



Defense Strategies for Women and Children

www.PlayItSafeDefense.net

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As Seen On

Dr. Phil & “The Doctors TV”

KFMB, KGTV, KUSI & Fox Channel 5 News

For Community Alerts and Safety Tips

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PLAYITSAFE recommended

Martial Arts Schools:

On-going classes starting at age 3

Nine locations throughout San Diego Co.



Carlsbad

A.K. Martial Arts & Fitness

760-828-7165

Encinitas Karate

760-635-3699

Solana Beach

American Family Martial Arts

858-793-5425

Family Karate

Escondido-760-746-0983

4S Ranch- 858-676-3400

Rancho Penasquitos-

858-484-4747

Point Loma/San Diego

Freestyle Martial Arts 619-224-9600

Spring Valley/East County

American Family Kenpo Karate 619-871-2022

FAIR SPECIAL

\$29.95

Includes: Private lesson & 5 classes!

**Mention *PlayItSafe* &
get a free uniform
when you sign up as a
regular student.**

Defense Strategies for Children

Like any lesson, this information must be reinforced at home through parent-child communication and **role playing**. We suggest a self-defense class and at best, enrolling your child in a martial arts program. Studies have found that the martial arts train children not to fight by increasing their confidence level and self esteem. They learn how to diffuse a situation should it arise.

THINGS TO REVIEW

Talk to your children about strangers; who they are:

1. Someone they don't know.
2. Someone they recognize, but is not a trusted family friend.
3. It might be a person they know, but has not been given permission to take them somewhere. (It's a good idea to have a family password)

“PERMISSION PROTECTS!”

Talk to your children about adults they might know that make them feel uncomfortable. If their "Creep Alarm" goes off, they need to tell a trusted adult. Remember, 90% of the time, when a child or woman is assaulted, it's someone they know!

REMIND YOUR CHILDREN:

- **Don't even listen to a stranger without a parent or trusted adult.**
- Adults do not ask children for help unless it is a parent or trusted adult.
- Unfamiliar adults don't talk to children without their parents or guardians present.
- **SCREAM “Stranger-911!”** not “Help” because people might think they are playing

If lost: Know full name, address, and phone number. If they get lost in a business establishment, find an employee that they see working or a mom with kids.

Family Password: A secret word/words that only the members of your family know, in case of an emergency where someone else might have to pick you up.

Safety Checklist and Things to Review

Biggest Weapon: your voice!

Secret Weapon: your confidence! “Chihuahua Confidence!”

Strongest Weapon: legs!

Strangers:

- **Don't stop and listen to a stranger.**
- Your #1 goal is to run!!!!!!!!!!!!!!
- Keep a stranger or a car, more than 5-arm lengths away.
- NEVER walk or play alone. Never get in a car of someone that you don't know!
- Walk or jog against traffic. Don't walk the same way the cars are going.
- Secrets can be dangerous. You won't get in trouble for telling.
- **NOISE ATTRACTS ATTENTION! SCREAM “Stranger-911!”** not help because people might think you are playing

Summer Class dates for Play It Safe-2017

July 23– Spring Valley: 2-4:00pm.

July 29- Encinitas: 2-4:00pm.

July 30- Rancho Penasquitos:

Ages 6-11 years 1-3:00pm.

Ages 4-6 years 4-5:15pm.

August 19– Carlsbad:

Ages 6-11 years 1-3:00pm.

Ages 4-6 years 4-5:15pm.

August 20– Point Loma (San Diego) 1-3:00pm.

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Verbal Karate/Block: Kind Words are Powerful Words ⁶

It's Time to Have The Talk!

POWER PROTECTORS MAKE YOU THE WINNER!

W. Walk away from the bully! Say nothing. Keep walking and don't look back!

I. Ignore the comment! Ignore the bully as if he or she weren't there. Go on your way and don't look back.

N. No sassiness: Agree with the bully! Tell the bully, "Good to know," or "O.k. sure...." Don't say powerless words like, "Whatever, SO! or I don't care!" Attitude only attracts more attitude.

N. Nice: Change the subject and say something nice to the bully!

E. EXIT! Refuse to fight! Just say **STOP! Back Off!** Leave me alone! Attract attention with your voice! Keep them more than 2-arms length away.

