



FAMILY SAFETY MANUAL

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KIDS

Personal Empowerment Safety Education™

FAMILY SAFETY MANUAL



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CONGRATULATIONS!!



Your Instructor has granted you the opportunity for extended personal safety development.

This policy encourages you to return and practice your skills at any radKIDS® Program offered anywhere, regardless of instructor.

Please return as often as you wish, completely cost free until the date of your 13th Birthday.

Instructor Signature

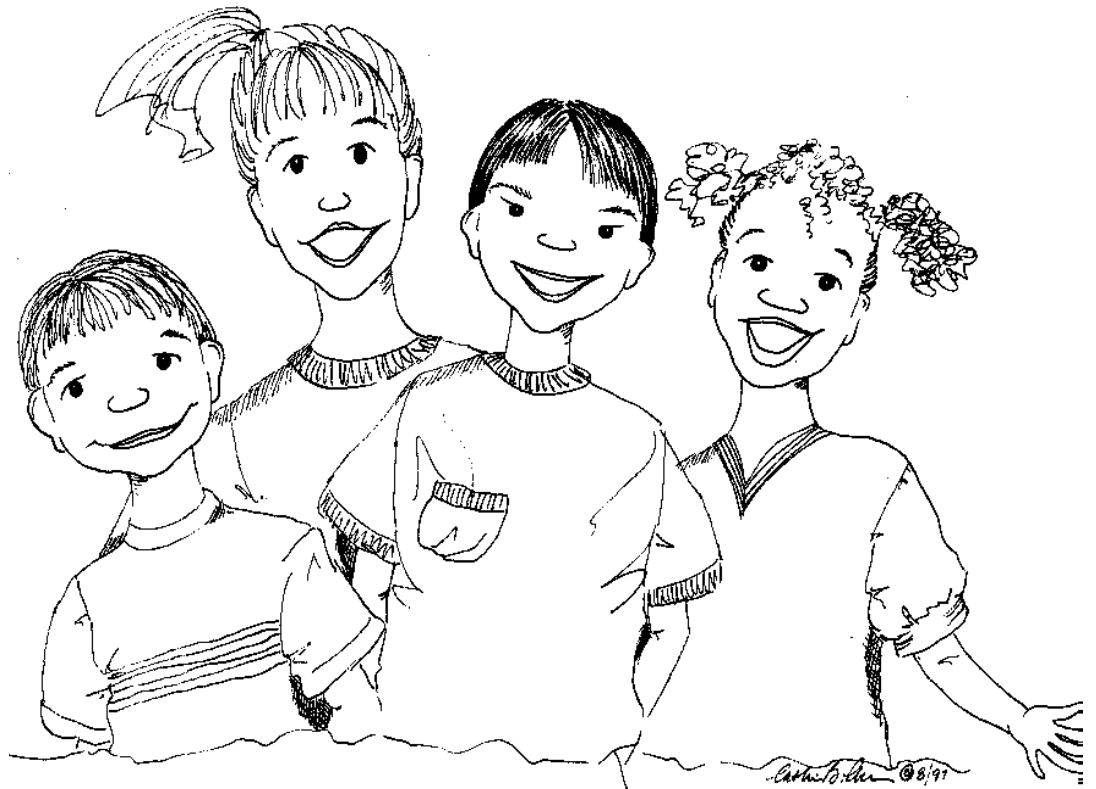
Today's Date

Expiration Date

The above signed instructor is currently certified by radKIDS Inc. Any signature other than that of a currently certified instructor indicates a violation of applicable copyright law.



INTRODUCTION



HI! WELCOME TO radKIDS®! We think it's really great you have decided to learn more about safety. Safety is important, and there is so much to learn. We are radKIDS too, and we're here to help you. Each one of us has important information to share about all sorts of things. We hope you have fun using this manual and that you will remember to use what you learn with radKIDS everyday.

