

**COMMON SENSE GUIDE  
TO  
KID'S PROTECTION**

## DOK LEE'S COMMON SENSE GUIDE TO KID'S PROTECTION

- BECOME AWARE

Every 21 seconds a child becomes lost or missing in America.

- INFORM AND EDUCATE YOURSELVES

Knowledge Replaces Fear.

- COMMUNICATE WITH YOUR CHILDREN

Open and honest communication within your family system is the key to your children's safety.

- CREATE A FAMILY SAFETY PROGRAM

Use DOK Lee's Common Sense Kid's Protection Video to spark your family's interest, then build a unique program to protect them.

- PRACTICE, PRACTICE, PRACTICE!!!

Keep it interesting. Make it fun. Take it seriously. DO IT!

- 10 GOLDEN RULES OF SAFETY

Learn them. Use them. Keep them near and they will keep you safe.

## **BECOME AWARE!**

**Every 21 seconds a child is lost, abducted, kidnapped or murdered in this country!**

The first step towards assuring the safety of our children is to recognize how serious this problem has become.

The tragedy of missing and exploited children is a national epidemic. Over 1.5 million children were reported missing last year. Think about that statistic for a minute.

**Over 1.5 million missing children in one year!**

That means that every day, in the U.S. alone, over 4,100 kids are lost, abducted, kidnapped or murdered.

You have seen the news reports. You have watched the anguished, tortured faces of the parents of missing kids. You have heard their tearful cry, "I never thought it could happen to my child!"

We all have to face the facts. **It can happen to any child!**

Boy or girl. Rich or poor. Small town to inner city. Infant to teenager. Every race, color or ethnic background. **EVERY CHILD IS VULNERABLE, EVEN THE CHILDREN THAT YOU LOVE AND WANT TO PROTECT.**

What can **you** do – as a parent, grandparent, family member, educator, law enforcement officer, child care provider or as any

responsible adult who cares about children – to help protect our children? What can any of us do to fight back against this horror?

There is no “magic pill” or quick cure for this problem. There is no simplistic answer. There are, however, logical and practical steps that each of us can take every day. And, the solution starts at home within the family group.

This booklet and video program, **DOK Lee’s Common Sense Guide to Kids’ Protection**, can help you design a strong safety program for you and your family.

The guide contains the most complete and up to date information available to help “kidnap proof” your children. It is filled with tips and suggestions that will help you teach your child how to recognize and avoid dangerous people and situations. The learning techniques outlined here will help you ensure that, not only will kids learn the information, they will retain it and use it in their everyday lives.

The video program takes the training one step further. DOK Lee used his experience from his career as a professional soldier, bodyguard, and self-defense expert to develop this program. For the first time, this video shows kids what they can do to protect themselves...**even if the worst does happen.**

DOK lee created this program for two very special reasons: Amanda and Lindsey, his 8 and 11 year-old granddaughters. Lee is 60 now. He retired from his adventurous career over 20 years ago. He lives in a big house in a small, quiet, rural town way up

north. His son's family lives nearby and Amanda and Lindsey are his pride and joy.

DOK Lee tells what happened recently: "Amanda and Lindsey ran into the house one day as excited as I have ever seen them. They told me and my wife, Sandy, that they were going to Disney World. I had just read in the paper that the Orlando area had one of the highest crime rates in the country. I suddenly panicked!"

"I realized that these kids had never been exposed to crime in the real world. The area we live in still is and almost crime free. We still leave our doors unlocked. My granddaughters have always lived this way. They have never known violence or fear."

"My son and wife are great parents. They are devoted to my granddaughters. I realized, though, that they haven't had to deal with violence and crime recently either. I decided then and there that I would help them create a Family Safety Program."

DOK Lee and Sandy researched and gathered all the latest information on keeping kids safe. They discussed the material with their granddaughters and communicated the importance of being aware and alert. Finally, they were satisfied that Amanda and Lindsey and the family were well versed in safety procedures. Lee felt, though, that there was still something missing.

"The material we collected was very good. It emphasized that kids should never trust strangers, never take anything from strangers, and never trust strangers, never take anything from strangers, and never, never go anywhere with a stranger. But, none of the material told kids what to do if a stranger actually grabbed them."

“I have taught adult self-defense courses for 40 years, even since I retired. One of the first things I teach is how to escapade from holds. So, I started showing Amanda and Lindsey some simple moves they could use to break free if someone actually grabbed them. Lindsey was only 7 at the time, and I wasn’t sure she could use the moves effectively. Boy, was I wrong.”

“These kids learned the moves faster than most adults. And they loved learning them. Later, my son, who is a big guy, grabbed Lindsey every way he could and tried to hold her. She zipped out of his hands every time. Amanda, at 10, was bigger. She got away with barely any effort.”

“I don’t believe that any adult can grab either of my granddaughters and hold on to them. Adults don’t expect a kid to react, and kids are fast. I rested a lot easier after they learned the moves. The fact is, if a creep can’t grab a kid and hold on, **he can’t kidnap that child**. I realized then that we should make this program available to every kid in the country.”

As you will see, DOK Lee does not teach any aggressive behavior at all in these programs. Instead, he teaches kids to **GET AWAY FROM DANGER**, even if they are grabbed. The moves he teaches are simple, easy and fun to learn. And, **they can save your child’s life!**

Use this guide and video as we outline in the next few pages, and you will begin to feel more peace of mind than you ever thought possible!

