



**17 Proven
Time Tested**

**Safety
Secrets**

**To Protect
Your Child
From
Sexual
Predators**

We Teach Kids To
KEEP THEMSELVES SAFE

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<http://www.KeepingKidsSafeToday.com>



See What Parents Are Saying About This Ebook!

"... something I just learned the other day. While we were at Busch Gardens last Wednesday, the kids were playing at the playground.

An older kid came up to Joel, my grandson and asked if he wanted to make some money. Joel said no, and the kid walked off.

That just brings home to me the importance of your message.

Frank Sousa
Spokane, WA

Preston and Joyce...another SUPER set of tips you've put out!"

Brenda Brock
Kansas City, KA

"After reading this... I quickly realized the importance of educating our family and friends about extreme measures predators use to connect with our children. We are looking forward to the Keeping Kid's Safe class so our child may benefit from the focus and discipline in the program."

Irene Manuel
Brentwood, CA



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"Thanks for all the great information. The idea of kids on the internet scares me and I was glad to see that about half of the information in your program addresses how to make it a safer place."

Nancy Ingersoll
Concord, CA

"This kind of thing is great for my kids. It's great for me!"

Robert Davila
Oklahoma City, OK

"Great ideas. Knowledge like this is always the KEY."

Karen Kay
Danville, CA

"I feel like I finally have an idea about how to control what feels like an assault on my kids from the web. Thanks for your ideas."

Elaine Gugler
New York, NY



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SAFETY TIP #17

**TEACH YOUR CHILD THE REAL DEFINITION
OF A STRANGER**



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IMPORTANT FOR EVERY PARENT
Email This Ebook to EVERYONE You Know With Kids!**

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INTRODUCTION

We Want To STOP Predators Cold!

This Special Keeping Kids Safe Report is sent to you Free because every child deserves the right to grow up safe. Today. In this world.

We can help you keep your child safer. Anyone who has a child or knows someone who has kids should read this report: parents, grandparents, people with nieces and nephews or people who have friends with children.

Send this report to everyone you know.

Sexual predators stalking our children is an ever growing issue in our lives today. Not only are they on our streets but they are presenting an ever growing danger on the Internet. While this is very disturbing it is also very real

What kind of statistics are we really talking about?

The FBI states on their February 2007 website statistics:

- 1 of 5 girls will be sexually molested before her 18th birthday.
- 1 of 6 boys will be sexually molested before his 18th birthday.
- 1 of 5 children has been propositioned for sex over the Internet.
- 2 of 3 sexual abuses are perpetrated against teenagers or younger children.



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- 90% of sexual assaults are committed against someone the perpetrator knows.
- The median age for male molestation victims under 18 is 9.8 years old.
- The median age for female molestation victims under 18 is 9.6 years old.
- There are 400,000 new victims of sexual assault every year.
- There are over 550,000 registered sex offenders in the US.
- There are over 100,000 sex offenders that fail to register in the US.
- 76% of serial rapists claim they were molested as children.
- Over 40% of male juvenile delinquents were molested as children.

This is unacceptable.

The solution starts with us. The solution starts with **YOU**, Mom and Dad.

Take charge of your child's safety. Never leave it to chance. Make sure they know you are in charge. While most kid's reactions are negative to more parent control, they subconsciously need guidance from parents. Their safety depends on you.



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Here are our effective tips for preventing sexual predators from abusing any more kids, your kids. For stopping the criminal on the street or online, these techniques will help.

Some of these tips will be new to you. Most of these will seem like simple common sense. They are and are designed to be this way. All of them are effective and well thought out.

We have spent a lot of time studying the statistics, problems and issues with safety. Our Offline or Direct Contact With Predators techniques have been developed with even the youngest child in mind.

While access to the Internet for many families is a relatively recent thing, our Online safety techniques have been developed with your child's safety in mind, too.

Together we will help keep your child safer today.



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WHERE REAL SAFETY BEGINS

Why would you, Mom and Dad, be the starting point of a safety program that helps you keep your kids safe from sexual predators?

You, as a parent, are integral in keeping your kids safe. Not only that, **YOU** are the centerpiece in teaching them to keep themselves safe.

That is the unique and effective result of Keeping Kids Safe: we teach kids to **KEEP THEMSELVES SAFE.**

SAFETY TIP #1

TAKE CHARGE OF YOUR CHILD'S SAFETY

You're in charge, Mom and Dad.