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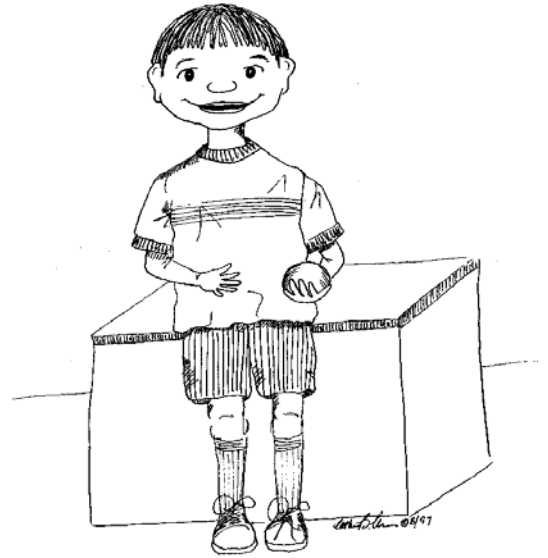
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MEET THE KIDS

HI! MY NAME IS SAM.

I am 5 years old and in Kindergarten. I am going to be talking to you about Vehicle Safety; that is safety around cars and buses and trucks and stuff. I'll even get to talk to you about my favorite... bike riding!



HI! I'M JAZZ.

I am 7 and in the second grade. I will be talking to you about the radKIDS Class Rules, and, since I love school, I asked if I could be the one who tells you about staying safe there. So, you'll find me there too. See you in a couple pages.



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HI! COREY HERE.

I am 10 and in the fourth grade. I am going to be giving you tips on how to stay safe at home and when you go out to the mall, arcade, playground... just out-and-about in general, See ya then.



HELLO! MY NAME IS JENNIFER. I am 12 years old and in the sixth grade. I am going to talk to you about radKIDS Plans, 9-1-1, strangers, different types of touch, private parts and some other things in a section called “Definitions”. I will also be talking to you about something that happened to me a while ago. See you there!

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CLASS RULES



CLASS RULES

1. Walk, Don't Run.
2. Keep hands, feet and objects to yourself.
3. Use a quiet voice.
4. Raise your hand and wait to be called on, don't interrupt.
5. Follow directions of your instructor/teacher.
6. Be polite and respect others.
7. Ask questions.
8. Do not use equipment without permission.
9. No competing or practicing with classmates.
10. Report any injuries right away.
11. No horseplay.
12. When you see the closed fingers raised, be quiet.

HI! IT'S ME JAZZ AND I'M HERE TO TALK WITH YOU ABOUT RULES.

Just like there are rules at school, there are rules here in radKIDS class. And, like at school, the rules are there so that everyone stays safe and has the chance to learn. If you have any questions about the radKIDS Class Rules ask a parent or your Instructor.



We are really glad that you are joining us so that you can become radKIDS too. Do you know what a radKID is?

A radKID is a cool kid that doesn't let anyone hurt them!

You know why? Because radKIDS know three things that only radKIDS know. We call them the radKIDS rules. Now that you are a radKID you need to know them, and the first one is;

“No One has the Right to Hurt You,” because you are special. You are so special that we don't even know what you are going to be when you grow up, and that is cool because you can be anything you want to be.

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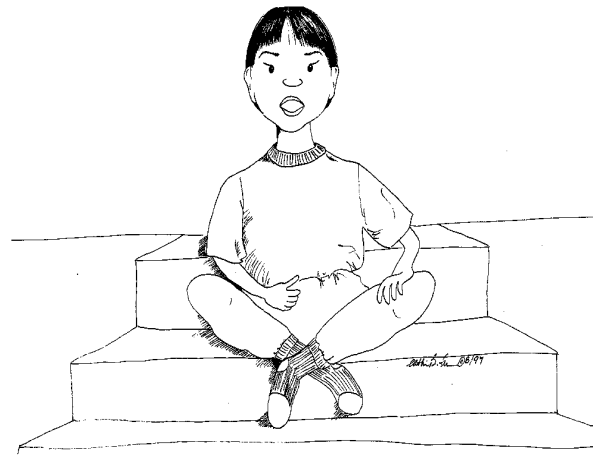
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radKIDS also know that, as a radKID you don't have the right to hurt anyone else, **UNLESS** someone is trying to physically hurt you, and then you have the right to **STOP THEM**, and radKIDS learn how to stop anyone who tries to hurt them.

