



Safe Child

WARRIORS & JUNIORS STUDENT LIFE SKILLS PACKET

*Kidnapping. Abduction. Assault. There, the words are said loud so we can get that out of the way. It's a topic most of us don't even want to think about, but we **HAVE** to. We can and should take actions every day that keep our kids safer from these atrocities, but the final responsibility lies with them. There will ultimately be a time when it will be **THEIR** habits, actions, and reactions that could save them. Since summer is right around the corner, this is an excellent time to start working on creating safer habits for the times we aren't there. This cycle's life skill is about your child's role in stopping potential harm from coming to them.*

Silver Merit Stripe

SILVER STRIPE DUE THE WEEK OF Monday,
April 27th

“Head on a swivel”—weeks 1 & 2

When you are outside (walking, playing, bike/skateboard riding at the park) constantly PAY ATTENTION! No iPad or video games, etc. when you are not with a parent or guardian. If you aren't with a parent/guardian... YOU are the guardian! Picture a “guard” in front of a castle door. Are they staring at a video game? Explain why you think this is important.

“nice doesn't mean good”—weeks 3 & 4

A “lure” is what a very bad person uses to connect with a child. Learn some different kinds of “lures” explain what you think these different lures are:

Job Lure - _____

Bribery lure- _____

Help lure- _____

Directions lure- _____

So, what do you think you should do if someone tries any of these? _____

Intuition—“Go with your gut”—weeks 5 & 6

Always listen to your instincts, they are always trying to keep you safe! What experiences have you had getting a bad feeling about someone in public? Were your feelings always right? Does it matter?

Fight Back! “defensive tools” —weeks 7 & 8

Explain what you think these tools mean:

Eye contact whisper/phone _____

Buddy system _____

“HELP! THIS ISN'T MY DAD!” _____

Last resort, “pencil knife” _____

When it isn't a stranger- Weeks 9 & 10

Just because our parents know them, doesn't guarantee they're “good people.” Here are some things to watch out for: AND REMEMBER— it's not just adults, pay attention to much older kids or teenagers trying these things too.

- If they do something nice or give you something, and they ask you to “keep it a secret”
- If they are telling you VERY personal things about themselves that make you feel uncomfortable
- If they touch, or even try to touch you in places on your body you know they shouldn't, or try to get you to touch them the same way.

What do you think you should do in any of these situations? _____

Is it EVER your fault? _____ even if it feels that way? _____

I am improving my safety at home (circle one) Excellent Good Fair Needs Improvement

Signature _____ Date _____

Student's Name _____

Bronze Merit Stripe



Students will earn a **Bronze Merit Stripe** on their belt for demonstrating the cycle's life skill and showing Black Belt effort away from the martial arts studio. Thank you for taking time to help this person improve as a well-rounded martial artist and student!

I am learning more about how to improve my safety in my Martial Arts program. Please grade me on the following:

Student's Name _____

Paying attention	Excellent	Good	Fair	Needs Improvement
"Lure" roleplay	Excellent	Good	Fair	Needs Improvement
"Abduction" roleplay	Excellent	Good	Fair	Needs Improvement
Talking about uncomfortable experiences	Excellent	Good	Fair	Needs Improvement

Comments:

I have read the above and confirm my child is performing satisfactorily at "guarding" themselves from dangerous people

Signed _____ Date _____

Student: _____

BRONZE STRIPE DUE THE WEEK OF Monday, April 27th