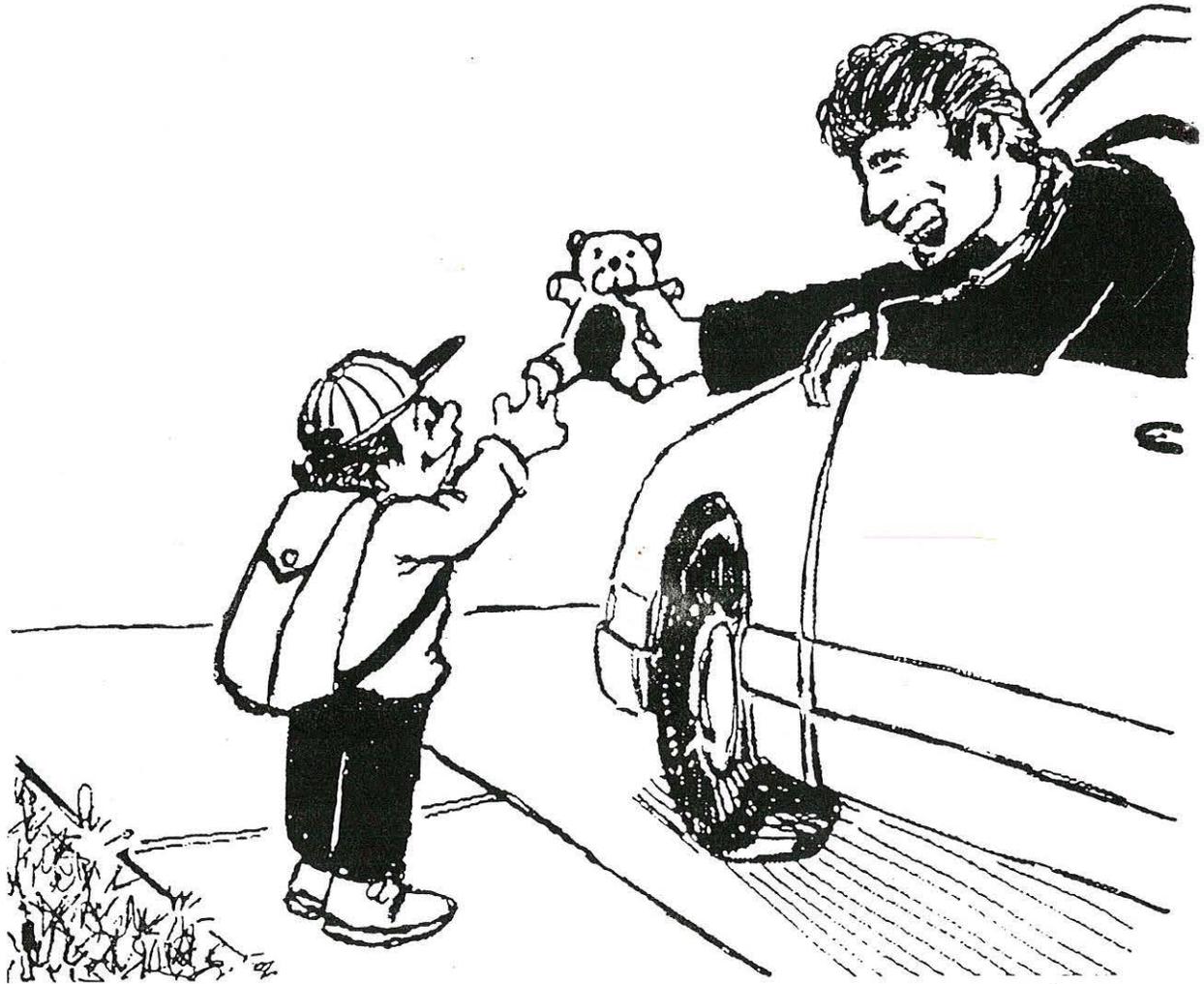


STREET SAFE KIDS

Protecting children from sexual predators – a street-proofing manual



“Street Safe Kids” is one of the most comprehensive self-defense and street-proofing courses available. We strongly recommend that parents enroll their children in this ‘hands-on’ program.”

Mabyn Armstrong, director of prevention
The Missing Children’s Network Canada

George J. Manoli

Preface

Dear Parents,

Congratulations! By enrolling your son or daughter in the *Street Safe Kids* course or by picking up, reading and discussing this educational manual with your child, you have just taken positive action that could keep your child safe.

The course your child is about to take will teach them the importance of being street smart. It will empower them with personal safety skills that will help them make safe decisions and avoid becoming lost, missing, abducted or abused.