The last thing that all radKIDS know is probably the most important thing, do you know what it is?

All radKIDS know that if anyone ever tries to hurt you or has hurt you before, **“IT IS NOT YOUR FAULT.”** It's never your fault when someone hurts you, tricks you or makes you feel bad. It's their



fault for hurting you. So, since it's not your fault you can tell.

As a radKID, you can tell because, NO one has the right to hurt you, and it's not your fault.

That's what all radKIDS know. Cool huh? Well, now that we know this, let's see what else we can learn to stay safe.

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DEFINITIONS

Hi everyone! It's me Jennifer. I am here to talk to you about some very important things.

radKIDS Plans

We are going to talk a lot about these plans in radKIDS. A radKIDS Plan talks about the things you can do in a certain situation to avoid or escape danger. It's important to know what to do if an emergency happens.



Do you know what an emergency is ?

An emergency is something that happens that you need to get help for right away. Some examples of emergencies are: **1** someone gets very sick or badly hurt and needs a doctor fast; **2** you need a police officer; **3** you need a fireman; or **4** you are scared, alone, and need help. Remember, **YOU** are always the most important emergency.

A radKIDS Plan will help you to prepare for emergencies and avoid or escape danger.

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9-1-1

Have you ever heard of 9-1-1? I bet you have. You probably know that it is the number you dial on the phone to get help in an emergency. Do you know how to use the phone at home or a pay phone on the street to call for help?

- ❶ Dial 9-1-1 or “0” for the operator. If you are at a pay phone you won’t need any money to call these numbers
- ❷ Stay calm.
- ❸ Speak slowly.
- ❹ Give your full name.
- ❺ Tell the person what is wrong.
- ❻ Tell the person where you are. If you don’t know where you are, just stay on the phone and they will find you.
- ❼ Follow the 9-1-1 person’s instructions very carefully.
- ❽ Stay on the phone until help arrives.

What might a 9-1-1 operator ask?

Pretend someone you don’t know tried to grab you in front of your home, and see if you can answer the following questions...

9-1-1 operator. What is your Emergency?

Do you know where you are? (your address)

What is your name?

Are you OK? Were you hurt?

How old are you?

Is the person still around?

What did the person look like?

Just hang on the line, help is on the way. Don’t hang up.

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- Homework Drill
- Parents Cell Phone Emergency Drill

What if you need to call from your Mom or another grown-up's cellular phone (that's the one she carries in her purse or leaves in the car)?

- ☐ First, make sure to turn the power ON. Then, dial 9-1-1 and hit the "SEND" or "ENTER" button. It usually has green letters. If they have a cell phone, ask the grown-up(s) you live with to show you how to dial 9-1-1 SEND on their cell phone.

Do you need money to call 9-1-1 or "0" from a pay phone?

- ☐ No.

ESCAPE ROUTES

An *escape route* is the path that you follow to get from some sort of danger to a safe place. Most of you probably have an idea of what an escape route is from your fire drills at school. In school fire drills, your escape route would be the path you follow through the hallways to get to the nearest exit.

Escape routes are important because they lead you from danger to safety. Most of the time safety means either an *exit* (if you need to escape from a building) or a *trusted grown-up* (if you need to escape a dangerous situation). When you go out, try to be aware of how to get from where you are to an exit and/or trusted grown-up should you need them.





