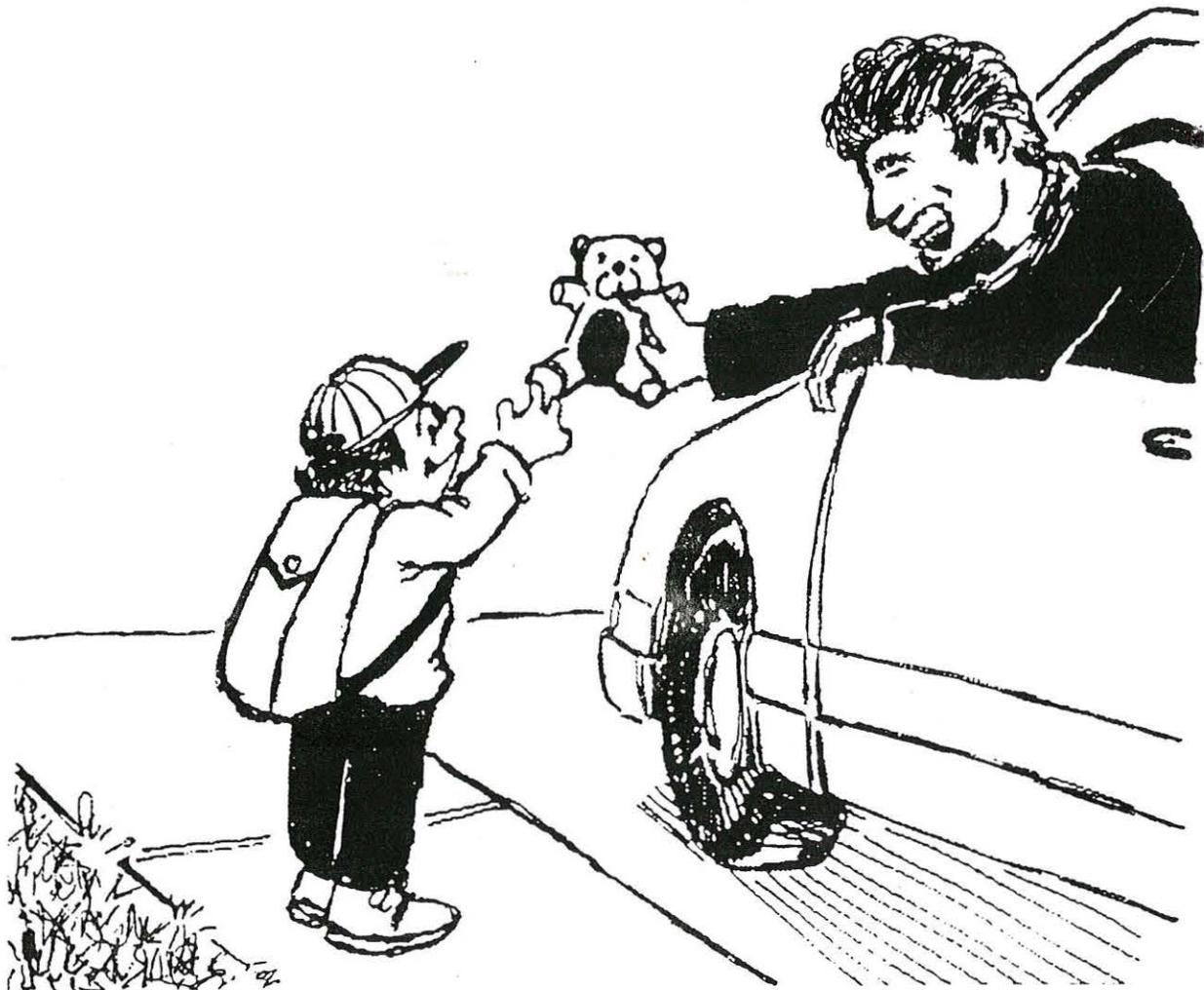


# ***STREET SAFE KIDS***

*Protecting children from sexual predators – a street-proofing manual*

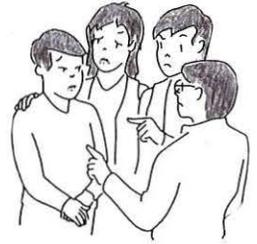


*“Street Safe Kids* is one of the most comprehensive self-defense and street-proofing courses available. We strongly recommend that parents enroll their children in this ‘hands-on’ program.”

