

# 50+ Tips From Fighting Chance<sup>ä</sup>

## Safety Tips for Kids Aged 5-11

- 1 Always let parents know where you are going, who you'll be with and what time you will arrive home
- 2 Always get permission from a parent before going to someone's house
- 3 Do not answer the door if you are home alone
- 4 Never open the door to a stranger
- 5 Never say you are home alone when answering the phone. (Instead say something like, "my dad is in the shower can I take a message?")
- 6 Never let someone from the cable company, phone company or another uniformed person into the house if an adult/parent is not present.
- 7 Always lock the door when home and put on alarm system (if one is available)
- 8 Never enter anyone's car unless a parent has said it is OK to do so
- 9 Keep objects in each room that might be used as a weapon (like a baseball bat or walking cane)
- 10 Call local police or 911 to make sure they're telling the truth if someone claims to be a police officer
- 11 Never take gifts or candy from strangers
- 12 Never play in isolated areas or inside/near deserted buildings
- 13 Always go with your instincts and go somewhere safe if you feel fearful of someone
- 14 Call 911 in an emergency and say " I need help" or leave the phone off the hook if talking is not possible-- the police can trace your location anywhere

15 Never stop fighting back and always keep looking for an escape route

16 Learn and practice the **Fighting Chance™** techniques!

### Safety Tips for Kids Aged 12 and older

17 Call a parent to come anytime, anywhere if you are in a situation where you feel uncomfortable (no matter how late or how far)

18 Never hitchhike

19 Always avoid short cuts through alleys, deserted parks or buildings

20 Never walk alone - use the "buddy system"

21 Remember suspicious car license plates and write the plate number in snow or dirt if no pen or paper is available

22 Trust your instincts-- recognize and report suspicious behavior

23 Give up jewelry or cash if attacked

24 Always walk near lights and stay in public and open areas at night

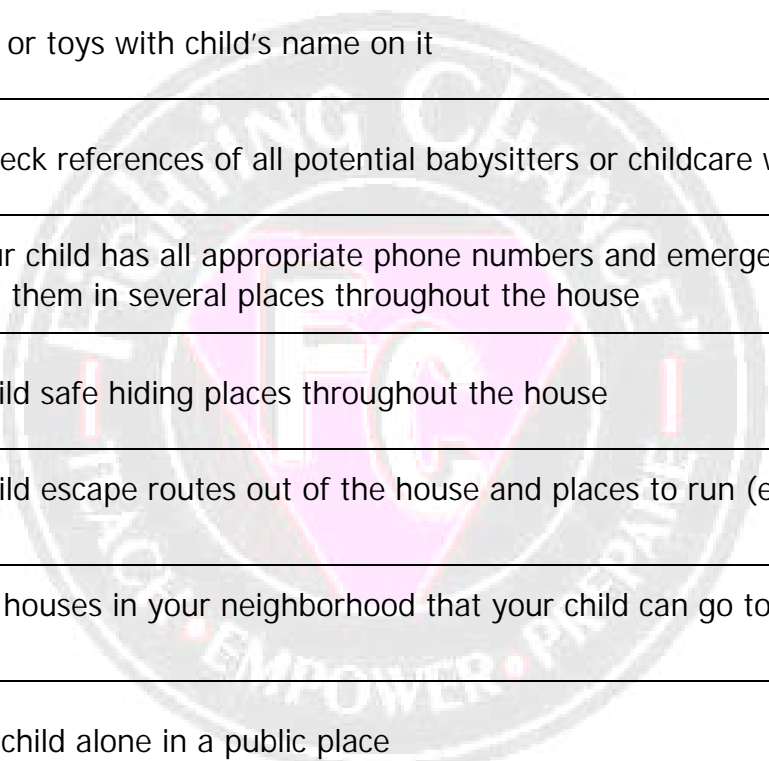
25 Learn and practice the **Fighting Chance™** techniques!

### Safety Tips for Parents

26 Raise your child to have a strong sense of self-respect and self-confidence

27 Create an environment where your child feels free to talk and make time to listen to your child

28 Talk about difficult topics with your child - uninformed children are the most vulnerable

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| 29 | Teach your children to recognize danger signals or abduction scenarios (e.g. "Can you help me find my lost puppy?")                     |
| 30 | Know your child's friends and their parents   |
| 31 | Never leave children under 5 years old unattended   |
| 32 | Avoid clothing or toys with child's name on it  |
| 33 | Thoroughly check references of all potential babysitters or childcare workers   |
| 34 | Make sure your child has all appropriate phone numbers and emergency services numbers, post them in several places throughout the house |
| 35 | Teach your child safe hiding places throughout the house  |
| 36 | Teach your child escape routes out of the house and places to run (e.g. neighbors house.)   |
| 37 | Point out safe houses in your neighborhood that your child can go to if frightened or chased  |
| 38 | Never leave a child alone in a public place   |
| 39 | Always accompany your child into public restrooms   |
| 40 | Always go with your child to supervise door-to-door activities such as fundraising or Halloween   |
| 41 | Teach child that police are their friends   |
| 42 | Keep up-to-date medical and dental records of your child  |
| 43 | Have your child fingerprinted   |
| 44 | Find out where convicted sex offenders live in your community   |

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Learn the **Fighting Chance™** techniques and practice them with your child!

## Communication Tips for Parents

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Make it a family rule that your child must let you know where they are at all times

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Choose a family "password" that children can use if they are ever in trouble-- review it every week.

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Make sure your children know their last name, phone number, address

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Make sure your child knows how to dial 911

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Let your child know it is all right to say "no" to an adult if asked to do something they are not comfortable doing

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Teach child that adults never need help from children for ANY reason (e.g. Help find puppy, directions, etc)

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Explain that if an adult or child ever asks them to "keep a secret" it is all right for them to discuss it with a parent/trusted adult

## Essential Escape Techniques

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If taken by a stranger, teach child to yell specific phrases such as, "Help, I have been abducted, I do not know this person!" "I need your help, I'm being kidnapped!"

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If grabbed inside a public place like a mall, teach child to drop weight down, twist, stretch out, kick their legs and scream "Help! I need your help, I'm being kidnapped!"

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If child is grabbed in a store, teach child to yell for a cashier or other adult and to shatter merchandise and knock down displays. Tell child to try to grab onto the nearest person.

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If forced into a car or building, teach child to scream and shatter objects

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If a car pulls up beside a child, teach the child to move away from the car. Tell child to run in the opposite direction the car is facing.

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If abducted in a parking lot, teach child to run, pound on cars to set off car alarms, and to go under a parked car if possible.

59	If locked in a trunk, teach child to push out taillights and let wires dangle out.
60	If abducted into a car teach child to jump into backseat and go out back door.
61	If stuck in front seat of a car, teach child how to pull out wires under dashboard to disable car or put something small inside the ignition switch.
62	If locked in an apartment or house, teach child to always try all doors and windows for escape route. Create an emergency situation (flood bathroom, break windows, set off alarms).

**For more safety tips – Be sure to see the  
"Give Your Kids a Fighting Chance" video  
[www.kidsfightingchance.com](http://www.kidsfightingchance.com)**