STRANGERS

Do you know what a stranger is? Most people think a stranger is anybody that you don't know very well. radKIDS know bad strangers can come in all shapes and sizes. Strangers can be young or old, pretty or plain, tall or short. They can be 5-105. I used to think people weren't strangers if I knew their names; now, I know that's wrong. You can know someone's name, but still not know them well. I also thought if someone was a stranger that meant they were bad, and I should be scared of them. That's not true either. Most people you don't know are nice and won't do anything to hurt you. You just need to be careful and learn to trust your feelings about people, and the things they do. If anybody does something that makes you feel bad or confused, or hurts you it's important to find someone you love and trust to talk to about it. As radKIDS we know there really are no strangers, just good people and bad people.

Good people are people that don't try and hurt us or make us feel bad and they don't ask us for help or give us anything without mom or dad's permission. They definitely don't try to trick us.

A Bad person is anyone who tries to hurt us, trick us or make us feel bad inside. They can be 5-105 years old. They even can be someone you know.

All radKIDS know that anyone who tries to hurt them trick them or make them feel bad inside is a bad person.



- radKIDS ON...
What's the Password?
- radKIDS Homework

People may even ask you to help them or offer you free stuff without mom or dad's permission. radKIDS say, "NO," and run to a grown up they trust. radKIDS are cool kids. You can and should trust your instincts. If you think anything is not right, run and tell someone you trust. If they don't believe you, keep telling until someone does. Always remember, it's not your fault if anyone hurts you. It's their fault.

TRICKS

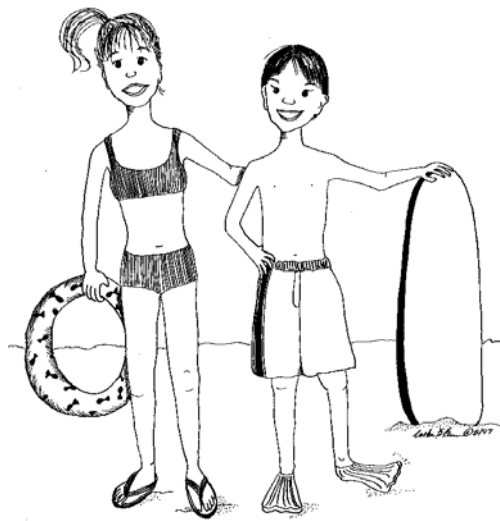


When we talk about tricks in radKIDS we're talking about the things people say or do to make you believe something that isn't true. They try to trick you so that you will do something they want you to do that may not be good for you and may even be dangerous. They may tell you they lost a cute pet and want you to help them find it so that you will follow them away from safety. Or they may tell you there is an emergency at your house, and they were sent to get you, again so that you will follow them away from safety. It's important to know about the different kinds of tricks people may play so you can avoid dangerous situations. We will talk about those tricks and others later in the manual along with our radKIDS Plans for what to do if someone tries them on you. For now, you should know it's OK to say "NO" to a grownup. And if anyone



asks you to do something you're not sure of or that means following them out of sight of your parent or the person taking care of you, than you should say "NO!", GET AWAY FAST and TELL a trusted grown-up what happened.

PRIVATE PARTS



Have you ever heard of *private parts*? Do you know what they are? Private parts are the parts of your body that are private. That means those parts of your body are yours and yours alone, and no one is allowed to touch them without your permission.

They are the parts of your body that are usually covered by a bathing suit. If anyone ever tries to touch your private parts or wants you to touch theirs you should say "NO" and tell a grown-up you trust.

radPARENT'S Note: Feel free to take this opportunity to introduce your child to the proper private parts terminology should you feel it appropriate.



GOOD TOUCH, BAD TOUCH, AND UNCOMFORTABLE TOUCH

We will talk more about good, bad, and uncomfortable touch in their own sec-



tion later in the manual. But for now let's define the terms.

Good touch is a hug (that isn't too tight) or a high five from Mom that makes you feel good inside.

Bad touch is a touch that hurts. It may hurt your body, or it may make you feel bad on the inside.