Real safety for your child begins at home. It begins with you. Feeling good, being confident, secure and happy as a child is paramount in your child being safe.

We can teach kids what these positive, good things feel like but it is **YOU** at home that really teaches them to embrace these feelings and incorporate them into their lives.

Daily verbal messages of "You're Great!" and "How Smart You Are!" add tremendous impact to all your "I love you!"s.



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We start and end all our classes with our Keeping Kids Safe Rules:

Always do your best

Always Say "I Can!"

Why?

One of the most important things you can do right now is build confidence and self esteem in your child.

We know that confident kids are less of a target for predators, molesters and abusers.

Sad, shuffling kids with their eyes down and shoulders drooping appear to be in need of a friend. Predators, molesters and abusers look for "easy" targets. Bullies at school choose the smaller and weaker children to torment. All of these dangerous people prey on weakness.

Confident kids that stand tall with their shoulders back, heads up, walk with purposeful strides and have eyes alert represent too much of a challenge for anyone that preys on weakness.

If your child is not very confident at this moment, start by teaching them to pretend they are confident. Start by playing a "Feel Good" Game we use where we have a child tell us what it's like for them when they play with their best friend or favorite toy.

The point is, emotionally place them into a very happy, great feeling with a thought suggestion about something they feel really good about.



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Then talk to them about how good they feel. Connect with them the actual words "Feel Good" to what they are experiencing. The game is played when you say "Remember when you were feeling good playing with your favorite toy?" Let's see if we can pretend we are playing with it again!"

It only takes a few seconds. Several times throughout the day play the "Feel Good" game with them and make it fun and silly. Over time, your child will begin to learn how to place themselves into this "Feel Good" state and start to do it on their own because they like it. It feels good!

Happy kids that feel good stand a little taller. It is the beginning of teaching them how to appear confident.

It is simple yet effective in teaching a child to gravitate to positive feelings. Positive feelings make confidence building easier.

The secondary benefit of this is that even if a child is not particularly happy at a given moment, they can make themselves appear happy and confident whenever they need to.....like when being stalked by a sexual predator offline.

You know what else? Your child idolizes you. They live to please you and spend quality time with you alone, one on one, regardless of how many siblings they have.

Capitalize on this. Make Sure your child succeeds. Mentor your child to being the best they can be.



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Kids get the most out of what we teach when we engage the parents as part of the teaching and learning process. More than that, kids learn our safety techniques even faster when confidence is reinforced at home.

That's your job.

That's also **why** we are telling you this. You have to build competency and confidence. You must repeat, emphasize and reinforce at home what you read and apply from this Report or it is just a façade that will not work when it needs to.

Reinforcing and growing confidence in your kid is what real child safety is all about.

There is a second principle that you must do as a parent for kids that are truly safe from predators: good communication.

In particular, **GOOD LISTENING.**

Learn to listen to your child. Take time to sit down and look them in the eyes and listen to them.

Your child **MUST** feel secure and confident that they can come to you and tell you about **ANYTHING.**

You must be able to listen, not talk, to your child and do it without judgment, to whatever it is they say. Look them directly in the eyes when they speak. Stop what you are doing, focus completely on them, and listen while they speak.



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Yes, life is very busy for any parent. But this is about your child's safety. This is not about you Mom and Dad.

When someone near your child attempts inappropriate behavior such as touching, suggestions or revealing personal information, your child had better feel comfortable coming to you to tell you about it with you calmly listening.

Kids tune into the uncomfortable feelings in their stomachs whenever something begins to unfold that is not normal.

Victim after victim tell wrenching personal tales as adults about their negative experience of abuse with a chilling commonality: they did not feel comfortable telling anyone about it.

Take the time to listen to your child. Do it regularly. Teach them that communicating with you is the best way to be and feel safe and secure.

The benefits of this go well beyond personal safety, even as important as it is. There are great benefits for your family, too.

Confident, happy kids. Calmer parents who are better listeners. Better kids, better parents, better families.



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ONLINE PREDATORS

Ah! The Internet. The wonderful World Wide Web.

A whole new door of information and possibilities has opened in our lifetimes. It is expanding everyday, too.

It also brings a macabre nightmare opening of Pandora's Box for any parent. The "Information Highway" is loaded with danger for kids.