R. Report it! If you are an adult. If you are in a group, have an adult ally. If you are in a group, have an adult ally. Do not lie and walk him away. Do not give him power in numbers!



Here is the acronym for the "Talk," when they need to let a friend know how they feel:

T. Take time to calm down, never confront someone when you are mad.

A. Alone, talk with that person alone.

L. Let them know how you feel. Use "I" words, "I felt hurt when you were laughing at me." Listen; get the other person's perspective. You might have a part in this too.

K. Kind, say something kind, "I really want to clear things up." "I'm glad we talked, I really value our friendship." Accept their apology and if necessary apologize for your part in it too.

If the "Talk" doesn't work, or the other party doesn't want to listen to you, get help. Have an adult mediate the problem after hearing both sides of the story.

Don't be a sassy Sass-Quatch!



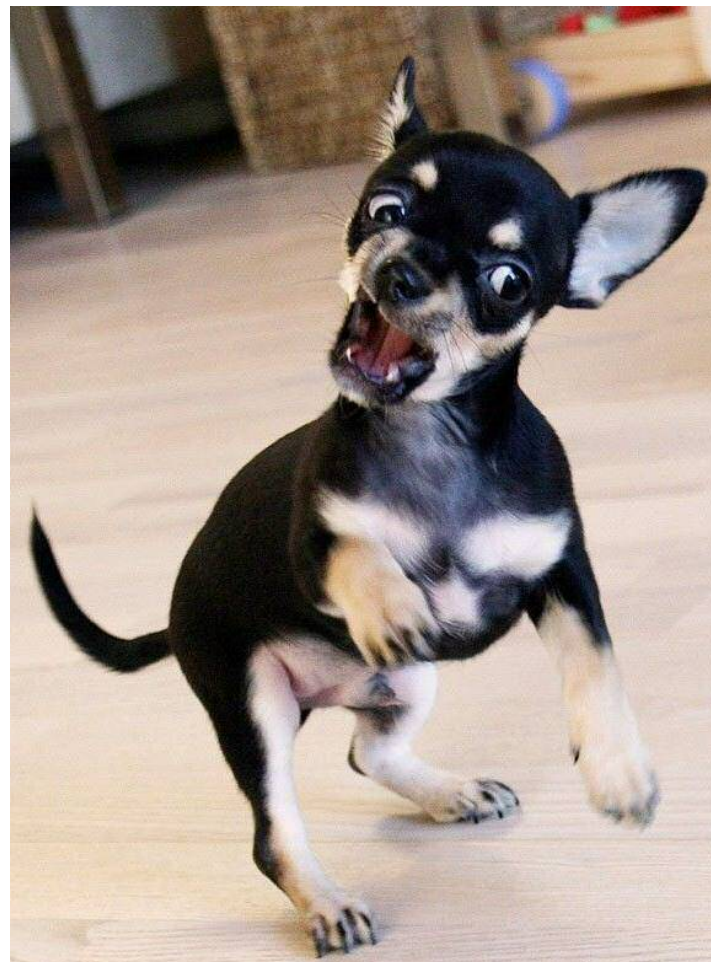
CAN you find CeCe the Chihuahua's hidden words?

VOICE	STRANGER	CHIHUAHUA
BACKOFF	POWER	PERMISSION
WINNER	SAFETY	PROTECTION
LEGS	BULLY	CONFIDENCE
DEFENSE	CRAZY	BUBBLE

W C S M R S A F E T Y W U L P
 D B A C K O F F V O I C E V R
 B K I H S Q Z N H L Q L W T O
 U F R L K O R R P F E J I I T
 B G Q F N Y D E F E N S E A E
 B K L E G S J R N B N R W R C
 L T C H I H U A H U A C I Y T
 E H K P E R M I S S I O N J I
 Q R X R P O W E R D F E N Q O
 S T R A N G E R Z G C Z E W N
 I U Z K O R P L W H G J R Z V
 C O N F I D E N C E B U L L Y
 J A X G T K M T O B V K T F B
 G G C R A Z Y V W A L E Z F X
 E R P H G S V O Z Q W H Z F U

8.

Go Chihuahua Crazy!



Bring a class to your location!

Girl & Boy Scouts, youth groups,
 P.E classes,
 after-school programs, women's groups,
 Lunch N' Learns & corporate events.
 Discount for groups of 15 students or
 more!