Uncomfortable or Unwanted touch makes you feel strange on the inside—kind of yucky. Or when someone touches you and you just don't want them to, it may not hurt but you just don't want them to touch you and radKIDS don't have to let anyone touch them if they don't want them to.



Here's our first radKIDS Plan:

What is our
radKIDS Plan if...

you need to use the phone to call for help in an emergency?

- ▶ Dial 9-1-1 or "0" for the operator.
 - ▶ Stay calm.
 - ▶ Speak slowly.
 - ▶ Give your full name.
 - ▶ Tell the person what is wrong.
 - ▶ Tell the person where you are. If you don't know where you are, just stay on the phone and they will find you.
 - ▶ If you can't stay on the phone or talk don't hang up, leave the phone off the hook.
 - ▶ Follow the 9-1-1 person's instructions very carefully.
 - ▶ Stay on the phone until help arrives.
-
-

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RISK REDUCTION

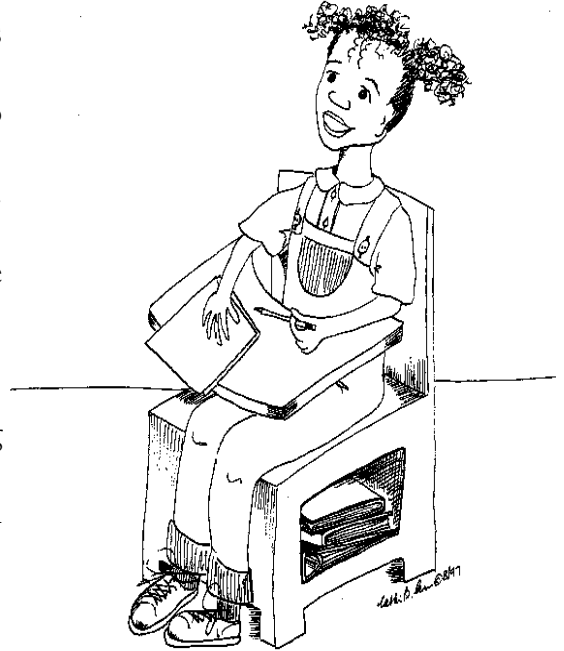
SCHOOL SAFETY

Hello Boys and Girls!

My name is Jazz. School can be lots of fun. But, it's important to do what you can to stay safe there.

Here are some of my favorite School Safety Tips:

- ➊ Always take a buddy along when walking to and from school.
- ➋ Take the safest way to school and take the same route every day. Don't walk near deserted lots and alleyways.
- ➌ Never leave a schoolyard during school hours without first getting your parents and teacher's permission.
- ➍ Never leave school with someone you don't know. Always tell a teacher or trusted adult if anyone you don't know or someone you haven't been given permission to leave with, asks you to leave school for any reason.





- radKIDS ON... Bullying
- radKIDS ON... School Violence

- 5 Don't take drugs, alcohol, or cigarettes from anyone. Always say "NO" and get away fast..
- 6 Tell a trusted adult if anyone touches you or makes you feel scared or uncomfortable.
- 7 Let your parents know if you must stay late after school.
- 8 When leaving school, go straight home. Do not stop to play with friends unless you have permission first.
- 9 Tell your teacher or trusted adult if someone you don't know offers you candy, gifts, or to take you for a ride.
- 10 Taunting and teasing can hurt friends and make them feel bad.

If someone is teasing and you both think it is funny then that is not teasing that is joking, but once someone feels bad or is hurt and you don't stop, then it becomes bullying and radKIDS don't tease, hurt, or bully anyone. radKIDS always stay away from people who are arguing. When someone does not stop teasing or tries to tease you to make themselves look better we call them Bullies. radKIDS don't hurt others and we don't let bullies hurt us. radKIDS can and should stop bullies, because no one has the right to hurt them.

