



# U.S. MARTIAL ARTS



## **IN GENERAL**

Be aware of your surroundings.

Look where you are going, don't have your head buried in phone or your shopping bags.

Have your keys ready when you leave the store.

Try to park near lights. Area doesn't look the same when you come out at night.

Look under your car from a distance.

Always look in the back seat before you get into the car.

Never get into your car until you clean off the snow and look in the back seat.

Watch for people who are watching for you.

Never feel stupid about returning to the store if something doesn't feel right.

Stores, businesses, and malls have security; ask to have an escort out to your car.

## **WHEN DRIVING**

Avoid road rage, breathe deep and forget about it.

Always leave yourself an escape route.

At stop lights leave a car length in between you and the car in front of you.

Lock your doors once you're in the car.

Keep your cell phone handy for emergencies.

## **TELL YOUR KIDS...**

Be specific, it could save your child's life.

Never assume your kids already know, take control and discuss it.

Discuss what a bad person will look like = Anyone.

Discuss scenarios that a bad person might use on your child:

I need directions.

What is your favorite candy? Here it is.

Look at this cute puppy or kitten; can you help me find its home?

Your mom/dad told me to pick you up.

I'm Mr. Brown, you know your neighbor from down the street.

Many times abductors are someone your child already knows.

Tell your kids to scream and run. Yell FIRE and HELP.

Tell your kids to scream, bite, kick, punch, if a stranger grabs them.