**LET'S GET STARTED!**

## INFORM AND EDUCATE YOURSELVES

### *Information is Power*

Begin by confronting the problem as a family or “family group”. This is a whole family issue. In many families, the discussions about the difficult issues are denied or avoided. **THIS ISSUE CANNOT BE IGNORED** – your children’s very LIVES are at stake. When you as parents deal with the tough problems your family will grow stronger as a unit and will grow closer together.

**KNOWLEDGE REPLACES FEAR** – DOK Lee first heard that phrase over 40 years ago when he was a “green” 20 year-old recruit. He had been hand picked from the ranks to train to become a member of a top secret, elite commando group. He was the youngest professional soldier ever to qualify for what would become one of the most deadly fighting forces in history.

He vividly remembers the first morning of training. “We were standing at attention in ranks, 200 of us. We all knew that only 10 of us would ‘make the grade.’ The others were all older, most of them bigger and more experienced than I was. It was cold. I was nervous and scared and it was all I could do to keep from trembling.”

“Then the instructor strode up to a podium in front of us,” DOK Lee continues. “He was a powerfully built, older looking Sergeant with a deeply wrinkled, sun-browned face and piercing gray eyes. He looked like he had never known fear in his life.”

‘Some of you boys look scared,’ the instructor finally said. ‘That’s good. Always keep an element of fear. It will keep you alive. But, too much fear can paralyze you. So you have to learn to control fear. Most fear comes from the unknown. Fear comes from not knowing what to do in a given you to know instantly what to do in any situation. You see, boys, **KNOWLEDGE REPLACES FEAR.**’

“That same principal applies today to keeping our kids safe. We have to face our fears and then educate ourselves and our children so that we know what to do, and what not to do. Not only do we need to know how to prevent problems from arising, we need to know what to do if problems do occur.

Fear of strangers, for example, is an emotion that every child should feel. It is a sad commentary on our society that we need to teach children not to trust people they don’t know. This is survival, though. The fact is that open, out going kids that want to make friends with everybody run a higher risk of being fooled or grabbed by an evil “stranger.”

Kids need to be taught that **Stranger** can equal **DANGER**. But, we don’t want them to become so fearful of “strangers” that it affects their social development. We have to offset some of that fear with knowledge.

We need to help kids realize that not all strangers are evil, **but some are**. And, there is no way for them to tell which ones are and which are not. Kids need to understand that they must be cautious and stay out of reach of **ALL** strangers.

This is a hard lesson to teach **and to learn**. An “evil stranger” doesn’t necessarily look or act evil or stranger. Child molesters and kidnapers are manipulative and cunning. They can appear friendly and nice. They can even appear helpless and in need of assistance. It’s tough to have to teach a kid not to help. But, **we have to teach them that they can never make exceptions!**

Listed below are some common lures used by molesters and kidnapers. Think about how these appeals would work on you, and how they would be even more effective on a trusting child:

- I lost my puppy (kitten, etc.), can you please help me find him? He’s scared and hungry and I have to find him. Won’t you please help me?
- I need assistance...could you please help me change my tire (move this box, carry this package, etc.). I’ll give you money if you will help me.
- I’m lost. Can you please give me directions?
- I’m feeling very sick and I’m not sure if I can walk across the street (to my car, to my house, etc.). Can you help me walk so I won’t fall?
- I have a great new game in my car. Come on and we will get it so we can play.
- Your mother was in an accident (your house is on fire, etc.). Your mommy sent to get you. Hurry! Come on quickly!
- Some molesters and kidnapers pretend to be authority figures. They even use fake badges and uniforms to gain a child’s confidence.

Some of these lures would even work on you or other adults. How could a kid possibly know what is true? Again, we have to teach and continually reinforce that kids must stay away from ALL STRANGERS!

Molesters and kidnapers, like all criminals, look for the easiest prey. Kids who display the activities and character traits below can be particularly vulnerable and may need extra attention.

- Kids who hang out by themselves and act like loners
- Kids who stray from, well known routes and take shortcuts
- Kids who blindly obey authority or adults in general
- Kids who are hesitant and have not learned to trust their instincts
- Kids who appear to be starved for affection or seeking attention

It may surprise you to learn that the most exploited age group is actually 10 to 18 year olds. That may be because as kids get older, they begin to lose their fear. They get bolder and more self-assured. Of course, we should support their developing social confidence. But, we have to continue to reinforce the dangers they face every day. Remember that John Wayne Gacy killed 32 young boys. Ted Bundy abducted 27 girls and young women. Both of these mass murderers said that they lured their victims by appearing to be “nice people.”

Fear, then, can be a lifesaving emotion. But fear needs to be tempered with knowledge. Evil Knieval, the famous daredevil motorcyclist, once said that he feels fear every time he climbs on a motorcycle. He said that fear and respect for danger are what keeps him alive.

## COMMUNICATE WITH YOUR CHILDREN

The intent of this guide is to help you a family safety program. The next chapter contains a wealth of information to help you create a safer environment for your family at home and out in the world. Before this information can be truly useful, however, you must develop COMMUNICATION with your kids and within the family unit.

That may sound obvious but there is a big difference between teaching your kids ad communicating with them. You, as a parent or authority figure, can learn the information in this guide and in the video. You might then make up a set of rules and insist that your kids follow them. That would be better than doing nothing, but t would not be the most effective way for them to learn.

In order for kids to develop safety skills that become “second nature” to them, you must **communicate** and **participate**. Kids must assimilate this information and make it “their own.” They do this best with your example and encouragement.

This chapter contains some reminders and suggestions for you, the parent or authority figure. Concerned parents are certainly aware of the value of communication with their kids. Sometimes, though, in the bustle of everyday activities and busy schedules, all of us need to be reminded of some important basics.

