ Parent's full names, Grandparents full names
 - ◆ Parent's work numbers
 - ◆ Home address
- 10) Implement a "Family Password" known only to your family members and those closest to you. The password should be simple and easy for children to remember, such as "spiderman" or "pokemon".
- 11) Remember, there are three reasons why women or kids are easy targets for random acts of violence:
 - ◆ Lack of Awareness
 - ◆ Body Language
 - ◆ Wrong Place at the Wrong Time

Women's Awareness

The three reasons women and/or kids are easy targets for random acts of violence are:

- ◆ Lack of Awareness - You must "know" where you are and what's going on around you.
- ◆ Body Language - Keep your head up, swing your arms and stand straight up.
- ◆ Wrong Place at the Wrong Time - as stated herein, "Don't" walk alone in an alley or abandoned area or drive in a bad neighborhood at night.

General Awareness

- 1) Women, Mothers, have a tendency to get into their car after shopping, eating, working, etc. and just sit there doing their checkbook, making out a list, etc. DON'T DO THIS! The abductor will be watching you and this is the perfect opportunity for him to get in the passenger side, put a gun or knife to your head and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.
- 2) Always take the elevator instead of the stairs (stairwells are horrible places to be alone and can be the perfect crime spot).
- 3) If the predator has a gun and you are not under his control, ALWAYS RUN! Zig zag away as fast as you can. Tests indicate that a predator will only hit you (a running target) 4 in 100 times and the chances of hitting a vital organ is unlikely. Therefore, RUN!
- 4) Women are always trying to be sympathetic to someone in need. STOP IT! Instead be more aware and cautious.
- 5) Never give your personal keys to a serviceman when getting your car fixed or having a tire changed. Most of these service centers have machines that can make keys. Always have a separate key-ring that separates the car keys from the personal ones.

Unnecessary & Disrespectful Touching

The following explanation should be discussed from the Parent:

Most adults are respectful to kids and care about their well-being. However, sometimes there are grown-ups who touch a child in a way that is unnecessary or disrespectful.

Listed below are several recommendations which may help when explaining this issue to your children:

- 1) There are obvious places on your body that are private. This can be the places covered by your swimming suit. No adult should try to touch this area, unless of course it is your doctor, parent or guardian.
- 2) Remember, "no one" has the right to touch you in a way that makes you feel uncomfortable.
- 3) Trust your feelings. If something feels funny or wrong to you, just say "NO"!
- 4) If someone touches you and told you to keep it a secret or they will hurt you, tell someone you trust immediately. It is absolutely alright to break this secret because the person who made you promise knows they did something very wrong.
- 5) Some adults will feel awkward, not knowing what to do if you approach them about being touched, but don't give up. Find someone to listen and who can help you.

In summary, no adult should ask a child the following:

- ◆ To keep a secret about inappropriate touching
- ◆ To touch them anywhere private
- ◆ To take off your clothes
- ◆ To take pictures of you without your clothes
- ◆ To touch yourself or the private parts of other kids

Child Awareness

- 1) Always inform your parents where you are at all times.
- 2) Ask permission of your parents before you go out to play.
- 3) Take a friend along with you when you go to playgrounds, malls, stores, movies, etc.
- 4) "Do not" play in alley ways or deserted areas, such as empty playgrounds, parks, construction sites, abandoned buildings or dumps.
- 5) Play in safe areas with friends and lots of people around.
- 6) Never play alone if you are outside and away from home.
- 7) Never play in strange or unfamiliar places.
- 8) Never change "play areas" without informing your parents first.
- 9) Come home before dark or when told a certain time by a parent.
- 10) "Do not" approach a motor vehicle when motioned over by the driver or passenger asking for directions (adults do not need directions from KIDS!)
- 11) If someone claims to be a policeman, but is not in a police uniform or police car, do not speak with them, even if they show you a badge.
- 12) If someone says to you "Your mother or father is in the hospital and he/she said for me to come and get you and take you to them" - DO NOT GO! Ask if they know the "Family Password". If they don't know, don't go and run away to a safe home or public surrounding with other parents with kids.
- 13) Never give your name or address to a stranger, and do not take anything from a stranger.
- 14) Always avoid strangers who are hanging around public restrooms or playgrounds or want to play with you and/or your friends.

Teach your children that if approached or restrained by a stranger, perform the following:

- ◆ YELL! "NO! You are not my parent"
- ◆ RUN! away as fast as you can
- ◆ TELL! another adult with a child, a police officer, fireman or a parent in a store with kids or a store clerk.