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

**George J. Manoli**

# Grades K - 3 : Assignment #5



## Theme : Bullying

1. A bully is a person who threatens, intimidates or attempts to manipulate us physically, emotionally, verbally or a mixture of these. (examples: getting picked on, name-calling, exclusion from activities, our things taken, threatened, etc.). *Cut out magazine pictures or make several drawings showing a variety of bullying situations.*

A large, empty rectangular box with a black border, intended for students to draw or paste magazine pictures illustrating various bullying situations.

2. Make a drawing of your school and yard. Place 'Xs' where you feel bullying takes place or where you have been threatened.

A large, empty rectangular box with a black border, intended for students to draw their school and yard, marking locations where bullying has occurred or is likely to occur.

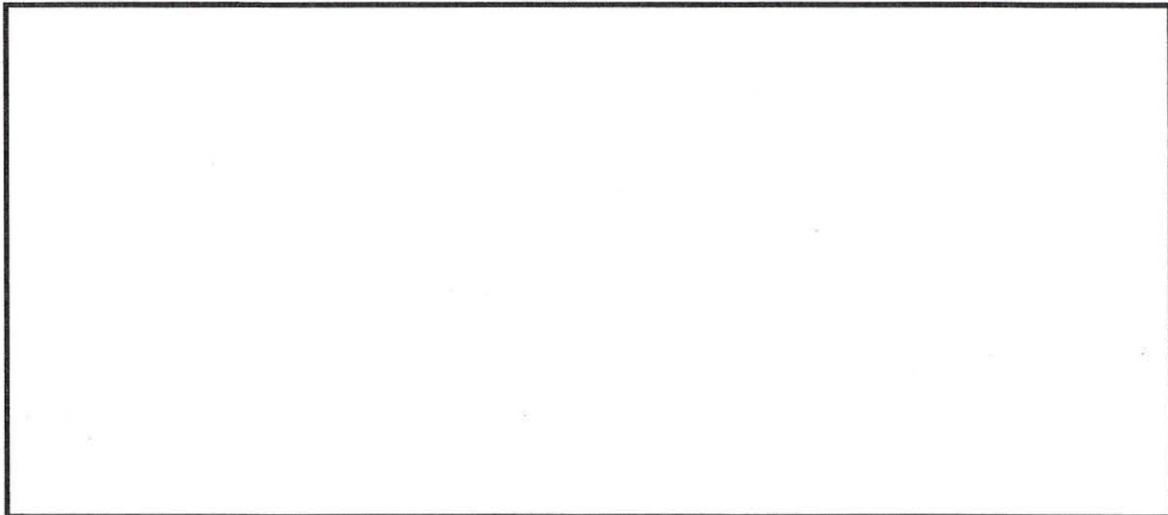
**Grades K - 3 : Student assignment #5**

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3. Cut out magazine pictures or make several drawings showing (a) a variety of people who can help you if you are being bullied and (b) how someone can act more confidently.

<p><u>Who can I tell?</u></p>	<p><u>How can I act more confidently?</u></p>
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4. Cut out magazine pictures or make several drawings showing the bad feelings associated with being bullied or threatened by a bully.