Communication with parents builds a child’s self-esteem. This may be the most important asset a child must be confident in his relationship with you and feel that you have confidence in him.

Listed below are some very important areas of family life where every child needs stability, reassurance and communication.

**LOVE:** This must be unconditional. You may not “like” your child at times, when they are “acting up,” but they need to know that you love them no matter what. This does not mean you will tolerate unacceptable behavior. It means that no matter how much they are rebelling, all of this is overlaid on an unshakable foundation of love.

**TIME:** Much has been said about spending “quality time” with your kids. This is important. However, what your kids really need to know is that you are **THERE** for them if and when they need you. You don’t have to be physically present for them to know you are there. They can check in with you through a phone call or even a letter. What is important to establish is that their needs are important in the family and they always can have access to you if they need you.

**DISCIPLINE:** Kids need fair and consistent rules that they are required to follow. Even though they rebel against them, the fact that they are constant gives them a feeling of stability. When the rules are enforced, they realize they are important enough to be looked after.

**ACCEPTANCE:** Although you may have goals and plans for your children, you must remember that for them to develop as individuals, their dreams and their own goals must be supported. Each child has his own unique blend of personality, talents and abilities. Your job as a parent is to validate your children as

human beings, not just “your” children. If they gain acceptance at home, they will be much more likely to succeed in life.

**Respect your children’s feeling.** Never ridicule or dismiss their doubts, anxieties, fears, beliefs or dreams.

Include your children in the important aspects of family life. Ask THEIR advice about family decisions. This will increase their self-esteem and will encourage them to share what is important in their own lives. It is important to stay in tune with what is “happening” in your child’s life, especially as he or she approaches puberty.

One of the most important things you can communicate to your children is that they have control over their own bodies and their own lives. On a recent Oprah Winfrey Show dedicated to the growing problems concerning children’s safety from strangers, J.J. Bitterbender, a retired police detective, was quoted: “Empower your child to say no to an adult, especially in the area of forced affection in the area of forced affection.”

Teach them that they make decisions about their own body and who may or may not touch them, when and how!

Too often parents don’t communicate openly with their children about sex. They will use the excuse: “My child is too young.” A child molester never considers a child too young to become his prey. A convicted child molester has been quoted as saying: “Show me a kid who knows nothing about sex, I’ll show you my next **victim...**”

Another expert on the Oprah show, Dr. Broughton, said: "The majority of things happen to children by people they DO know. That is why it is important to teach your child that he or she has the right to say NO to an adult. They have a right NOT to do things that make them uncomfortable and they have an ABSOLUTE right and NEED to tell their parents or a trusted adult whenever something has occurred that makes them uncomfortable.

Nowhere is the fine line between enlightening your kids and overly frightening them more sharp-edge than when it is applied to the safety concern of sexual abuse, molestation and rape. It is of utmost importance in this realm that your kids be given a thorough and solid foundation of knowledge and be taught to hone their MENTAL safety skills as well as their physical ones. Sexual manipulation and seduction are constantly used to entrap innocent and guideless ADULTS. What chance do our children have? It is up to you to give them not only a chance to prevail in this scary, murky arena but to arm them with the skills and tools to fend off victimization before it can occur. Never has the phrase **KNOWLEDGE REPLACES FEAR** been more appropriate or more necessary.

Overcome your own stereotypes of the "child molester" as a disgusting reprobate wearing a raincoat and exposing himself on street corners. This is probably the least harmful person out there because he is so immediately recognizable and repugnant to your child. The dangerous molester is much more insidious in demeanor and actions.

Abuse means simply inappropriate use. Thus, even if it does not "hurt," any kind of sexual exploitation, games, fondling, exhibition,

photography, pornography, filming, explicit talk between an adult and a minor of any age is inappropriate. Therefore, it is ABUSE and it is a CRIME.

Talk to your kids about sex. Answer their questions as openly and honestly as possible. Do not treat any of their questions as silly or humorous. They will feel embarrassed and close off communication. Let them know if YOU feel uncomfortable talking about sex, too. That will feel embarrassed and close off communication. Let them know if YOU feel uncomfortable talking about sex, too. That will state the obvious and release some of the tension.

Kids become curious about sex and experiment with it far earlier than parents are willing to discuss the topic with them. Think back to your own early childhood questions and experiences concerning sex. How much of your sexual awareness and understanding did you learn from your parents? Very little in most cases. Today sexual imagery surrounds our children as soon as they read a magazine, turn on the television, or venture into any public place.

Your kids will respond to and learn from all of the facts presented to them. Parents must work even harder to present a balanced, honest viewpoint about sexual behavior and attitudes to provide kids with a strong personal belief system so they can withstand the barrage of images, ideas and demands that will constantly assail them as they mature. It is vital to their mental, emotional and physical sexual health that they learn from you the fundamentals to choose wisely in this exciting and dangerous area of their lives.

60% - 75% of reported child sexual abuse cases are committed by an adult acquaintance. It can be anyone: a relative, an extended family member, a neighbor, a priest or teacher. This makes it very difficult for kids and sets up a conflict situation. At the same time as they are being taught to respect and obey their elders, one of those same respected elders may be attempting to abuse them. This is why emphasis must be placed on a child's right to say NO to an adult if he feels in any way uncomfortable when it involves his own body or his personal safety.

Something which may seem perfectly "okay" to your kid at first – such as special attention, simple affection, being treated "like an adult," – can be the abuser's technique for gaining sexual access. It is hard to tell in these cases when the line is crossed into inappropriate discussions of a sexual nature or exhibitionism, pornography, doing "adult" things together. If your child is confident about his sexual beliefs, has good self-esteem and a strong sense of ownership of his body, he will be able to decide when something seems "wrong." If he trusts you and you have developed open and honest communication lines about sex with him, he will turn to you for guidance when a situation developed that he is unsure of how to handle.

