



Defense Strategies for Women and Children

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*As Seen On*

**Dr. Phil & "The Doctors TV"**

*KFMB, KGTV, KUSI & Fox Channel 5 News*

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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.**





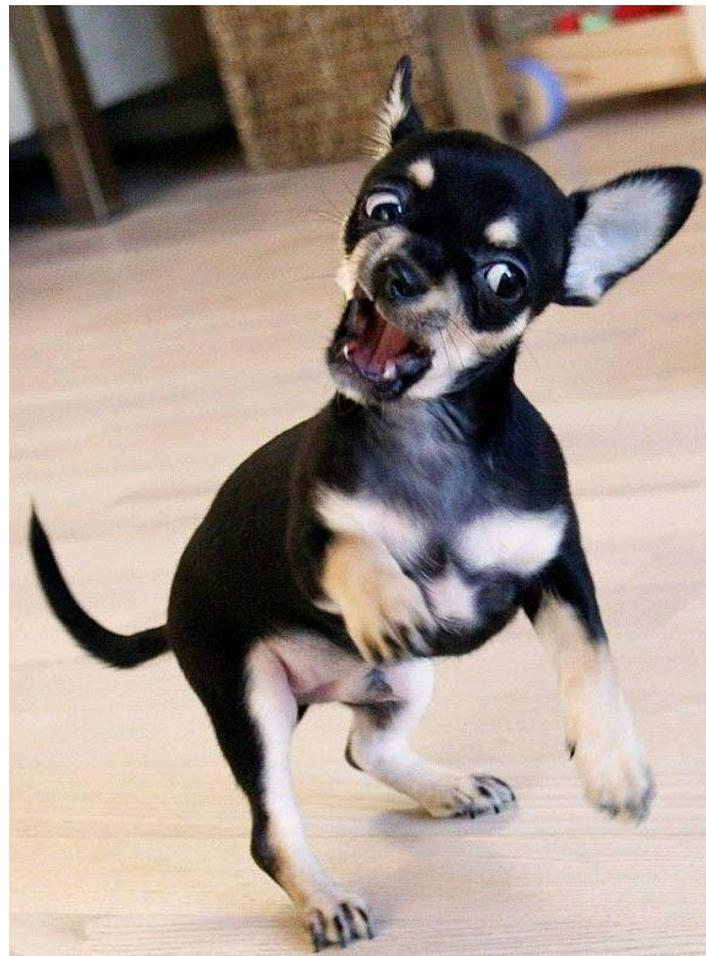
**CAN you find CeCe the Chihuahua's hidden words?**

|         |          |            |
|---------|----------|------------|
| 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!