## Grades 4 - 6 : Assignment #5

**Theme** : Attracting attention if abducted



### 1. *If abducted and placed in a car - how to escape and attract attention :*



a. *If you are left in the locked car unattended, with keys in the ignition, you can :*

- i. Escape by unlocking and opening the vehicle door. Power doors can be opened manually without this process.
- ii. In order to operate power windows, turn the ignition key to 'ACC' (accessories) position, then crawl out from one of the windows.
- iii. It's a good idea to remove the keys from the ignition slot prior to getting out of the parked car. Once out, throw away the keys. Run and hide or run screaming to a safe place.

b. *If you are placed in the trunk of a car, you can :*

- i. Disconnect any exposed wires (yank them with a quick and powerful pull), causing tail and/or brake lights to fail which increase the probability of the abduction vehicle being pulled over by the police.
- ii. Continually kick the section of the trunk where the tail or brake lights are located, causing the light to fail or break off.
- iii. If the car you are in pulls over, yell 'help' or continuously kick the roof or side of trunk.
- iv. If you can, use tools left in trunk either as a weapon, to attract attention with, by either continuously striking the roof or side of trunk, or in disabling the tail or brake lights by cutting or damaging the exposed wires.
- v. Place an article of clothing or a rag hanging out of the trunk while it's being shut in order to attract attention when the vehicle is moving.

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

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***If confronted by an armed attacker - run screaming, NEVER get into the car or truck.***

**Grades 4 - 6 : Student assignment #5**

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d. *To cause an accident while the kidnappers car is moving :*

- i. Grab the steering wheel and forcefully jerk it to the left or right, forcing the car to run into something (a parked car, a mailbox, a moving car, a tree, etc).
- ii. When the abductor's car is behind another vehicle stopped at a signal, or while the vehicle is moving slowly, you could squat to the floor and push down on the accelerator (gas) pedal with either your hands or feet (place your hand(s) or foot on the abductor's foot, pushing down the accelerator pedal). This maneuver can cause a rear-end accident, causing other people to get involved in the situation. Causing an accident should be done when the vehicle is moving slowly due to the risk of fatal injury to both parties.



e. *To disable the kidnappers car while the vehicle is stationary:*

- i. *Fill the ignition key slot :* If you are left alone in the vehicle, you can pull off the smallest button on your clothing and insert that button into the ignition slot where the key goes in. Push the button in as far as possible (with your fingers or using another object). This will prevent the kidnappers key from going in the ignition switch, so the abductor will be unable to start the vehicle. Other small items such as pebbles, fragments of wood or dirt found on the floor mats of most vehicles can also be used instead of a button to hinder the abductor from starting the car.
- ii. *Tearing dashboard wires :* You can slide over to the driver side, reach up under the dashboard, grab a handful of wires, and pull them forcefully in order to break them loose (can be performed either when the vehicle is moving or stationary). This should render the vehicle immobile.
- iii. *Drain the battery :* When leaving the vehicle, see if you can manage to reach across and turn on the car headlights, causing the battery to eventually run down.

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

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*Do you know your address & how to address , stamp & mail a letter?*

*Do you know how to make a collect call & how to place a long-distance call from a pay phone?*

*g. Drawing attention to yourself while in a moving vehicle :*

- i. You can write the word "help" backwards on a foggy window (mirror image).
- ii. You can throw stuff out the window (paper, bracelet, hat, etc.).
- iii. You can hang your seat belt or clothing out the car door.
- iv. You could pick your nose until it bleeds. Make sure to allow the blood to drip all over your clothing. People seeing the blood-stained clothing will be shocked and hopefully alerted.
- v. You can use blood to write 'Help!' on your arm, hand or clothing. This will hopefully force the abductor to discard or clean the blood-stained clothing, or go to a store and replace the clothing. This creates opportunities for you to escape or get help.
- vi. Ask to go to the washroom - requiring the vehicle to stop.
- vii. Fake stomach cramps, seizures, nausea, car sickness, etc., requiring medical assistance. This creates opportunities for you to escape or get help.