Teach your kids the "***My Body is My Business***" Rule. (See 10 GOLDEN RULES OF SAFETY) This can also be thought of as the bathing suit rule. Any parts of the body covered by a bathing suit are your child's private business and **no one has a right to touch them in these areas**. Of course, when undergoing an authorized, supervised. Medical examination, this rule can be

suspended. However, your child still has a right if it makes him or her feel more comfortable.

It is important when teaching children the “bathing suit” criteria for what parts of the body are considered private, not to confuse them by letting them “dirty” or there is something wrong with them. Explain that they are the parts of the body that have to do with sexual pleasure and reproduction, and therefore are shared only after they become adults, and then only with intimate partners THEY choose.

Explain that adults respect children and each other in this way and anyone who try to expose them or hurt them or even play with them is breaking not only a scared trust but also the LAW. It is criminal behavior for an adult to say or do anything sexual with a non-adult even if they do it in a “nice” way. Emphasize to your child that if sexual abuse occurs in any form, it is ALWAYS the adult who is at fault. The child is blameless because the adult has the responsibility to protect the child in the eyes to the community; the family and the law.

Remind your child that not only can they say NO to any kind of unwanted physical affection from an adult, they also can and should say NO if an adult asks him to touch the adult’s “private parts.” With young children, and these discussions MUST begin when your children are young, use dolls and puppets to help demonstrate private areas and appropriate/inappropriate touching. Have your child practice saying NO during these games and act out the characters of the different dolls or puppets. This can be done in a very non-threatening but informative way.

As with other areas of your child's life, keep yourself informed and the lines of communication open. This cannot be emphasized enough. You should know if an adult or older child is spending an unusual amount of time with your child. Do not be embarrassed to confront this person. If there is nothing "going on" and you present your concern being your child's safety, the person in question should react in an understanding and cooperative manner. If the person overreacts or gets angry or acts insulted, those are dangers signs that something inappropriate is occurring, even if it is only in that person's mind. In this case you can congratulate yourself that early intervention prevented escalation of the situation.

Become involved in any after school activities such as sports, music clubs, church youth groups, etc., where teachers, coaches or other adults may develop more "informal" relationships with your kids. Meet these adults and talk with them. Let them know you are involved in your kid's lives. If you cannot be there personally, connect with other parents you trust and share your concerns with them. Ask their opinions of the activities and ask them to keep an eye on your child as well. You can return the favor in kind at another time or setting.

Avoid letting your child go on an overnight trip alone with an adult unless you are absolutely sure of your child's friendship with that adult. Be aware of any outside sources of income your child may have. Do not be afraid to question what tasks the child has performed and under what circumstances for the money earned.

Always let your child respond to or withdraw from proffered affection from other adults, even if they are close relatives, in a

way he or she feels comfortable. Never try to override their instincts by saying: “Now don’t be shy ...go and give Grandpa a kiss,” or “You know Aunt Mary loves to hug you...” You have taught your children that they have the right to decide who has access to them physically. Don’t send a conflicting message by making exceptions to this because the adult’s feeling might hurt. Don’t belittle or apologize for you child in front of anyone.

## **Listen to Your Kids.**

Pay attention to their moods and habits. Abrupt changes in sleeping habits, nightmares, personality traits, after school activities are warning signals. With younger children who are in day-care or with a baby-sitter, if they show any signs of overt sexual behavior or have dreams with strong sexual content, these may be signs of physical or sexual abuse. Change your child's day-care situation immediately and monitor your child closely.

Sometimes physical illness symptoms indicate deeper emotional disturbance or something upsetting in their lives that they are not coping with. Do not be afraid to seek professional help. A child counselor or a family therapist can often help you and your child by providing a safe, supportive environment in which to discover what is wrong. Emphasize to your child that this process is to help and support them and NOT because they are bad or wrong!

Take advantage of everyday family situations to communicate with your children. Talk AND Listen. You can do this at bedtime with younger children, while doing household chores such as laundry, cleaning, or while helping them with their homework. Once a week, have a family outing together and use it as a time to discuss everyone's concerns and the events of the past week.

Stay informed about your kid's leisure activities. The more you know about your children's interests, friends, concerns and daily routines and hang-outs, the more equipped you will be to help keep them safe.

Set limits on their television consumption. Watch television with your children to find out what they are choosing. Let them know what you think in a non-judgmental way. Make them know what you think in a non-judgmental way. Make rules about items that are not allowed in your house: these may include weapons, drugs, tobacco, pornography, music, videos, or games that promote violence. Establish these rules as part of your kid's cooperation.

Emphasize that you do respect their privacy but that the safety of your family must be the primary concern.

Encourage them to include you when they are confronted with choices concerning drugs, guns, bombs, pornography, racism, violent game; whether on the computer, at the local newsstand, among their friends, or simply in the music and entertainment business.

Now that you have established open lines of communication in your family and have taught interdependence among the family members, you will be able to press your kids for information without being shut out. You have laid the foundation for the next step in your family's path to safety which is to **CREATE A FAMILY SAFETY PROGRAM.**

## **CREATE A FAMILY SAFETY PROGRAM**

After you have reviewed all the material in this booklet, you will have a good idea of what a Family Safety Program consists of. Begin to create your family's program by holding a family meeting. Introduce the topic of family safety at this meeting. Be brief. Don't overwhelm your kids with details at first. A great way to spark interest is through the **Kids' Protection Video**.