It is important to understand **HOW** the Internet is used by predators. They do it in a number of ways:

Some like to befriend a child first. Often it involves attention, kindness and gifts. The process slowly introduces sexual context and content into their conversations.

Some predators immediately engage in sexually explicit conversation with children. Still others collect and trade child-pornographic images, while others seek real face to face meetings with kids.

It is also important to know that the FBI states that an online predator can be any age or sex. There is no one profile.

Teenagers are particularly targeted because of their natural curiosity and growing sexual nature. Predators exploit this.

One of the warning signs your child may be in the throes of being victimized online is that they may become withdrawn from the family.



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Online predators will work very hard at driving a wedge between a child and their family.

Predators will accentuate any minor problems at home that your child might have, again befriending them and driving that wedge into the family structure.

Blogs and Social Networks

We all have seen the headlines in the news. Predators have met victims who met on Social Networks or Blogs such as MySpace, Friendster, Xanga, and Facebook.

These sites are where people can meet, communicate, and interact with each other online. They are very popular and memberships are exploding in growth. Anyone who can get online can join and start interacting with each other immediately.

CNN reports the number of visitors to MySpace went from 4.9 million in 2005 to currently over 67 million in 2006. A report from October 2006 had it at 243% growth. Recent reports in 2007 show similar gains in visitors.¹

It's not just MySpace. Social networking sites are popping up weekly fueled by the speculation of their market value to advertisers.

We do want to state that most activity within these networks and blogs is legal and positive. The best way to insure safety for your child if they visit these sites is a few simple rules set up by **YOU** Mom and Dad.

Many kids are not aware they are putting themselves in danger by giving out too much



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personal information and communicating with people they've only met online.

These problems get larger because most kids, especially teenagers, do not inform their parents of online incidents.

SAFETY TIP #2

MAKE SURE YOU KNOW THE WEBSITES YOUR CHILD VISITS

Monitor your child when they are online. Sit with them while they surf and play. If you do not sit with them while they are online and your child is pre-teen, consider installing available filters that let you control the sites they can visit.

It is not about mistrust, it's about knowledge. Preteens can accidentally visit a porn site where "cookies" are surreptitiously deposited on your computer. This typically opens the door for SPAM and more unwanted intrusions into your life.

SAFETY TIP #3

SET UP RULES FOR YOUR CHILD ONLINE

Decide on the time of day, length of time and websites that you child can visit.



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SAFETY TIP #4

**TEACH YOUR CHILD NOT TO
GIVE OUT ANY PERSONAL
INFORMATION ONLINE**

Teach your child to treat online contacts just like the strangers they are. Personal information is **NONE** of their business!

This includes telephone number, address, parents' work address and telephone number and the name and location of schools.

SAFETY TIP #5

**MAKE AN AGREEMENT WITH
OUR CHILD THAT THEY WILL
TELL YOU ABOUT ANYTHING
THEY COME ACROSS ONLINE
THAT MAKES THEM
UNCOMFORTABLE**

This goes back to trust and listening skills and cannot be emphasized enough as important in your child's safety.



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SAFETY TIP #6

**DO NOT ALLOW YOUR CHILD
TO AGREE TO MEET ANYONE IN
PERSON THEY MET ONLINE
UNLESS YOU GO WITH THEM
AND IT IS IN A PUBLIC PLACE**

Make sure you view all correspondence that your child has created prior to agreeing to this type of meeting.

SAFETY TIP #7

**NEVER LET YOUR CHILD
UPLOAD A PICTURE OF
THEMSELVES TO THE INTERNET**

There is no reason today for a picture of your child to be posted on the web for any reason without your permission.

This way, they do not have the ability to send it to anyone. If there really is a need for a photo online of your child, make sure you review the reasons why and carefully weigh the options.



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SAFETY TIP #8

**TEACH YOUR CHILDREN TO
IGNORE ANY EMAIL MESSAGES
THAT ARE MEAN IN CONTENT
OR UNCOMFORTABLE TO READ**

“CyberBullying” is a problem as well as sexually explicit material. Both have negative consequences for your child and need to be ignored and filtered.

SAFETY TIP #9

**NEVER LET YOUR CHILD GIVE
OUT THEIR PASSWORD TO
ANYONE**

Emphasize with your child that this means their best friends, too. Parents are the only ones that should know their child’s passwords. Make sure you have them written down somewhere.