Telephone Call Awareness

- 1) Children should never answer the phone unless your parents have given you permission and you recognize the number on the Caller ID.
- 2) Never tell someone you are home alone, whether by phone or when someone comes to your home. Ask your mom or dad what they would like you to say. Example: "My dad is in the shower, can he call you when he gets out?" or "My mom is busy and can't come to the phone right now, can I take a message?"
- 3) Never answer a call if you don't recognize the phone number. If it is important, they will leave a message.
- 4) If you are home alone, never open the door, unless you can see it is a relative or specific person known by your parents, and who knows the secret "Family Password".
- 5) Dial 9-1-1 if you are home alone and need help in an emergency. Therefore, make sure you know your home number and parents' work numbers.
- 6) If you decide to go out anywhere to visit a friend or play, make sure you get permission from a parent first. Always inform your parents where you are if you change locations (go to a different friend's house, etc) or if you will be late coming home.

Other Situations to be Aware Of

- 1) If you are grabbed while on your bike, don't let go of the bike. Make the abductor - the "bad guy" - pick you up and your bike together. At the same time scream and yell.
- 2) To escape if in a parking garage, you should run between cars and pull on door handles that will set off car alarms.
- 3) If trying to escape while in a store, knock things off store shelves and scream to bring attention.
- 4) If kidnapped and kept in a house or apartment, clog the toilet with a towel and keep flushing to flood the room below. Try every door and window to escape. If you manage to get to a phone, dial 911 and tell them you have been kidnapped. If you do not know where you are, don't hang up because the police can trace the call.

General Safety Awareness at Home

- 1) Since kids normally get home before their parents, make sure the first thing you do is call and let your mom or dad know you got home alright.
- 2) If you come home and you discover a window is broken or an outside door is open, don't go in the house. Go to a trusted neighbor and call 911.
- 3) NEVER! NEVER! leave your home without permission from your parents. Always tell your mom and dad where you will be and when you will be home.
- 4) Never give out any information over the phone to anyone about yourself, your family or where you live.
- 5) Hang up the phone on anyone who calls to bother you or who says bad things over the phone.
- 6) When your family is home and the doorbell rings, always find out who it is and ask your mom or dad if it is alright to open the door.
- 7) If you have a babysitter that touches you or makes you play games that embarrass you, tell your parents or a trusted adult, even if the babysitter said not to.
- 8) Keep all windows and doors in your home shut and locked.
- 9) If someone tries to break into your home, call 911 immediately and give them your full name and address. Let them know that you are home alone and someone is trying to break in. Then, call a neighbor. If you can get out of the house, go to a "Safe Home".

Stranger Awareness

Always report to a police officer, a parent, a teacher or an adult with kids, if you know of a stranger who:

- ◆ Tries to participate in your play
- ◆ Asks you to go with him or her
- ◆ Asks you to help them find a lost animal or wants you to see their pet
- ◆ Tries to have a conversation with you
- ◆ Tries to touch you
- ◆ Offers you a ride, candy, money or a toy

If you can, try to get a detailed description of the stranger.

Abduction Awareness

- 1) Always inform your parents if someone asked you to keep a secret from them.
- 2) Stay with your parents while in public places.
- 3) Play, walk, bike ride or skate with a friend.
- 4) If you lose your parents while out, don't go looking for them. Instead seek out a store cashier, security guard or a woman with kids and let them know you are lost.
- 5) Never go anywhere with anyone without your parent's permission, especially if they do not know the "Family Password".
- 6) Be aware and trust your instincts - if you think someone is following you, you are probably right. Example: Try to notice if an adult is hanging around your school playground, your park where you play, your yard, and then go to where you know you can find other people. Don't try to hide, instead - go into a store, tell a police officer or find a mother with kids.
- 7) Avoid a strange car that pulls up beside you. Stay as far away from the car as you can. Go to a safe home or store with people.
- 8) If someone tries to grab you, use the breakaway techniques, kick the shins, knee or instep or punch groin and YELL "NO! you are not my mom or dad". Another effective and simple technique is using your elbow - point and smash.
- 9) YELL! and throw your books or belongings if forced to get into a car or building.
- 10) NEVER! NEVER! hitchhike or accept a ride from any stranger. Never get into a car with someone you don't know, for any reason. Strangers will try to entice you with money, candy or toys or say things like "I want you to help me find my dog or cat" or "I know your parents", etc. If they do not know the "Family Password", DO NOT GO WITH THEM!

What to Do if Trapped in a Stranger or Abductor's Car

- 1) Don't sit there quietly. The bad person is taking you somewhere to harm you. If you can escape, escape immediately.
- 2) Get out when you see people when the car makes a stop.
- 3) Try to open a window and scream.
- 4) Try to reach over and blow the horn and scream as loud as you can.
- 5) If the car comes to a stop behind another car, try to reach the accelerator pedal and quickly stomp on it. The accident will bring attention to the abductor.
- 6) If placed in the trunk of the car, kick out the back tail lights and stick your arm out the hole and start waving. The abductor will not see you, but everyone else will.