Kids will be able to instantly relate to DOK Lee as a strong authority figure. He is big burly, man who has lived the kind of adventurous life that movies are made about. He is a real live "hero" and a deadly fighting machine, even at 60.

Yet, Lee is also a concerned, caring man who genuinely loves all kids. It is uncanny the way kids gravitate him. They see him as a big, gentle man with a gray beard and a deep booming voice. They trust him immediately and they LISTEN to him.

Kids love the fact that the designation DOK (pronounced "doc") means "Defender of Kings." Lee earned that title as a Master of the ancient Egyptian self-defense art of KUTA. He is the only man live today who holds that honor. This is kind of true story that kids find irresistible.

DOK Lee's Video can be the building block for the development of your Family Safety Program. We suggest that you watch the first few minutes of the video before watching with the kids.

Depending on ages of your children, you may want to explain some of the scenes as you first view it together. Do not hesitate to se the PAUSE button and ask for reactions from your kids. Use

the video interactively as a way to bring up the subjects of safety that are appropriate to your particular family.

The purpose of the video is to make your children aware of situations that they might be confronted with and to give them the tools to get out of these situations quickly, safely and unharmed. They will be able to **GET OUT OF BEING GRABBED AND GET AWAY FAST!**

It is important to note that DOK Lee does not teach aggressive behavior in this program. He first teaches kids how to recognize danger and how to avoid strangers. Then he teaches them basic strategies and specific moves that are easy to learn and execute. These moves enable them to break away from a stranger's hold.

The video is entertaining and fun and can be used over and over again in conjunction with **PRACTICE, PRACTICE, PRACTICE!** Part of your Family Safety Program.

At this family meeting, introduce the **10 GOLDEN RULES OF SAFETY**. Through discussion of these Rules, you can begin to shape your Family Safety Program. Get specific about schedules, procedures, procedures for leaving messages, etc. Choose your first family password, and communicate!

# **FAMILY SAFETY PROGRAM**

## **Safety Information File**

Create a Safety Information File for a each member of your family, including adults.

Each file should contain:

- 1) A card in the file with a full physical description of each family member: height, weight, hair color and length, birth marks, etc.
- 2) Obtain copies of each family member's medical and dental histories and keep them in the appropriate file.
- 3) Fingerprints: make this procedure a part of one of your family safety days. Purchase a fingerprint kit and have everyone in the family fingerprint each other. Keep a good, clean set of fingerprints in each person's file.
- 4) Keep current photos of all members of the family in the file. Younger children's photos should be updated every three months. Older children and adults can be updated once a year. Use a school photo but also include photos taken a birthday celebrations, anniversaries, holidays. Having photos available that are taken at different times of the year is especially helpful.
- 5) Make a separate video for each family member. Have the person take about themselves, describe themselves and take about their likes, dislikes, etc. Then video them doing something active such as washing the car, playing with the family member's

name, age and the date the video was take. Update these every six moths to a year. Do not tape over the previous one but simply add to it. Cross-reference the location of the videos in each family member's file.

6) Additional information which should be kept in the file:

- Family member's birth certificate
- Blood type
- List of medical problems that might require medication
- Allergies
- Eyeglass prescription
- Directory of school and neighborhood friends, equivalents for adults
- Directory of teachers, coaches, doctors, counselors-same for adults
- Description of interests and recreational activities
- Places and phone numbers where family member often goes
- Family safety password
- Maps of each family member's daily routes, including SAFETY ZONES

Much as we teach our children safety rules about fire, traffic, sports, using kitchen or garden tools such as knives, blenders, lawn mowers, ladders, etc., we can teach our children crime safety rules and techniques.

***Charity Begins at Home:*** Letting your child know he is loved and building his self-esteem gives him a solid foundation to walk through the world safely.

***Sex Begins at Home:*** Teaching your child the fundamentals of sexual behavior and morality gives him a code of ethics to adhere to so he walk through the world safety.

***Safety Begins at Home:*** Creating with your child a secure home and a home-based Family Safety Program gives your child an arsenal of safety skills which allow him to walk through the world safety.

## Some Safety Tips for Securing Your Home

Include your house and grounds as part of your Family Safety Program. Emphasize to your children that this portion of the FSP is not only about keeping your possessions safe. It is more about protecting your family a\from intruders and maintaining your home as a safe haven for your family.

- Make sure all exterior doors are strong, well-hinged and have secure locks.
- If doors have windows that can be broken to give access to locks should be that must be unlocked with a key.

**MAKE SURE ALL MEMBERS OF THE FAMILY KNOW WHERE THE KEY IS KEPT IN CASE OF AN EMERGENCY REQUIRING QUICK EGRESS FROM THE HOUSE.**

- If you live in a crime-prone area, further secure your doors with a wedge or brace that is strong but can easily be opened from the inside.
- Don't leave extra keys in the usual outdoor hiding places such as under the doormat. Instead, make sure each family member carries a key.
- Secure sliding glass doors with a locking metal rod or piece of wood that prevents doors from sliding.
- You may want to install extra window locks. Ordinary sash fasteners offer little resistance to burglars. Again, make sure your family members are well drilled in how to open the windows easily in case of emergency.
- Teach your kids how to lock doors and windows and make sure they have a routine for doing so whenever they are home alone.
- If appropriate and you can afford it, install an alarm system. Some insurance companies offer a discount if you have an alarm system.
- Consider getting a dog. A dog can be a great "alarm system." He alerts the family by barking and also alerts the burglar to his presence. A dog lends an added sense of companionship and security if children are home alone. Don't get a dog simply for protection if it doesn't suit your family's needs and desire in other respects. A dog needs to be fed, nurtured, trained and paid attention to if he is going

to be a dog, get a “barking dog” alarm system. Some are very realistic.