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SAFETY TIP #10

**NEVER LET YOUR CHILD
DOWNLOAD SOFTWARE
WITHOUT YOUR PERMISSION**

Make sure nothing gets put onto your computer unless you know about it. This includes games, programs and other materials that could include hidden items that jeopardize your family's privacy.

¹CNN, October 3, 2006, by Ravi Agrawal



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Sites To Know

1. FBI

<http://www.fbi.gov/publications/pguide/pguidee.htm>

The FBI is the best resource for current information, statistics and law enforcement help nationwide for Child Safety.

They offer "A Parent's Guide to Internet Safety" and a guide of warning signs your child usually displays if they have been contacted by a child predator online.

2. The National Center For Missing And Exploited Children

<http://www.missingkids.com>

This resource offers a super program called NetSmartz, an Internet, safety-education resource for children (5-17), parents, guardians, educators, and law enforcement.

The same site also has a CyberTipLine where you can report incidences of child sexual exploitation.



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OFF LINE OR DIRECT CONTACT PREDATORS

Your child can encounter threatening situations if they ever find themselves alone. Your child must know how to stay calm, assess a potential or actual threatening situation and escape it safely.

One of the best things you can teach your child to stay safer is moving quickly.

SAFETY TIP #11

TEACH YOUR CHILD TO MOVE QUICKLY AND UNDER CONTROL

In a potential threatening situation a child needs to be able to move quickly yet steadily.

We teach kids to move fast and we teach them to do it under control.

Start with showing them to sit properly. This means their back is straight, head high, even when they are looking down, and eyes alert to their environment.

Then teach them how to stand: this means to stand up without bending over and without placing their hands on the ground. The idea is to stand up with the head up and eyes up and looking at their surroundings. They do this by placing a knee out at ninety degrees and then rotating up using the hips.



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The end result is a child upright and alert with head up, shoulders back and ready to move again if required.

Make up a game and have them stand and sit down several times while they learn this posture. Reinforce it often at home as a natural way to move.

When in a potentially dangerous situation where your child may be caught unaware, they need to be able to move quickly while they keep an eye on the developing situation or approaching predator.

The way most kids get up opens them to being blindsided in an attack or abduction. Just watch your kids when they are watching TV and get up. Most usually stick their bum in the air first, put their hands on the ground and then point their head down as they push themselves up.

This movement allows for absolutely no awareness or vision for your child.

When your child can move better you can begin to show them how to mentally focus or focus better.

You can teach your child **AS YOUNG AS FOUR** to focus and concentrate. This is paramount in teaching your child to keep themselves safe.

SAFETY TIP #12

**TEACH YOUR CHILD THE
ABILITY TO MENTALLY FOCUS**



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FACT: IF YOUR CHILD CANNOT FOCUS THEY WILL NOT BE ABLE TO KEEP THEMSELVES SAFE.

Whenever a threatening situation is developing your child needs to be able to spot it. When they spot it they must focus on it to see the danger and figure out the safety path to get away from it before it develops and includes them.

Create a series of games where you ask your child to sit with back straight, eyes forward and no moving. Have a small but fun reward ready for them.

Start out with small segments of 15 to 20 seconds with this exercise and watch for wandering eyes. Correct them with, "Eyes Forward! Focus!"

The fun can really get rolling when you have them sit, jump up, sit, jump up, then sit down and then say, "Focus!"

Each time the sit and focus part of the exercise becomes a little longer as the kids learn to turn their full concentration on and off at will.

This skill needs to grow so over a few weeks add a little challenge and contest to keep your child's interest high and their improvement constant.

Once more the **CRITICAL** nature of teaching kids to focus is paramount in their ability to keep themselves safe!

A CHILD'S ABILITY TO ASSESS A POTENTIAL DANGEROUS SITUATION DEVELOPING OR ONE THEY MUST GET AWAY FROM DEPENDS ON THEIR ABILITY TO FOCUS



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Better mental focus in a child is also one of the **HUGE** benefits that translates directly to a better family.

When your child can focus better you can communicate with them more easily and get better results from them.

It's True!

Try it. We actually do these exercises in class to show both parents and children how it works. One, it reinforces our safety lessons and two, it makes family life better.

