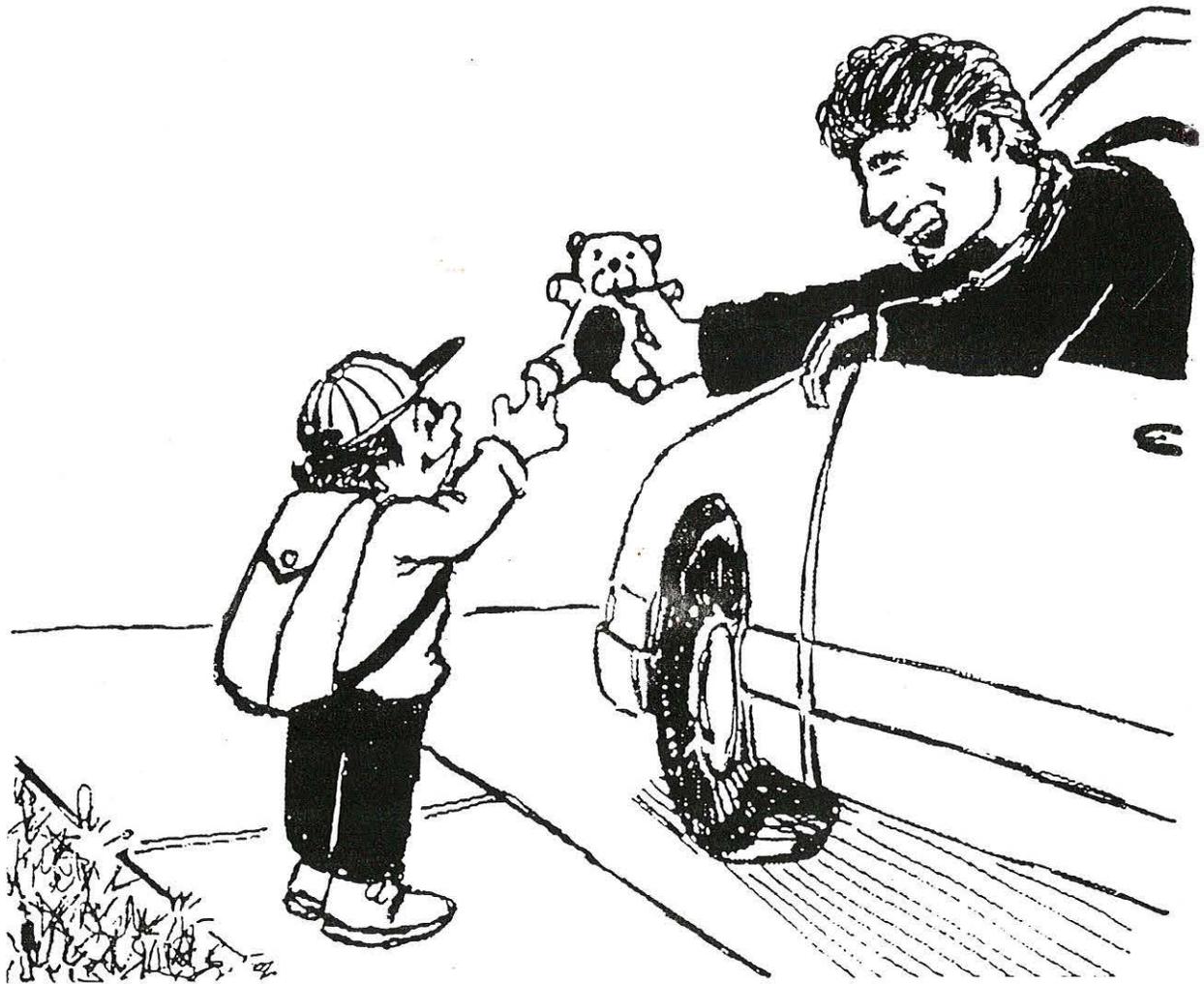


STREET SAFE KIDS

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

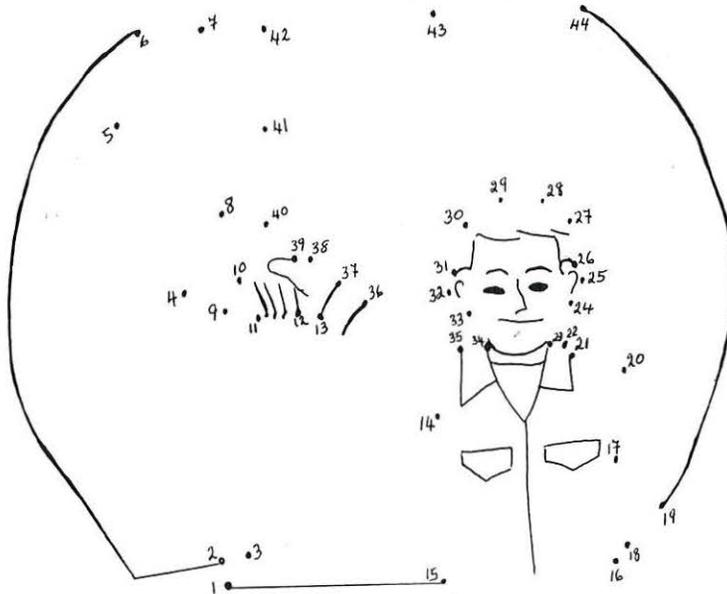
George J. Manoli

Grades K - 3 : Assignment #3

Theme : Knowing my neighborhood & safe strangers

1. Connect the dots and find a special place and person that can help you. This person can call the police for you and their house can be a safe location for you to go to if you are in trouble or in need of assistance. Color the picture once you are finished connecting the dots.

This is a _____ sign.



2. Make a drawing of some landmarks, buildings, monuments and other notable structures in your neighborhood that would help orient you to your house if you are lost. Mention on which street they are located.

Grades K - 3 : Student assignment #3

3. Cut out magazine pictures or make several drawings showing different safe strangers who may be available and willing to help a child in trouble or in need of assistance. Remember that you can't tell by peoples' faces or the way they dress if they are good or bad.



4. Cut out magazine pictures or make several drawings showing a variety of safe and dangerous (unfamiliar) locations in your neighborhood.
Why do you feel such places are safe? _____
What kind of safety do they provide? _____

<u>Safe places</u>	<u>Dangerous places</u>

Grades 4 - 6 : Assignment #3

Theme : Public transportation

1. Planning your trip :

- a. Plan ahead, find out time schedules and delays of buses and metro;
- b. Know where you are going. Try not to travel alone. The buddy system is best.
- c. Make sure your parents or a trusted adult know where you are going, the route taken and approximate time of arrival. Call them when you reach your destination. Follow the same procedure when you decide to head home