- Keep your house well lit at night, especially in areas where a thief might hide. Leave lights on inside your house at night both when you are at home and when you are not.

## Safety Tips for Kids in the Yard

- Always be aware that your children are at risk while outside playing, even if that risk may be minimal.
- As a rule, don't let one child play alone outside. Especially with a younger child, coincide your outdoor yard work with our child's outdoor play time, or sit outside and pay bills, read or just relax.
- Teach your child at a very early age to always call you if ANYONE comes in the yard. Teach your child to be alert. (This is another instance where a family dog is a great protector.)
- If you can arrange with a neighbor to have your approach a group of children. Make sure all children are well drilled in the Family Safety Program and in DOK Lee's GET AWAY YELLS and MOVES.
- If you have a gate, attach a bell, attach a bell to it so you are alerted when it opens.

## Tips on Employing Caretakers, Baby-sitters and other In-house Help

- Always get references and use them. Even for occasional help, if they are going to interact with your children, you need to know they are trustworthy. Ask probing questions when you call to check references. Get specific answers so you can judge if this person is a genuine reference or is pretending to be one as a “favor” to the person you are considering for employment.
- Try to use only bonded workers for maintenance and repair in and around your home. Never schedule workers to be in your house when you are not there supervise, especially if your children are at home
- After you have found a baby-sitter you trust, give him or her complete instructions including an easy to use emergency phone list.
- Never allow your baby-sitter to have “company” when he or she is on the job. Remember, the sitter is being paid to watch your children, not to entertain friends.

## Some Scary Facts About Guns in the Home

- Guns in the home are 40 TIMES more likely to shoot (accidentally or otherwise) a family member or friend than an unknown intruder.
- More than 10 children per day die in the US as a result of being shot.
- More than 1 million kids spend time at home alone in a house where there is a gun.
- Almost 90% of kids who bring guns to school have brought them from home.

Personalize your Family Safety Program. Give each child a responsibility. One child can choose the password each month, one can choose the practice scenario. One can assign the roles. Teaching them to be proactive and take responsibility acknowledges their own power and importance and goes a long way towards having them internalize the content of material.

Use DOK Lee's video as part of the practice sessions and if you have access to a video camera, make your own family videos. Begin a Family Safety Movie Series. Make the process fun. This is a serious subject but it can also be a vehicle for a family good time. As the kids see their proficiency growing, their confidence and abilities will increase dramatically.

During one of your monthly FSP meetings, get your kids (with your help) to draw maps of the routes they take for their daily activities. Then as a "homework" assignment, have each of them find and choose places along each route that can be marked on the map as SAFETY ZONES. This could be a neighbor's house,

restaurant, a library, the fire station, even a neighborhood convenience store. Have them choose places that are open or “available” at different hours and have them memorize the available hours. If your kid is ever confronted by an attacker along one of his regular routes, after he has used his DOK Lee moves and responses, he can run quickly to one of these SAFETY ZONES. This is another example of KNOWLEDGE REPLACES FEAR. Not only is your child now confident that he can get away from danger, he knows that he is not just running away from danger, he is running TO SAFETY.

Do not use name tags on children’s clothing and also tell your kids not to use their names on novelty items like license plates from their bikes or larger visible names on their jewelry or hats or backpacks. Name recognition is a common lure a kidnapper will use. Kids respond when they hear their own name and often assume the person who calls their name knows them and is therefore “safe.”

As parents you will find you will find you are learning as well as teaching. Although the emphasis here MUST be on the kids, many of these techniques will help adults in you daily interactions in the world. Remember the FSP is only effective if:

- the information is correct and up to date
- the family participates and takes it seriously
- it is used to enhance family togetherness.

Now you have set the Family Safety Program in motion. The next step is PRACTICE, PRACTICE, PRACTICE!

## **PRACTICE, PRACTICE, PRACTICE!!!**

Now that you have developed your personalized Family Safety Program, there is one more step to make it work. This is the most important and unfortunately the most often neglected final piece of the puzzle. The key element in the effectiveness of your FSP is to **Practice, Practice, Practice!** You have all the tools at your command. This is the implementation stage. Unless you continually practice the techniques you have learned with your family, they will not be on the alert.

The only way to keep your family aware of the importance of the Family Safety Program is to keep it constantly at the forefront of family business. Keep the 10 Golden Rules of Family Safety up on your refrigerator. Make copies at the office or the corner drug store and have your children keep the Rules in their school notebooks.

Schedule a monthly Family Safety Day. Plan a Saturday morning or Sunday evening... some time period of 2 hours or so when ALL members of the family are present. Use DOK Lee's video, create your own family video, change your password, practice your get-away moves, make up possible scenarios that could happen to your children in their daily lives. Don't dwell on the danger; rather emphasize your kids' abilities to recognize, respond and get away. Use positive reinforcement. Remember, building confidence and self-esteem is as important as helping your kids to hone their skills. Use this family time to bring up any incidents that may have happened to or been witnessed by your children over the past month.

When you first begin this program, it a good idea to add a separate session during the month specifically to practice the DOK Lee moves. This can be set up more informally. Two of your children can work together for 15 or 20 minutes as part of the homework, once a week. They can “show-off” what they have learned at the monthly family meetings.