Do this:

1. Have the child sit Like A Super Hero.
Back straight
Legs crossed
Hands on knees
Eyes forward
2. Get down on the floor and look into their eyes.

Ask them to look directly at you.

3. Ask your child clearly, calmly and succinctly to do what you want them to do.

For example, pick up their shoes in the middle of the floor and place them neatly by the door.

The results will speak for themselves. Whether it's cleaning their room, picking up their shoes or sitting at the dinner table, we get parents into the



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habit of talking to their kids on important matters in this manner.

SAFETY TIP #13

**TEACH YOUR CHILD TO LOOK
PEOPLE – EVEN ADULTS -
DIRECTLY IN THE EYES WHEN
THEY SPEAK**

With better focus comes better concentration in a child. Focusing for children can really be honed with looking at people in the eyes, especially people they are talking to.

Very few children look adults right in the eyes when they are talking to them. Teach your child to look anyone they talk to, even adults, right in the eyes.

This helps complete the mental focus connection in children. When a child is confronted with danger from another individual, they need to be able to look that person in the eyes when they respond.

Looking someone in the eyes does many things for a child. One, it projects confidence that anyone approaching the child can see.

Two, it allows the child to clearly assess the intentions of the approaching individual.



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Three, in some cases a small child squarely and confidently looking at an approaching stranger in

the eyes can give the child an extra split second advantage in fleeing a dangerous situation when that stranger is taken by surprise with the intense gaze of that small child.

Whenever we talk and work with a child at Keeping Kids Safe we have them look us directly in the eyes. Like many of the ideas and techniques we use, we introduce it, work with it, practice it and over time the children learn it.

Like many of the things we do, it adds to a child's arsenal of things they need to do in order to keep themselves safe.

SAFETY TIP #14

TEACH YOUR CHILD HOW TO USE A POWER VOICE

Another critical piece to add into safety techniques is teaching your kids to be safe is learning to use a **POWER VOICE**.

This means teaching your child to use a strong voice that comes from the abdomen, not the throat. Each child is capable of this type of voice.

When kids yell, and most adults to, they yell from their throat. We teach kids to yell from deep within their abdomen.



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Put your hand on your abdomen and push out with your stomach muscles. Do it again and huff out a breath with it. Do it one more time and this time push out your breath and make a sound with it.

It sounds like a deep **HUH!**

More importantly it comes out with a measure of strength and power. Do this now but make a sound with it. It comes out very deep and strong.

Practice this with your child and tell them to, "Bounce Your Voice off The Walls!"

Again, it comes from the abdomen, not the throat and when done correctly the difference is astonishing.

Kids will need to learn this voice in order to use it if they feel threatened they know how to make it and speak with it.

SAFETY TIP #15

**TEACH YOUR CHILD TO PAY
ATTENTION TO THEIR
INSTINCTS**

Another piece to your child's safety is teaching them that they have two brains, the one in their head and one in their belly.

We call the one in the belly the **Belly Brain.**



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Kids need to learn to listen to their "Belly Brain." For adults, this is that visceral, gut feeling that is always right.

Kids have this gut feeling too, but they need some help in learning how to listen to it and use it to keep themselves safe.

Teach them that the Belly Brain works **FOR** them and how to listen to it. Help your child to distinguish between their "Head Brain" and "Belly Brain."

In our classes we show the kids how their "Head Brain" can sometimes trick them. We use imagination and storytelling techniques that enable the children to build up a great, exciting tale about a shadow they saw dance across a wall.

It's the same when kids think monsters are in their bedroom closet or under the bed. We show them how their "Head Brain" makes these stories up.

Reinforce the Belly Brain as the alarm clock for potentially dangerous situations. Teach your child to trust and always listen to it at all times.

You can show your kids how to recognize the uneasiness in their stomach without panic, alarm and worry. Teach them to see potential danger calmly and avoid it with any number of ways we teach.

When kids tune into their "Belly Brain" they are more tuned in detecting uncomfortable situations, situations with questionable adults and inappropriate behavior.



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Kids naturally feel uncomfortable with inappropriate questions and behaviors they are around. We simply show them how to be alert to it with their Belly Brain.

An important element to focus on with your child is not only to listen to their Belly Brain but to also go tell Mom and Dad about how they feel and who they were with when they felt "uncomfortable."