Street Safe Kids is proudly recommended by **The Missing Children's Network Canada** and reinforces each participant's sense of worthiness and self-esteem by teaching children specific, practical street safe strategies and skills through group discussion, role playing, self-defense techniques, 'hands-on' bullying and abduction simulations, video presentations, age related crime prevention assignments and much more.

Using this manual - helping your child This manual is divided into two distinct sections. *Section #1* (white section) : designed specifically for parents and care givers. It covers the latest research on sexual predators and gives parents tips and activities they can do with their child in order to properly prepare them if targeted. By reading section #1, YOU will get a clearer picture and better understanding of the subject matter. *Section #2* (colored section) : is the assignment section which must be completed by your child and signed by you prior to every class. There are also parent/child activities you must do with your child depending on their age level. The assignment section plays a major role in the Street Safe Kids course. Children discussing assignment topics and doing role-playing scenarios with their family members get a clearer understanding of how Pedophiles target and lure children. Once your child has actively participated in the "hands-on" *Street Safe Kids* course, they will have at their disposal the ultimate weapon for their defense. Their own mind and body. If you have any questions or concerns, please do not hesitate to call me (514) 328-4683.

Thank you for taking the time to help your child - God bless

George Manoli

***A**bout Mr. Manoli*

George Manoli is one of Montreal's leading authorities in personal safety education. He specializes in no-nonsense 'hands-on' self-defense training, rape prevention, street-proofing children, and anti-bullying. Mr. Manoli is a Police officer with a Bachelor of education degree from McGill University and the author of three personal safety manuals. He has been teaching, studying and researching self-defense for some thirty years. He holds a Black Belt 4th. Degree in Japanese Karate and has successfully represented Canada internationally at Koshiki Karate Championships in Japan, Venezuela and Australia (winning gold or silver medals in his weight category at each event).

He is the founder of five dynamic simulation oriented programs based on Adrenal stress training :

"The Manoli hands-on self-defense method for women and teens," a 'hands-on' assault prevention program which teaches participants practical, effective ways of asserting themselves and if confronted, to confidently stop the aggression or fight back using full-force, disabling responses against a fully padded assailant.

"Street Safe Kids," a street-proofing program for elementary school children which is highly recommended by **"The Missing Children's Network Canada."** It teaches and empowers children with personal safety skills through a variety of fun, safe, age related 'hands-on' activities and abduction simulations.

"Don't Bully me!" a 'hands-on' anti-bullying course which helps children who are constantly picked on to assertively handle bullying situations and defuse verbal confrontations.

"Date rape drugs - Preventing date rape." Women and teens learn through dating simulations to assert themselves, communicate their intentions, set limitations, what to do if their date forces himself upon them and how to effectively use verbal, physical and passive resistance strategies.

"Assertiveness training for rape & assault survivors" greatly helps survivors confront the reality of the traumatic event they have experienced. Done in conjunction with their therapist, these one-on-one sessions help participants regain control over their lives and overcome their sense of helplessness and fear.

Mr. Manoli's no-nonsense personal safety programs have been featured on dozens of television and radio shows and are presently taught in over 40 schools.

*I*ntroduction to Parents

In order to prepare any child to look out for themselves, you must understand that it is a gradual, patient process. Street proofing a child is not a one-time subject. The sooner you begin the education process the easier it will be to keep the dialogue open between you and your children. It pays to take time and use the proper occasions to talk over different aspects of street safety and self protection. Don't try to cover everything in one eventful evening. Instead, use small down-to-earth steps, making the interaction a part of their whole life experience.

"The time for teaching safety measures is when children are young. Along with good safety habits, your children need to know they can share with you whatever happens to them - the bad as well as the good. By talking about this difficult subject in a calm and confident manner and making it part of family policy and conversations, by taking the lead when they are small, you build the foundation of lifelong trust. The two biggest fears for children and teenagers are death and humiliation and if dangers and anxieties are discussed openly, children learn how to handle situations they may have to face. Moreover if coping with dangers is not discussed openly by parents, your child will seek information elsewhere. He or she may hear scary stories from friends or other parents. The information may not be either accurate or helpful - and it could unnecessarily frighten a child." (How To Raise A Street Smart Child , Hechinger, 1985).

In order to educate your children to stay safe, you must make the safety sessions age appropriate, informative and fun. Parental awareness of safety education is the first level at which eliminating danger begins. This safety education awareness means that you, as a responsible parent, must not blindly accept new people into your child's life. Try to be as involved in your child's activities as you possibly can. As a concerned and vigilant parent you must get to know your child's friends and their friends' parents. "Do not ignore a wolf in sheep's clothing." Simply put, if an adult is spending more time with your child than you are, chances are you might have a problem which was overlooked. Be wary, listen and watch carefully your child's behavior after such encounters with adults or teens who display an inappropriate level of interest in your child. Making children aware of the fact that they can be sexually abused or abducted is the second step to recognizing and avoiding danger.