Be creative. Make these sessions fun and relevant to your family. As your family works together to become safety conscious, it will become stronger and closer as a family unit. Keep the Family Safety Program flexible and constantly adapt it fit your kids’ changing needs and circumstances. As they begin new activities, make new friends, etc., update all the Safety Information in their files. At the end of each school year, hold a special Summer Safety Program meeting. Your children’s schedules, destinations, and routines will be different in the summer and your FSP must reflect these changes.

At the beginning of the next school year will be an excellent time to update everyone’s files with pictures, videos, contacts, school information, maps of routes, etc. This can be done about the 3rd week in September, after the first flurry of activity has settled down. Don’t forget to update the adult files as well. Remember, in order to make the FSP work, you as parents and other adults in the family unit must participate fully. This is especially true with respect to keeping other family members informed about **your** schedule, routines and contracts. Leave messages when you are going to be late. Keep your kids informed. If you take the FSP seriously, and serve as a role model, the kids will follow your lead and won’t feel the rules are there just for them. You will gain their cooperation, not their resistance.

**You have become aware of the seriousness of the problem of safety for your kids.**

**You have educated yourselves to the specifics to this issue and discovered the empowering adage: *Knowledge replaces fear.***

**You have communicated all you have learned to your children in a thorough and caring manner.**

**Together with them, you have created and built your personalized Family Safety Program.**

Now you are well prepared to put your plan into action. As with any other discipline, whether it be becoming an accomplished pianist or a winning quarterback, practice is the key to success. Remember to make this a family game. Even though the subject matters are crucial to your children's well-being, the FSP must contain elements of fun, creative energy, growth potential for your children of they will not stick with it or embrace it as their own. Make it challenging, not boring.

Set an atmosphere of family togetherness when you practice and work as a team. Develop a family logo, get T-shirts made for FSP practice days. Be creative. Instill competitiveness but always keep in mind that "winning" at this game means the safety of your children and your family as whole.

Use all the components of your FSP in your practice routines, but vary them. Practice with DOK Lee. Switch roles often as the "grabber" and "grabbee". Remember, don't simply instruct, PARTICIPATE.

If you don't own a video recorder, rent one for a day and create your own scenes that match your children's daily lives. This would be a good time to make your family member video record for your Family Safety Information File.

Set up a contest for "best password" or "password of the month," and give prizes. There are many ways to add to and embellish what is presented here. Your family is unique. Many of the specifics contained within this booklet will have to be adapted to fit your particular situations. Use your family resources and circumstances to make the Program as unique as you are. Be flexible, be creative, but also be vigilant. The lives of your children and even your own depend on your persistence. Don't procrastinate. Do it NOW and... JUST KEEP PRACTICING!

## 10 GOLDEN RULES OF SAFETY

These rules are an important part of your Family Safety Program. They apply to kids of all ages and some are good for adults, too. Older kids can adapt the rules to apply to their lifestyles and choices and can help the family by teaching the rules to younger kids in the family as part of the Family Safety Program. The rules can be modified according to the age, maturity and level of responsibility of each child in your family. Just as the FSP must be personalized to suit your family's specific safety needs, the 10 GOLDEN RULES OF SAFETY must be integrated into your family in order to serve as an accurate safety tool.

The 10 rules are listed in an expanded form in this chapter of the guide. Use this set of rules when you and your kids are learning and discussing how the Rules apply to your family. The Rules appear again at the end of the section (**Quick Kid's Version**). These can be photocopied and placed as a reminder in each child's room or school or school notebook. If you have a home computer or have access to one at your school or library, encourage your children to make special notations that apply to them individually for each Rule, and print a copy for each member of the family.

## 10 GOLDEN RULES FOR SAFETY

1) **Strangers ---->> Danger:** I never talk to strangers, go anywhere with a stranger; take anything from a stranger, go anywhere with a stranger, take anything from a stranger or help a stranger.

Never offer personal information to a stranger such as your name, address, age, or the name of the school you attend. Never go up to a vehicle that stops near you, even if the driver asks you to. Do not respond to pleas of assistance. If you feel the person is genuinely in need, yell to them that you will run and find help or call the police.

A stranger can be ANYONE you do not know and trust personally. Even someone in a uniform could be acting a part to lure you away from safety.

2) **My Body is My Business:** If someone asks personal questions or touches me in ANY way that makes me feel uncomfortable, I will tell that person NO and afterwards I will always tell my parents or an adult that I trust.

Even if this person is a friend or relative and they just want to hug or kiss me, IF I FEEL UNCOMFORTABLE WAY, I always tell my parents or another adult whom I trust about what happened.

Be alert to verbal clues: if someone says something like: "This can be our secret," or "Don't tell anyone, especially not your mom," when they are suggesting something they want to do to you or with you, or somewhere to go, this is a warning alarm. Be **smart**. You can outsmart an adult because they expect you to fall for their "cons" and "one-liners" and don't know you have your FSP tools and knowledge to alert and protect you.

3. **ET Phone Home:** If I am going to be home late, even if it is only a few minutes, I ALWAYS phone home.

Remember this is part of your FSP. It is not because your parents don't trust you. It is a part of the rules and codes you have created to protect each member of your family. If this one is broken, your family will be on alert and you may cause unnecessary worry. Use the answering machine if you have one at home and let your family know where you can be reached. Every member of the family adheres to this rule, even the adults.

4. Permission Granted: Before I go anywhere with ANYONE, I get my parent's permission.

This includes other adults, even teachers or other kids' parents. This rule is equally as important in the FSP. Remember, you have established certain routines and location that your family knows about. Any variations from these must be logged into the Family Safety Program. Again, these rules are what helps make the FSP run smoothly. They protect all members of the family so everyone must abide by them.