See how powerful this is?

SAFETY TIP #16

TEACH YOUR CHILD THE CIRCLE OF SAFETY

When a stranger approaches, any stranger by our Keeping Kids Safe definition, we teach the kids to use a **CIRCLE OF SAFETY**.

A Circle of Safety in a child safety program is not a new idea. Many programs teach this technique.

A Circle of Safety is a circle of about 8' to 10' around a child in the middle of it. The child does not allow anyone to enter the circle without them turning and running to safety.

The Circle of Safety is a pretty easy idea to teach your child, too.

This basic Circle Of Safety is true in theory. It is true as long as no one moves.



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This is the problem with most child safety programs that teach a Circle of Safety. In situations where kids are grabbed by predators or attacked by bullies, no one is standing still.

Take the idea of the Circle of Safety one **GIANT** step further.

At **Keeping Kids Safe** we teach a 15' to 20' Circle Of Safety.

Why?

It's pretty simple: the standard 8' to 10' Circle Of Safety does not work if an adult rushes in full speed to grab a kid.

Kids need time to react and run at kid speed and still stay ahead of a running adult. The 8' to 10' circle does not give them enough reaction time.

Practice with an adult charging at your child. What we find is the larger circle is enough time for the child to recognize what is happening, turn run and evade the grasp of a charging adult.

This larger Circle of Safety gives the child an extra measure of time to turn run and start yelling or looking for another adult that can help. Kids need all the extra help they can when threatened and this larger circle gives them that extra bit.

Where does the child run?

Teach them to run and look for someone they can trust:

A parent



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An adult they know
A police officer
A firefighter
A Mom With Children

If your child is in a store or public place and is lost, we teach them to look for a woman with children, a Mom, for help. Chances are women with children are Moms and will more often help a child lost or in danger than other individuals.

When a child learns what a Circle Of Safety is, we teach them **HOW** to use it. How to use a Circle of Safety is just as important as knowing what it is. We use a Circle of Safety to their advantage with their power voice and a simple command.

STOP! I'M NOT SUPPOSE TO GET CLOSE TO STRANGERS!

A Circle of Safety by itself is a good thing to teach children. To start, a child needs to see a stranger approaching them.

Remember, a stranger is simply someone the child does not know very well. "Good" or "Bad" is irrelevant.

As a stranger gets to the edge of their Circle Of Safety, we teach kids to raise their hand in a HALT gesture and in their Super Hero Voice say, **"STOP!"**

The adult or approaching stranger will usually stop and ask, "Why?"

The child then says, "I'm not allowed to get close to strangers," again in their strong Super Hero Voice.



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If the stranger continues toward the child we then again teach kids to turn and run away to someone for help.

If the stranger simply has a question like, "I'm looking for the hospital" they can still ask the child from a distance. The 15' to 20' Circle Of Safety allows for normal conversation.

They can also recognize what the child is doing and move away, again as most responsible people will do when this happens.

Teach your child to never let **ANY STRANGER** in their Circle of Safety. If it happens then teach them to turn and run.

When a child turns and runs from their Circle Of Safety they need to get the attention of someone that will help them immediately.

Teach your child to yell "**FIRE!**" whenever they get into trouble.

Fire?! Yes, "FIRE!" for many reasons. One, kids are always yelling when they play. One of their favorite things to yell when playing is "Help!"

They also tend to yell "Help!" in very high pitched, throaty voices. Adults and other family members quickly learn to ignore these yells of "Help!"

If a child yells "Help!" and really means it, chances are they will be ignored. They will not get the help they need when they need it.

We teach kids to yell, "**FIRE!**" when they are in need of real help. The word "Fire!" gets anyone's



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attention immediately. Even if it is yelled in a high pitched throaty voice it will get people's attention.

SAFETY TIP #17

TEACH YOUR CHILD THE REAL DEFINITION OF A STRANGER

Our children, and all of us for that matter, are surrounded by strangers every day. A stranger is simply someone we and they don't know very well. It's that simple.

This idea has nothing to do with being a bad person or bad stranger as is normally taught. A stranger is someone the child does not know very well which means they have never been in their house or spent time with their family.

Children and adults talk to strangers all the time, every day: the check out clerk and the grocery store, a bus driver, their teacher at school or a neighbor down the street.

