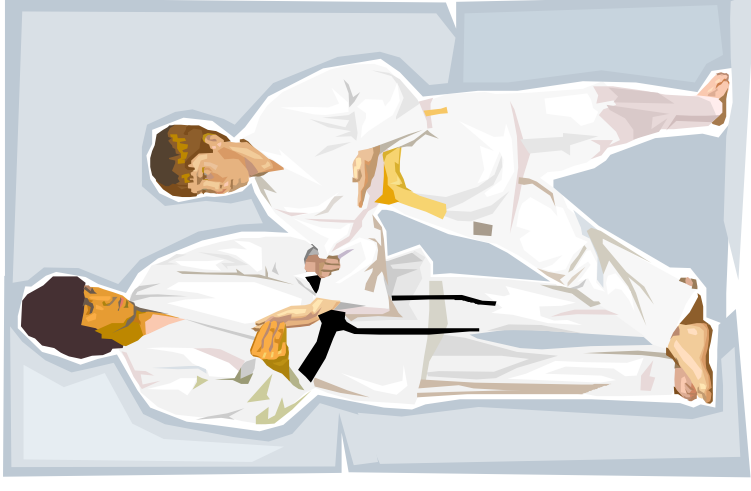


Safe Kids

Smart Kids



A family discussion and study guide for raising safer, smarter children.

Including:

- 7 Personal Safety Techniques for Children
- 10 Ways to Raise a Drug-Free Child
- 10 Ways to Raise a Street-Smart Child
- 12 Ways to Defeat the Bully Without Fighting
- How to Deal with Bullying Effectively
- Things Kids can do to Stop Violence

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KeyEye® Personal Safety Techniques

Non-Violent Self-Defense for Children

- #1 Hair Grab
 - Squeeze hand and sweep down.
- #2 Shoulder Grab
 - Inside block with forearm.
- #3 Wrist Grab
 - Pull hand out through thumb and across body.
 - Pull hand out using your other hand.
- #4 Two Hand Grab
 - Cross arms across chest.
- #5 Bear Hug from Behind
 - Pinch the thighs.
- #6 Hand Covering Mouth From Behind
 - Pull hand down and bite.
- #7 Two Hand Choke
 - Reach through middle and turn around.



The personal safety techniques taught on this page are derived from the "KeyEye®—Making Kids Safe" video. We highly recommend you purchase this video for a better explanation of how to use the self-defense techniques described above and for general home study. It's very informative and a great reference for parents.
Please call **(603) 743-6500** for details.

This book is true gem. The best defense your children can have is to be raised in a positive and supportive home. This book gives families the techniques to raise happy and secure children who are really 'rock solid'. If there ever was a book required to be read before having children, this would be it. Please call **(603) 743-6500** for details.



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10 WAYS TO RAISE A DRUG FREE CHILD

1. Set Limits

Know where your child is at all times, when they are going to be home, what they are doing, who they are with and who their friends are.

2. Talk About Drugs

Talk weekly about drugs in your home. Let your children know at these talks that you understand the pressures, but will not tolerate the use of drugs.

3. Get Involved

Support anti-drug organizations in your community, school and government.

4. Gateway Drugs

Alcohol is very dangerous . . . it leads to other drugs.

5. Don't Deny

If you suspect that your child has a drug habit or addiction, seek help. The earlier you get help, the easier it is to beat the problem.

6. Warning Signs

Changes in behavior: stealing checks, shoplifting, bad language, fits of rage, oversleeping, loss of appetite, etc.

7. Lead By Example

Don't drink or allow drinking around your child. Children imitate what they see.

8. Educate Yourself

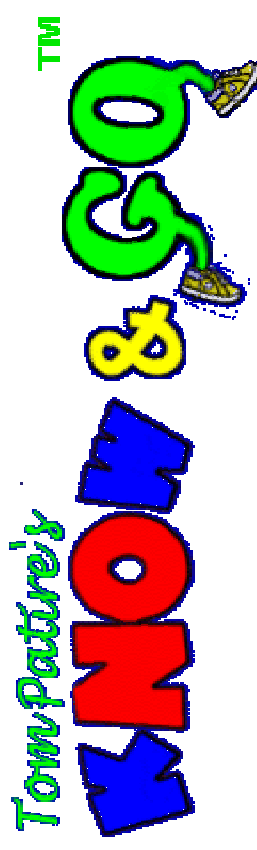
Know the paraphernalia: pipes, vials, pills, needles, spoons, rolled-up dollar bills, aerosol cans, glue, etc.