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



**2. If abducted & placed in a motel room or house - how to draw attention :**

- a. Write on closet walls and windows which reduces the chances of the abductor seeing it. Write 'Help, Kidnapped' in big letters. The message may be found by the next people who use the room or house. The words can be scratched into the wall with a belt or shoe buckle, a coat hanger, a pen, a pointy object, etc. You can also use blood, markers, paint, feces, soap, etc. to write with.
- b. 'SOS' signal : If you are locked in, you can try signaling 'S.O.S.' with the light switch. 'S.O.S.' is the international distress signal for help. It was originally broadcast by Morse code over the telegraph by three short dots (for 'S'), three long dots (for 'O'), and three more short dots for 'S'. This is done repeatedly. 'S.O.S.' is known to stand for 'Save Our Souls', or on vessels as: 'Save Our Ship'.

**Reminder :** For 'S.O.S.' signal, you should: (i) Open the curtains; (ii) Plug the space under the door so no one inside the house would see the light on or signaled; (iii) Signal repeatedly for as long as possible.

## Grades 4 - 6 : Student assignment #5

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- c. *Windows* : Try unlocking and opening any of the house windows. Don't be afraid of smashing the window or climbing out of it. Consider tying bed sheets together in order to get down from a second story apartment. \*\*\*\*
- d. Throw items out of the windows to attract the attention of people passing by. Use hard items to signal or smash neighbor's window if located in a row of single family homes.
- e. *If a telephone is available*, dial 9-1-1 (or '0'), tell the operator you have been kidnapped, then leave the receiver off the hook if the offender is nearby or if you sense danger approaching. If you can, leave a piece of your clothing very close to the unhooked phone, preferably a shoe or a sock because they are easily identified as belonging to a child by any police officer investigating the call. They will wonder why the call was made and by whom.



**Reminder** : You should know.. (i) How to use a variety of phones? Rotary phones, pay and cellular phones, car phones, office, hotel or motel phones, etc (ii) When using a public phone, no coins are required when dialing 9-1-1 or '0.' (iii) That you must dial '1' or '0,' for long distance calls. (iv) How to make collect calls and how to use a phone book? (v) Know your area code (Montreal is 514 and as of 1998 - Laval and the South Shore will be 450). *If you don't know one of the above reminders get help from your parents. It's too late when you are kidnapped to say "I should of..."*

- f. *Flooding the toilet bowl sink or bath* : Fill the bowl, sink or bath with paper or other practical items (toilet-paper roll, towels, baby toy, shirt, shoe, etc.) and flush or let the water run (make sure to muffle the water sound as it's running). This should cause the toilet, sink or bathtub to overflow and keep running. The mess may alert neighbors downstairs, the building janitor, hotel/motel owner, and may even involve a plumber.
  - g. *Leave a message on hotel/motel pillows and bed sheets* : While pretending to sleep, pick your nose till it bleeds and write 'Help' on a bed sheet, pillow case, hotel towels, bath curtains, mirrors, window, etc., in order for a hotel maid to find it. Bowel movement (feces) can also be used for writing. A piece of clothing can also be left behind, with a message written on it.
  - h. *Garbage can* : You can write 'Help, Police, kidnapped' on just about anything, and put it in the garbage can in hope the collector will see it and get help.
  - i. **Add one of your own suggestions which you will share with us in class.**
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**3. if abducted in a public place - how to draw attention :**