Teach your child to keep a safe distance from all strangers. Therefore, if a child encounters a stranger they can and will talk to them but not get close. Children can talk from 15 to 20 feet away without getting close enough to be harmed or grabbed.

A good guideline to teach your child is that if the child does not know the stranger well enough to get into a car with them for a ride home, they are indeed a stranger and the child should not get



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close. They should keep a safe distance and this distance is called a "Circle Of Safety."



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PUTTING IT ALL TOGETHER

What does teaching all these safety secrets to your children mean? It means safer kids.

First, your child should be able to be less of a target for predators and bullies by walking around looking more confident and happy, even when they don't necessarily feel that way.

With their shoulders back, head high and eyes alert to the environment around them, they do not make themselves appear to be an easy target when you are not around.

What happens if your child is sitting down, playing in a sand box at the playground and a bad stranger rapidly approaches them? It means you child can see them coming and get up quickly while keeping their eyes on the person.

If you child is walking home from school with your child's head held high and tuned into their environment with sharp mental focus they should be able to see a potentially dangerous situation and avoid it.

If your child cannot consciously understand what is wrong but feels uneasy around a certain adult, they can leave the area and tell you about it. They are listening to their Belly Brains and following their natural instincts to safety.

If a stranger approaches your child they engage a Circle Of Safety.

If a stranger gets too close to that Circle of Safety child they can command **"STOP! I'm not**



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suppose to get close to Strangers!” in their best voice from the abdomen.

If a child needs to turn and run and yell “FIRE!” with that abdominal voice, they can get help quickly as they will be noticed.

Mental focus, staying calm yet moving quickly to avoid a running stranger is all about what we teach at **Keeping Kids Safe**.

It means your child knows to find a police officer, fire fighter or Mother with other children if they ever get separated from you in a shopping mall or store.

It means that in many situations your child will be calm, in control and able to make good, solid choices for themselves quickly in order to get safe and stay safe.

It means, that while you are a parent that will always worry and care about your child, you will be able to worry just a little bit less than you did the day before.



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ABOUT KEEPING KIDS SAFE

For the last twenty years we have been developing and teaching the **Keeping Kids Safe** program.

In Walnut Creek, California we "home base" with a series of 10 week **Keeping Kids Safe** classes throughout the year.

There are the basic introductory series of classes and then a series of more advanced classes. Each class in the series runs 45 minutes a session.

We have a **UNIQUE APPROACH** to kid safety that starts with teaching kids to be the best they can be, helping Mom and Dad reinforce this at home and show them our effective **WHAT IS A STRANGER, CIRCLE OF SAFETY** and **9 EASY GETAWAYS**.

Some of what we teach you may know. A lot of what we teach you do not know, at least right now.

Regardless of what information it is we also make it fun to learn, even with a serious subject as safety.

We teach in a way that makes each class fun for your child by using language they use. We sequence information in ways we know kids will absorb it and retain it. We package it in the form of games to keep their attention and interest high.

We start by introducing concepts and certain terms in the first few weeks to both parents and kids. We subtly weave these concepts together



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with a series of exercises that aid and reinforce the learning process with kids.

While we teach the children themselves we work with the families as a total unit. We have a secondary focus to make families and everyone in it better by learning and practicing safety as a family.

Keeping Kids Safe is a full time business and we believe in what we do which is why we are bringing this report to you today.



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We **STOP** Predators **COLD!**

Preston Jones, the creator of Keeping Kids Safe and partner Joyce Jackson "home base" in Walnut Creek, California, in the San Francisco Bay Area.



Their 30 years of combined experience in psychology, child safety and the martial arts makes their **APPROACH** to personal safety unique and effective.

Keeping Kids Safe is a year-round program designed to teach kids to **KEEP THEMSELVES SAFE.**

The program focuses on safe kids that are confident and the best they can be...which means they are naturally less of a target for predators.

The safety classes run in fun and exciting 10 week sessions. Participation from parents and entire families is encouraged for a complete learning experience.

Keeping Kids Safe also conducts Seminars and offers Motivational programs for groups, churches and organizations along with fund raising activities for non-profit groups.

Contact Preston or Joyce at:
Keeping Kids Safe
(925) 429-3092
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Get the **SAME RESULTS** at home we get in our classrooms!

How would you like to know...your kids can play in your yard safely...

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