9. Know the Drugs

Know the various types of drugs, the damage they cause, the dangers, etc.

10. Report Drug Use

Tell your child that reporting a drug user is helping keep innocent people safe and making our world safer.



**'Protecting our most precious treasures...
Our Children!'**

Know & Go is a self-defense course specially designed to help children recognize all sorts of dangerous situations and avoid child abduction. In this program your child will learn to respond in an appropriate manner to the sounds of danger while running a fun obstacle course that will challenge them to focus and react properly. They have so much fun in this class that they will beg to come back for levels 2 and 3. Find more at: www.knowandgo.tv. Please call **(603) 743-6500** for details.

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10 WAYS TO RAISE A STREET SMART CHILD

1. Give your children power

Give children permission to say "no" to adults. Let kids know this is okay.

2. No Shortcuts

Let children know not to take shortcuts home where they could be abducted with no witness.

3. Important Information

Children should memorize their complete name, address, and phone number.

4. When Lost

Let children know where to go if lost. If in a store, look for people who work there. If in other places, look for a uniformed person, such as a policeman.

5. Trust Your Instincts

Let children know if they feel that they are being followed, to react by going to a safe, crowded place.

6. Check It Out

You can never know enough about your child's teachers, baby-sitters, and coaches.

7. Code Word

Have a secret word that all people must know before your child talks to them or gets near their car.

8. Cherish Your Children

Abductors look for loners and sad kids at school and in the playground. Treat your children with respect - love your children totally.

9. No Personalized Clothing

Children who wear personalized clothing give the potential abductors an immediate way to start a conversation. Don't buy or let them wear such clothing.

10. Good Touch / Bad Touch

Identify what good touch is vs. bad touch. Tell the child what to do if it happens to them. Identify private areas (as where the bathing suit covers).



Tom Patire, the founder of CDT Training, has produced two wonderful resources for parents: The Training For Life video series, and the Personal Protection Handbook. In the video series you will learn simple to follow techniques anyone can apply in a self-defense situation. In the Personal Protection Handbook, you will learn literally everything you need to know to keep your family safe. Both of these were written by Tom Patire who is an expert martial artist and professional bodyguard. He knows personal protection from experience and shares this valuable knowledge with you in these great reference tools. Please call **(603) 743-6500** for details or go to:

www.trainingforlife.tv

www.knowandgo.tv

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12 WAYS TO DEFEAT THE BULLY WITHOUT FIGHTING

1. Make Friends

Treat the bully as a friend instead of an enemy.

2. Use Humor

You can turn a threatening situation into a funny one.

3. Walk Away

Don't get into it – just walk away.

4. Use Trickery

Use your creative imagination to resolve conflict.

5. Agree with the Bully

Let insults go – without fighting back.

6. Refuse to Fight

The winner of a fight is the one who avoids it.

7. Stand Up to the Bully

Stick up for yourself. Just say, "No!" to bullying.

8. Scream or Yell

A powerful shout can end conflict before it starts.

9. Ignore the Threat

Be like bamboo – bend in the wind.

10. Use Authority

Call a proper authority to help you 'defeat the bully'.

11. Reason with the Bully

Use the most powerful tool you have – your brain.

12. Martial Arts Stance

A strong stance shows confidence and skill. Be a victor – not a victim.



The "How to Defeat the Bully Without Fighting" concepts taught in this section are derived from the award-winning book series "Martial Arts for Peace" by Dr. Terrence Webster-Doyle.

These books, and the new videos, make excellent reading and reference for the whole family.

For details on how to order, please call
(603) 743-6500.

Regular martial arts training is the best way to develop the confidence to avoid fighting. Children in martial arts have fewer problems with bullies because they know they can back up their words with action, if they have to. Think about it!

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How to Deal With Bullying Effectively, Safely and Powerfully

1. Address Bullying — It's Not Harmless

Bullying behavior--whether it's through threatening words or gestures, physically hurting, name-calling, mimicking, harassing, or shunning (isolating someone)--is a destructive force in the lives of too many kids. Being the victim of a bully is an attack on a young person's self esteem and joy in life. Being the bully allows a child to build behavior which will be destructive socially and professionally later in life. Witnessing bullying creates an upsetting distracting environment in which to play and work and learn. Potential bullies, victims, and witnesses can learn to be assertive rather than aggressive or passive in dealing with problems that they experience directly or that they see happening.