- a. Go behind any counter where there is an employee and grab the clerk around the leg or arm. Don't let go. Tell the clerk that you have been kidnapped. Keep repeating loudly 'Help me, I've been kidnapped, my name is...'
- b. If you can't go behind a counter, grab hold of the first person you can, holding them tightly. Repeatedly tell them loudly 'Help me, I've been kidnapped, my name is...'
- c. If you can't get help, run through the place pulling and flinging merchandise off the shelves. Keep knocking things off the shelves till someone restrains you or abductor lets you go; Scream repeatedly 'Help me, I've been kidnapped.'
- d. On the street, if you manage to get away from the abductor run into and against the direction of pedestrians. The crowd acts as a natural obstacle for the abductor giving chase. You can also move more easily and faster than most abductors in this environment.
- e. On the street, if there is no crowd, running in the opposite direction of traffic can be effective, especially at night. The lights from the cars make it harder for the pursuer to see you. In the daytime, running against traffic allows the faces of both you and the abductor to be seen by the drivers.
- f. On the street, getting on a bus is an excellent route of escape. You should know: (i) How to recognize bus stops. (ii) How to find hiding places near a bus stop, then wait there for the bus and board it when it comes and stops, seeking assistance.
- g. It's okay to use the red fire alarm switch to summon help during an abduction. You should know : (i) Where fire alarms are located in buildings, malls and on the street. (ii) How to trip or activate a fire alarm. (iii) After tripping the fire alarm, find a hiding place near the alarm. (iv) Once the alarm is ringing, stay in the hiding place till police/ firefighters show up.
- h. Car alarms are a great tool for drawing attention. Pull on the door handles or bounce against the parked car and vans. Once the alarm is activated, you should hide somewhere near the activated car and wait for help to arrive. Other options available to you are sliding under the parked car (ever try to get a child out from under a bed?) making sure not to align yourself with the car tires.
- i. **Add one of your own suggestions which you will share with us in class.**



# Parent/child activities - Assignment #5

**Parent/child activity #1 - Police officers and cruisers :** (a) When driving with your child, see how many police cars or vans they can spot. Be sure to explain the difference when they mistake a taxi or some other security or service vehicle for a patrol car. (b) When you see someone in uniform, ask your child if they think it is a police officer. If the person isn't, explain why. Usually the most distinctive characteristic of police officers is that they carry a holstered gun and walky-talkie. That is easy for small children to understand. (c) Visit your local police station with your children. Get your child to talk to the police officers (both men and women), sit in their car, ask them questions, etc. Observe closely how your child responds in the various encounters. Discuss your observations with them in a positive encouraging way.



**Parent/child activity #2 - Screaming (see p.80 for more detail) :** (a) Practice with your child yelling in various ways and locations (indoors and outdoors), using different attention grabbing words and statements. (b) 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 or seek assistance from safe strangers.



**Parent/child activity #3 - Physical resistance (see p. 82 for more detail) :** (a) Practice letting your child break away from you in a standing position. Grab your child in various ways, encouraging them to struggle, bite and fight to get away. (b) Practice letting your child break away from you when being dragged - dropping to the floor, etc. (c) Initiate your child to the self-defense home program in this manual (page 113).



**Parent/child activity #4 - Passive resistance (see p. 87 for more detail) :** (a) Practice fainting with your child. The intended victim should crumble to the floor, like someone sitting on an imaginary chair behind them. (b) The parent should play the assailant's part, trying to forcefully abduct the child from a public place. Keep the procedure simple and quick. Fainting must be done prior to getting into the kidnapper's car and in public view.

☺ ☺ ☺ ☺ ☺ ☺

**Do you (& your child) carry a plastified wallet size ID card of your child - in case they go missing?  
Does your child know '9-1-1', '0' & the 'Kids Help Line' number (1-800-668-6868)?**

# Parent Assignment #5

1. Parent reading assignment : Pages 88 - 102

2. Children assignment :

Gr. K - 3 → p. 153 → Theme : Bullies & safe strangers.

\* Task #1: Drawings & collages.

\* Task #2: Practice the physical skills covered in class.

\* Task #3: Do the parent/child activities if applicable (p. 160).

Gr. 4 - 6 → p. 155 → Theme : Attracting attention if abducted.

\* Task #1: Read tips; add suggestions;

\* Task #2: Practice the physical skills covered in class;

\* Task #3: Do the parent/child activities : p. 160

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: \_\_\_\_\_

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*Have you read the Street Safe manual & done the parent/child activities?*

*Does your child know what to do if they are followed?*

*Have you assessed your child's personal defense mechanisms against abduction? (see p. 55)*

*Have you worked on your family plan to crime prevention? (see p. 58)*

*Remember, good communication help us protect each other.*