- d. Don't wear clothing or carry items that display: (i) your name clearly to passerbys; (ii) your favorite cartoons or television personalities. It gives a would be abductor an advantage over you. They get to know things about you that you might not want them to know.
- e. Wear clothing that will not make you stick out of the crowd. You want to be a zebra amongst zebras, not a giraffe amongst zebras.
- f. Have the exact change ready when purchasing your tickets or monthly pass.
- g. Show your bus pass and put it away - right away. Remember not to carry all your valuables and money in one pocket. Spread your money all over. Carry some spare change to make a phone call in the event you become stranded.
- h. Ride in the trainman's car (middle of the train or metro).
- i. Be wary of anyone asking for directions, time or help. Tell them you're in a hurry, and continue walking or direct them to the pay booth.
- j. Along your route, know the safe and dangerous locations as well as the riskiest hours to use public transportation (example: weekdays between 7:30-8:30 am. and 3:30-5 pm.).
- k. **Add one of your own suggestions which you will share with us in class.**



*Do you know the safe & dangerous areas in your neighborhood?
Do you know the name of major streets & how to get home from various locations?*

2. While waiting for the bus or metro :



a. Be alert while waiting. Don't get so involved in reading a magazine, talking to a friend or listening to your Walkman that you fail to notice a person or gang approaching. Pay attention to your surroundings. It can happen very quickly - anywhere, anytime.



b. While waiting for the metro to arrive, stand with your back to the wall, near the most used entrance, the ticket booth, or the store. Avoid isolating yourself from the crowd.