5. Safety in Numbers: When I am away from home, I remember to stick close to my friends or stay in well-populated areas.

If my friends decide to do something or go somewhere and I do not feel comfortable or safe going along, I will immediately go somewhere safe and populated (like a restaurant or library or store) and call home to arrange transportation if I need to.

Remember to follow your own instincts. This rule is important because in general it is safer to be among your friends and in a populated area. But if your friends decide to go somewhere dangerous or do something foolish, it is up to you to use your Family Safety Skills to make a mature decision and break away from the group safely. Or, if you are in a populated area that suddenly becomes dangerous due to an impending riot or a traffic accident, for example, your safety skills and your common sense will help you move to a safe location.

6. Safe Passage: I ALWAYS follow regular routes to and from regular routes to and from the places I go during the week, routes that are part of my Family Safety Program.

I never take a short cut through an unpopulated or unfamiliar area, even if it is with my friends.

When you find a new activity that requires you to take a new route or you find a new one you enjoy going, bring it back to the FSP, create a new map and find new Safety Zones along the new route. The FSP is always changing and adapting to each family member's requirements. It is there to serve you. You are not a captive of Rules and Regulations. As long as all family members communicate and agree, new ideas and routines can be incorporated at any time. Safety is always the primary concern, however, not convenience and not simply on someone's whim.

7. Sacred Trust: I keep our family password a secret. I will never go anywhere with anyone who cannot tell me the current password.

As you learned when developing your Family Safety Program, the password is essential to your safety in an emergency. If someone you don't know has been sent by your parent to pick you up or give you information, do not go with them or listen to them until they have told you the current family password. You and your family will have decided on how often the password is changed, so you will know which password is right one. Don't EVER tell anyone outside your Family Safety Program members the password. Doing that would make it completely useless, and you never know when a family member might need it. If you tell someone by mistake or someone guesses it, call a family meeting immediately and choose a new password.

8. Caller ID: When I answer the telephone, I never give an unknown caller any information about myself or anyone in my household. I never say or let the person think that I am home alone.

If I feel uncomfortable about what the person is saying or why they are calling, I immediately hang up and call the police or the telephone company to report the call.

You and your family can decide what the best procedure is in your home, but in general it is a good idea NOT to let the phone ring a long time or go unanswered because someone may then think there is no one home and may come to try to break into the house.

9. Knock, knock, Who's There?: I never open the door in my house or anywhere I am staying to anyone I don't know. I never let anyone think I am alone.

This is also true if I am staying with relatives or in a hotel. I simply say, for example: "No one is able to come to the door right now. I don't know who you are please go away or I will tell my parents (brother, aunt, etc.) and they will call the police."

If someone is trying to gain unauthorized access to your house, they might try to trick you. Be **smart**. You know the tricks and you just have to stick to one rule: DO NOT OPEN THE DOOR. Whatever they say, whether they have a package to deliver, or claim to be the repairman, the cleaning service...simply say: "No one can come to the door right now, please come back tomorrow." If they persist, call the police or a neighbor or one of your emergency numbers and tell the person that the police are being called.

10. Get Away Fast: If anyone ever tries to grab me or make me go with them, I start to yell and remember and use all my DOK Lee get-away moves and WHEN I get away, I run as fast as I can, still yelling as loudly as I can.

The first thing I do is yell very loudly, repeatedly: “DADDY, DADDY, HELP, HELP” and scream yell without stopping. (Older kids and teenagers can just yell NO, NO, NO!) I use all my DOK Lee get-away moves and at the same time I yell squirm and kick and WHEN I get away, I run as fast as I can, still shouting as loudly as I can.

Remember the SAFETY ZONES on you map in your SAFETY ZONES on your maps in you Safety Information File. Always run towards a safety zone in the opposite direction of where the assailant is. Do ALL the following things:

- Yell, Loudly and Repeatedly
- Perform Your DOK Lee Moves
- Get Away Fast
- Run to a Safety Zone

If you study these rules together as a family and modify and adapt them to work for your family’s particular needs and then you ALWAYS follow them, you will have a solid cornerstone of Family Safety in place.

## 10 GOLDEN RULES FOR SAFETY

- 1) **Strangers ---->> *Danger***: I never talk to strangers, go anywhere with a stranger; take anything from a stranger, go anywhere with a stranger, take anything from a stranger or help a stranger.
- 2) **My Body is My Business**: If someone asks personal questions or touches me in ANY way that makes feel uncomfortable, I will tell that person NO and afterwards I will always tell my parents or an adult that I trust.
- 3) **ET Phone Home**: If I am going to be home late, even if it is only a few minutes, I ALWAYS phone home.
- 4) **Permission Granted**: Before I go anywhere with ANYONE, I get my parent's permission.
- 5) **Safety in Numbers**: When I am away from home, I remember to stick close to my friends or stay in well-populated areas.
- 6) **Safe Passage**: I ALWAYS follow regular routes to and from regular routes to and from the places I go during the week, routes that are part of my Family Safety Program.
- 7) **Sacred Trust**: I keep our family password a secret. I will never go anywhere with anyone who cannot tell me the current password.
- 8) **Caller ID**: When I answer the telephone, I never give an unknown caller any information about myself or anyone in my household. I never say or let the person think that I am home alone.
- 9) **Knock, knock, Who's There?**: I never open the door in my house or anywhere I am staying to anyone I don't know. I never let anyone think I am alone.
- 10) **Get Away Fast**: If anyone ever tries to grab me or make me go with them, I start to yell and remember and use all my DOK Lee get-away moves and WHEN I get away, I run as fast as I can, still yelling as loudly as I can.