

Abduction Prevention and Awareness

PARENT BROCHURE

1. What Parents Can Do
2. Anti-abduction Safety Tips
3. Tools, Targets, and Techniques



Red Tiger Karate is a community education public program that teaches martial arts and self-defense to kids and adults. Sponsored by Texas Community Education since 1999.

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What Parents Can Do

- ◆ www.openrecords.org can list sexual offenders in your zip code. Click “Search State Offenders” box.
- ◆ Most experts agree that parents should discuss abduction with kids 5 yrs and older. Use language they understand and keep it simple. Don’t worry about scaring your child. Being a little afraid will make the child slow down and think about the situation they might be getting themselves into. Stress to them that most people are good and are here to help. Only a small number of people are bad.
- ◆ Your best self defense is prevention. Come up with “what if …” scenarios and practice with them.
- ◆ Let your child know it is okay to say “no” to an adult if they feel uncomfortable or if it is a stranger.
- ◆ Keep an updated picture of your child. For DNA purposes keep some strands of their hair and a toothbrush that they used. Keep updated dental x-rays.
- ◆ Sign your child up with a child identification program.
- ◆ Get involved with local businesses and malls and find out how they respond to abducted and lost children in their stores. (*Walmart has code “ADAM”*).
- ◆ Review safety rules with your child weekly.
- ◆ Always know where your children are and who they are with.
- ◆ Have the school call you if your child does not show up for class.
- ◆ Don’t be lulled into a false sense of security when your kids are playing in the front yard or playground. Continue to be watchful. Abductors and molesters go where the kids are.
- ◆ A good reference book to read is “Child Lures” by Kenneth Wooden.

Abduction Awareness and Safety Tips for Kids

- ◆ The most effective tool you have is your brain! Think before you act to avoid bad situations.
- ◆ Most adults are good people. There are just a small number that are bad. Keep things in perspective.
- ◆ Most men are good people. However, most abductors happen to be men. If someone tries to abduct you - scream “HELP! This is not my father!” At the same time, kick, squirm, and keep screaming, “Help, this is not my father!” Do whatever it takes to get away.
- ◆ Always carry enough change for a phone call or carry a cell phone. Memorize your tel # & address.
- ◆ Emergency number is 911.
- ◆ If you ever feel uneasy, suspicious, or funny about something - don’t hesitate to call for help.
- ◆ Trust your intuition (*feelings*).
- ◆ Tell someone if you encounter a person who acts scary or unusual.
- ◆ Use the buddy system. Try to go places with friends.
- ◆ Always walk against traffic so cars can’t come by and pick you up.
- ◆ Don’t walk with headphones on. You want to be able to hear cars and people approaching.
- ◆ Create a safety zone with strangers. Don’t let them get too close. Back away when a stranger approaches you. Keep three arm lengths away.
- ◆ 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.
- ◆ Don’t let strangers know if you are home by yourself if they call on the phone.
- ◆ Never open the door to your home for strangers. Keep a chair by the door to look out the peep hole.
- ◆ Don’t enter a stranger’s home or car.
- ◆ Don’t accept gifts, money, or candy from strangers. (continued on next page)

SAFETY TIPS FOR KIDS (page 3 of 4)

- ◆ Don't help strangers find their lost pets or child.
- ◆ Don't walk up to a car if an adult asks you for directions or has a question.
- ◆ Remember that strangers should not ask kids for help. If they do - run away from that person.
- ◆ Bad people can look like anyone else - they don't all wear black.
- ◆ Don't join secret clubs or gangs and don't play games that must be kept secret.
- ◆ Never play in vacant buildings, construction areas, or with open containers and old refrigerators.
- ◆ Ask an adult to help you mark your belongings with an engraver or marking pen. Use your parent's drivers license number - not your name. That way strangers won't know your name to trick you.
- ◆ Make a secret code word that only you and your parents or guardians know.
- ◆ If you think someone is in your home try to get out of the house right away. Yell, "intruder, intruder."
- ◆ Have a safe room with a separate phone line or mobile phone to call 911.
- ◆ A good place to hide from an abductor is in the dirty clothes hamper, cabinets, or bushes, not under your bed or in your closet.
- ◆ If you are in the trunk of a car you can unplug, kick or punch out the rear lights. Some cars have latches to open the trunk from the inside or you can kick out the back seat.
- ◆ Don't give out personal information to anyone.(i.e.- name, phone, address)
- ◆ If you get grabbed, pull out of your clothes. (i.e. - jacket, shirt, etc.)
- ◆ Do whatever it takes to get away and never give up!
- ◆ If you are being chased or followed in a parking lot, get under a car and hold onto the underside.
- ◆ If you are being abducted in a parking lot kick at the cars, try to set off car alarms.
- ◆ If you are being abducted in a store, pull down racks of clothes or merchandise.
- ◆ **Remember the ABC's of self defense:**

A. Alertness, Awareness, Avoidance.	N. Never play in empty buildings or non lighted places.
B. Be Careful.	O. Obey the laws.
C. Call Home if you are going to be late.	P. Play in safe places with friends.... not by yourself.
D. Don't go with strangers.	Q. Question what you are not sure of.
E. Emergency Call 911.	R. Run!
F. Fire!	S. Stealing is wrong.
G. Go straight to school.	T. Tell an adult if you are attacked or touched.
H. "Help! This is not my Mom!"	U. Use common sense.
I. Intuition is usually correct!	V. Voices attract attention.
J. Just say no to drugs.	W. Walk away from verbal attacks.
K. Know your address, home phone number, and mom parent's work or pager number.	X. X-out crime by helping the police.
L. Look! Be aware of your surroundings.	Y. Yell "Help! Fire!" if you need help.
M. Mark your belongings (not w/name, with mom's TDL).	Z. Zone. Create a safety zone.

Types of Attacks

Attack	Defense
1. Verbal:	Walk or Run Away
2. Physical:	Use the three T's: Tools, Techniques, and Targets
3. Weapons:	Use the three T's: Tools, Techniques, and Targets

Tools and Techniques

Tools	Techniques
1. Brain:	Be aware of surroundings at all times. Use your head, don't panic, use the three T's. Trust your intuition or feelings.
2. Voice:	Yell! Be assertive! "Help! This Is Not My Mom!", "Stop!" "Stay Away From Me!" "Leave Me Alone!"
3. Legs:	RUN away from danger and potential danger. Run to a populated area.
4. Feet:	Stomp or Kick.
5. Teeth:	Bite. (<i>like you are biting a candy bar</i>)
6. Elbow:	Elbow Strikes.
7. Knee:	Knee Strikes.
8. Body:	Wiggle or squirm when picked up.
9. Hands:	Punch, Strike, Grab, Claw, Palm Heel
10. Weapons:	Sticks, Stones, Dirt (for eyes), Shoe, Jacket, Books. Anything can be used as a weapon.

Targets and Techniques

Target	Techniques
1. Eyes:	Poke, Gouge, use weapons (<i>dirt, pen, keys, comb, etc.</i>)
2. Ears:	Twist, Box, Pull, Bite
3. Hair:	Pull, Yank
4. Groin:	Grab, Kicks, Hand Strikes, Elbow Strikes, Knee Strikes, Palm Heel
5. Throat/Neck:	Punch, Claw, Hand Strikes, Elbow Strikes, Bite
6. Instep:	Stomp
7. Shin:	Kicks
8. Knee:	Kicks
9. Legs:	Kicks, Elbow Strikes, Knee Strikes, Bite
13. Arms:	Palm Heel (<i>elbow</i>), Bite, Grab and bend fingers back