c. Avoid waiting for city buses inside bus shelters. If approached, the shelter becomes a cage or prison. If it's dark and you're the only person waiting on the street, stand in the shadows of the shelter, home or trees.

d. Never stand right at the edge of the platform when waiting for the metro.

e. Move away from trouble calmly and quickly - a drunk, a fight, a gang, etc.

f. If trouble does arise on the waiting platform, you have 3 options available to you: (i) Use the public phone available on the platform to call 9-1-1; (ii) Use the metro emergency phones located on every metro platform (phone is located in a glass cupboard with a blue light and the word 'ASSISTANCE' overhead); (iii) Go to the ticket booth to inform the MUCTC employee.

g. Never fall asleep while waiting for or while sitting in a metro or bus.

h. When sitting or standing, hold onto your back-pack, purse, bag, etc. This discourages potential thieves and prevents you from leaving your belongings behind.

i. Add one of your own suggestions which you will share with us in class.

Brain teaser

Once you are in the metro (car), how can you get help if you need it?
There are 3 possible answers to this question - ask your instructor.



Do you know the different lures & tricks used by tricky people? Refer to p. 25 if you are not sure.
Do you know your parents work number?

3. Where and how to sit after boarding

- a. Avoid getting into empty metro cars. There is generally safety in numbers.
- b. For busses - choose an aisle seat that is close to the driver but away from the exit doors. This aisle seat should allow you to get up quickly in an emergency or summon help if someone bothers you.
- c. Aisle seats are safer than double window seats. In a double window seat you are trapped if someone sits besides you and wants to do you harm.
- d. In busses - avoid sitting next to open windows in the summer time. Muggers and gang members can reach through the open windows of departing trains or buses and grab chains, earrings, hat, etc.
- e. In buses and Metro's - avoid sitting next to the exiting doors. Muggers can grab your chain, Walkman, back pack and disappear through the closing doors.
- f. While sitting, try keeping your knees together and feet flat on floor while holding onto your belongings.
- g. Avoid crossing your legs while sitting. If an emergency arises, you will not be able to stand up quickly or use your feet for self-defense purposes.
- h. If annoyed verbally or physically, move away immediately and seek assistance. Cause a commotion, ask the driver or people sitting for help. Do not talk to the harassing individuals involved. If you are on the bus, **do not get off the bus**. You are safer with a bunch of eye witnesses and possible help there on the bus, than getting off the bus, isolating yourself, and risking being tracked down in an isolated, unfamiliar location by the assailant.
- i. Add one of your own suggestions which you will share with us in class.



*Do you know that you can say 'No!' to an adult & teen who is touching you where they shouldn't?
If someone grabs you, scream! 'Fire, police, this is not my father!' Drop to the floor kicking, biting.
Do you know to never leave the public area with someone - even if you are lost.*



4. Traveling alone during the day or night

a. When traveling alone during the day or night, avoid long, dimly lit tunnels, shortcuts and isolated entrances.

b. Don't accept rides from anyone, no matter what the temperature is, what they say or promise you.

c. If possible, ask someone to pick you up at your destination. If no one is available, call them when you leave, informing them of your expected time of arrival, so if you don't show up, your non-arrival will cause concern.

d. An unattended child is a child at risk. In case the person picking you up is delayed, plan an alternative waiting locations, especially if it starts getting dark or cold (e.g., inside a store, arena or school, etc.).

e. Establish a specific pick-up plan of action with the trusted adult. Either a secret pass word if they send someone else to pick you up or select specific people who might be there at your arrival (mom, dad, grandpa, etc.).

f. On the metro, if you feel someone is checking you out, move to another car. On the bus, get closer to the driver. Once again, do not isolate yourself in unfamiliar territory by leaving the bus. Stay in the public eye.

g. Be aware and alert of people getting on and off the bus and metro with you, to ensure that you are not being followed or targeted for an attack. Listen to your instincts - that small voice inside you.

h. If upon leaving a bus or metro you feel that you are being followed, do not lead them to your residence. Instead, head to a dépanneur or local mall for assistance.

i. If you need to run, drop (or throw at the person) whatever you are holding in order to facilitate your getaway. Run in a zig-zag fashion screaming. Try placing large objects between you and the assailant (cars, garbage bins, etc.). If a single family home seems to have it's occupants, try opening their front door and walking in screaming.

j. Add one of your own suggestions which you will share with us in class.