Introduction to parents

"Remember that you are not just transmitting information. You are dealing with attitudes about life and the world. These are important overtones you will be communicating whether you are aware of it or not. Over a period of time, as you talk gradually about personal safety, you will give your child an awareness of the issues which are part of the lives of all of us."(How To Raise A Street Smart Child, Hechinger, 85).

No one knows the true extent of this childhood disaster. Studies indicate that 75-90% of sexual assault cases involving children are not reported to the Director of Youth Protection. In 1992-1993, the Quebec Youth Centers evaluated and declared justifiable 3,687 complaints of child sexual assault. At least 650 criminal accusations dealing with child sexual assault are brought to Quebec courts yearly. Close to 1,000 cases of sexually abused children are reported to the Director of Youth Protection. According to Pauzé and Mercier, there are eight girls for every two boys who are victims of sexual assault. It is estimated that one girl out of every four will be sexually abused in some way before she reaches the age of 18. Although it is widely assumed that her assailant will be a mysterious pervert, a U.S. survey and research done by Dr. G. Abel found that approximately one-third of all reported sexual molestations are committed by strangers, another one-third involved acquaintances known to the child - a neighbor, a friend or a community figure - and one third of the molesters were primary relatives. Assaults on children, either male or female range from touching or fondling of the genitals to oral-genital contact to intercourse.

"The child's reaction to such assault may vary greatly, depending upon the nature of the assault, the reactions of important adults around the child, and the child's general feelings about him/herself and the world." (How To Raise A Street Smart Child, Hechinger, 1985).

Child sexual assault is a subject that most of us would rather not think or talk about. It is a difficult task to explain to children just who the child molesters are, what they look like, where they can be found, and why they would hurt and molest them. To make matters worse and more confusing, explaining the term "stranger," since for many children everyone is a stranger outside of their families, relatives and friends. Just the thought of discussing sexual molestation with our children can make us feel very uncomfortable.

"Yet avoidance of the subject deprives children of the knowledge of how to try to prevent such assaults, and reinforces their view that it is a taboo subject. Work with children who have been molested suggests that the abuse could have been prevented in many cases if they had prior instruction. Lack of knowledge and uncertainty about what to do can play a role in a child's victimization. Afterward, children often say... They were confused and misled by the offender's insistence that

the sexual activity was proper and normal. They did not know they had a right to refuse. They did not believe they would be defended by other adults (including parents) if they refused or complained. They were thrown off their guard when the adult behaved in a way that they had never been led to expect." (Finkelhor, '82 & Hechinger, '85)

We can't always stop others from harming our children, but we can do our utmost to prepare our children to be among the ones, who - if approached or lured - will have the street safe strategies required to keep themselves safe. Your children must think for themselves in order to stay safe. They will probably be alone when it will happen and they must have the knowledge, the skills, and the confidence to do whatever it takes to keep themselves safe in questionable situations. You know best your child's personality and habits, and these should be considered whenever prevention of child molesting and abduction is discussed. We also need to convey specific, practical information about personal safety - not as a series of do's or don'ts, but as protective measures which everyone in the family needs to be knowledgeable.

"Think of teaching about safety as you do about fire drills. In school children are trained when a fire alarm sounds, to get in line and walk calmly out of the building. Fire drills are practiced regularly. There is no need to frighten children by telling them all the gory details of what might happen, such as burning or suffocating from smoke fumes. The point of matter-of-fact practice and instructions is that danger can be avoided. No one objects to fire drills on the grounds they might scare children. In all safety talks, we must always emphasize what children should do to protect themselves."(How To Raise A Street Smart Child, Hechinger, 85)

We should impress upon our children that harmful situations can occur almost anywhere. Children must be aware of their surroundings, act on their intuition and careful to approach uncommon situations with caution. They must also know what to do and where to go if they feel they are in danger. Running away, screaming, defending themselves or going to a store or neighbor's house are all good tactics, and parents should indicate when these are most appropriate. The third step in recognizing and avoiding this danger is to provide children with an atmosphere of openness and trust which allows them to express curiosity about their own sexual feelings and what is considered to be normal sexual behavior. They must sense this openness before we can expect them to feel free to talk about an incident which they felt was strange or unnatural. Through the knowledge and research presented in this student manual, I sincerely hope that parents will take teaching their children personal safety skills more seriously. This ***Street Safe Kids*** manual is designed to encourage parent-child dialogue and to save and protect our children from ever becoming victims.