2. Make bullying against the rules

Make sure that your child's school has a clear written Violence and Harassment Prevention Policy which everyone agrees to uphold. Tune in when kids are acting upset with each other and help them learn skills for handling conflict. Set an example for your children by not allowing people to bully you and by exercising the self control necessary not to bully others. At home, work at stopping bullying behavior with the same commitment that you would use in stopping someone from throwing all the dishes on the floor and breaking them.

3. Teach kids to act aware and confident

Bullies pick on kids who act scared, oblivious, or defensive. An alert, assertive attitude can help possible victims and witnesses stop most bullying before it starts.

4. Teach kids target denial skills

Target denial is an official martial arts technique which means, "Don't be there!" Target denial means not giving a bully a physical advantage by being too close. For example, kids can move away from someone who they know is a problem. Target denial means not giving a bully an emotional handle. One technique is to leave by smiling and waving and saying cheerfully, "No, thanks!" very calmly and sincerely instead of acting scared or angry.

5. Teach kids the power of words

Teach your children how to protect themselves from words and by using words. Kids tell us that trying to "just ignore it when someone says something mean to you" doesn't really work. Stop serious name-calling with the same commitment that you would use to stop serious hitting. Teach kids to protect themselves from hurting words by imagining throwing them into a garbage can instead of taking them inside their hearts or their heads. Teach kids not to let insults, rude behavior, or guilt trips trigger them into feeling intimidated or emotionally coerced by a bully. Kids need to learn how not to let what others say or do control their choices. They also need to learn how not to behave in emotionally damaging ways towards others. Teach kids how to set clear strong verbal boundaries in a respectful assertive way with people they know.

6. Teach kids to defend themselves physically

To be effective in using other bully prevention tactics, kids need to know that they can protect themselves physically. As a last resort, kids need to know if and when and how they can hurt someone to stop that person from hurting them.

7. Teach kids to get help

Be someone your kids can come to with their problems without fear of you overreacting or belittling them or lecturing or getting mad at them. Even if the issues they bring might seem trivial to you, these issues usually seem big to them. Most of the time, kids just need someone to listen so they won't feel alone. Being able to talk about problems can help a child figure out what to do and put things into perspective. Having our kids in the habit of talking to us can also alert us to more serious issues.

8. Give kids the chance to practice

Kids learn more by doing than by being told what to do.

Article by KidPower TeenPower FullPower Int. www.kidpower.org
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Family Safety Tips from CDT and Training for Life.

The key to minimizing your risk of being a victim of crime is to make yourself, your family, and your possessions tougher targets to the criminal element. The following information offers some suggestions for protecting yourself, your loved ones and your assets from crime. Be Safe!

Things Kids Can Do To Stop Violence and Be Safer

1. Settle arguments with **words**, not fists or weapons. Don't stand around and form an audience.
2. Learn **safe routes** for walking in the neighborhood, and know good places to seek help. Trust your feelings, and if there's a sense of danger, get away fast.
3. Report any crimes or **suspicious actions to the police**, school authorities, and parents. Be willing to testify if needed.
4. **Don't open the door** to anyone you and your parents don't know and trust.
5. **Never go** anywhere with someone you and your parents don't know and trust.
6. If someone makes you **feel uncomfortable** or tries to abuse you, say no, get away, and tell a trusted adult. Remember, it's not your fault.
7. **Stay away from alcohol and other drugs**, and stay away from places and people associated with them.
8. **Stick with friends** who are also against violence and drugs, and stay away from known trouble spots.
9. **Get involved** to make school safer and better - Remember to communicate. Sharing your concerns and problems with teachers, parents and trusted adults is the right thing to do.
10. **Help younger children** learn to avoid being crime victims. Set a good example and volunteer to help with community efforts to stop crime.
11. **Travel in a group** or with a friend when going out in the evening, whether shopping, going to the movies, or traveling to unfamiliar places.
12. Be aware of **your surroundings** at all times. Alert an adult or the police immediately if you see suspicious activity in your neighborhood.
13. **Lock your bike** with a hardened U-shape lock to make it harder to remove.
14. Carry your purse, knapsack, book bag or wallet **close to your body** and never place or leave it on store counters.
15. Engrave your **Parent's license plate number** on all of your valuable property (such as a bike, Radio, Gameboy, or Walkman) to make it easier to recover if stolen.

This information and more may be found on the CDT website at www.cdt-training.com.

Matt Randall's Black Belt Academy, Inc. is CDT's NH Training Center. We offer courses in family protection and law enforcement training including Training For Life, Know & Go, Last Resort Weapons Disarms, Sky Safe, Law Enforcement Tactics, and the CDT Personal Protection series.

Please give us a call for program scheduling at **(603) 743-6500**.

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