Do you know the 3 street safe questions you should ask yourself? See p. 56 & 151 for details

Parent/child activities - Assignment #3

Parent/child activity #1 - Disconnecting from an engaging stranger : Test your child's ability to disconnect themselves from an engaging stranger. Entice your child with a variety of luring lines which might bait them to respond. Have them show you how they would 'stop the dialogue' and get out of there, seeking help. Use the section in this manual called 'How Pedophiles lure our children' (page 25) to guide you. Remember to make your luring suggestions age appropriate.

Parent/child activity #2 - Keeping a safe distance : Practice setting personal boundaries with your child. An adult approaches the child, and the child pretends the adult is someone they don't know. Adult approaches, child maintains a safe distance. The rule of thumb for children is, always keep one grown-up's arms length away plus 3 steps from adults they don't know.

- ➔ An adult approaches the child, slowly at first and then quickly. The child steps back, keeping the optimum distance and yelling 'no' as the adult persists in approaching. Place obstacles in the path of the retreating child so he must stay aware of his surroundings as he backs up (pillows, toys, etc.).
- ➔ You can also go a step further and allow the adult to grab the child by the arm or pick them up attempting to carry them off. The child should respond in a loud voice, 'No!' 'This person is not my father (or mother)!' The child can try dropping to the floor or continue to yell, bite, kick, etc., until the adult lets go or someone comes to help.

Parent/child activity #3 - Learning to say 'No' : We must teach our children to exercise their own authority, to know which adults to question and who to say 'No!' to. Start with two children (or adult and child) facing each other in pairs. Have one say 'Yes!' while the other says 'No!' Go back and forth (yes/no) with increasing volume and energy. After about half a minute, have children switch roles. Alternate the 'Yes!' players, encouraging them to be verbally forceful with the 'No!' child. The child continues to say 'No!' or other assertive responses they feel comfortable with. Reminder : Try to also develop the assertive body language that goes with the forceful 'No!'



*Does your child know that adults should ask other adults for assistance - not children?
Does your child know that gifts received by someone should have no strings or favors attached?*

Parent Assignment #3

1. Parent reading assignment : Pages 47 - 66.
2. Children assignment :
 - Gr. K - 3 → p. 137 → Theme : Knowing my neighborhood & Safe strangers.
 - * Task #1: Block parents, drawings & collages.
 - * Task #2: Practice the physical skills covered in class.
 - * Task #3: Do the parent/ child activities if applicable (p. 143).
 - Gr. 4 - 6 → p. 139 → Theme : Public transportation.
 - * Task #1: Read tips; add suggestions;
 - * Task #2: Practice the physical skills covered in class;
 - * Task #3: Do the parent/ child activities : p. 143.
3. Parent verification - please check off what was done at home :

Homework done Parent/child activities done Physical skills done /reviewed

Parent signature : _____ Comments, suggestions or questions: _____



Mr. Manoli offers specialized 'hands-on' courses and workshops

☎ (514) 328-4683 - We welcome all inquiries

A. Looking for a great speaker on personal safety or child kidnap prevention?

Mr. Manoli is available for groups, clubs, schools, corporate & staff-development seminars, etc.

B. Is your child being bullied or picked on continuously by others?

Mr. Manoli offers 'hands-on' anti-bullying & assertiveness training for children & teens.

C. Looking for an exciting 1-3 hour workshop or seminar?

Mr. Manoli offers at your workplace 'hands-on' street safe workshops for adults, teens & children.

D. One-on-one assertiveness & self-defense training is available for:

Rape & assault survivors; Blind & handicapped individuals; People lacking in personal confidence.

E. Programs are available during lunch time, after school or evenings:

Street Safe Kids : Gr. 1-6; Assault Prev. for Women & Teens; Children's Karate; Babysitting courses