Remember: radKIDS know a bully does not have the right to hurt us, because we are special. We also know that we don't have the right to hurt them, but we can STOP THEM from trying to hurt us. (Block/Run/Tell) Lastly, as radKIDS we know, it's not our fault. If they are trying to hurt us we can tell a trusted grown-up.

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What is our radKIDS Plan if...
 someone offers you
 drugs, alcohol or
 cigarettes?

- ▶ Always say NO!
- ▶ Get away fast!
- ▶ Tell a trusted grown-up

WHAT IS OUR radKIDS Plan

IF... a person you don't know shows up at school and tells you there is an emergency at home and you need to go with him or her? *Saying there's an emergency may be a trick!*

☆ Never leave school with someone you don't know. Always tell a teacher or trusted adult if anyone you don't know, or someone you haven't been given permis-

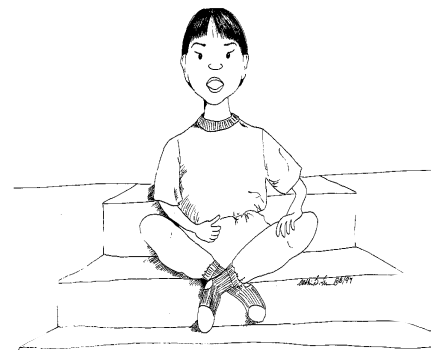
sion to leave with, asks you to leave school for any reason.

☆ Talk to your parents now about what will happen if there's a real emergency. Who will they send for you? You may want to make up a secret password that only you and your parents know about. If there's a real emergency the person they send should be able to tell you what the password is.

radPARENTS Note: You may want to take this opportunity to discuss your Family Emergency Plan with your child.
 radKIDS ON... Passwords

Home Safety

Hi! It's me, Corey, and I am here to talk to you about being safe at home and when you go out-and-about.



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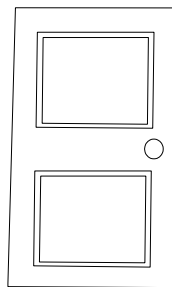


One of my jobs at home is to help my Dad and Mom with our home safety and security. At first, I didn't think this would be any fun, but then they explained they couldn't do it without me. So, we all work together. And they were right; sometimes I do have to remind them about things. Here are some of the things I've learned about Home Safety:

WINDOWS AND DOORS

- ☐ Windows are great, but be careful not to push on them or the screens...you could get hurt.
- ☐ Do not go into your house or apartment if things don't look right– if there is a broken window, ripped screen, or opened door. ► Quickly go to a neighbor's house. ► Call your parents or tell a trusted adult what is wrong. Call 9-1-1 in an emergency . Remember 9-1-1 is *your* phone number in an emergency.

- ☐ Never open the door without looking to see who it is. If it is a



grown-up, do not open the door without your parent(s). If there is a grown-up at the door, then a grown-up should answer the door, it's not a radKIDS job. One of my favorite things to do with Mom and Dad is the "Answering the Door" drill.

Every week my Mom or Dad will try to get me to

open the door without checking to see who it is.



Last week I heard a knock on the door. I went and asked “Who is it?” There was no answer. I asked again– “Who is it?” I heard a man say “Delivery. Is your mom or dad there?” Mom was downstairs, so I yelled through the door “Hold on. Someone will be there shortly.” Then I went to get my mom. She came and looked through the peephole and saw DAD on the other side of the door. We opened the door, and I got the delivery DAD had; it was some M&Ms for doing the right thing.

CLOSETS AND CUPBOARDS

Closets and cupboards can be fun places to hide but they may also contain hidden dangers. Sometimes cleaning supplies are stored there and many cleaning products are poisonous. Our cabinets used to have cleaning supplies, but we now have a new radKIDS Rule: If you see it out then SHOUT, tell a trusted adult.

GUN SAFETY

radKIDS know that guns can be very dangerous and you need to go to a special school to learn about guns. radKIDS have a rule. The radKIDS Rule: If we see a gun we run and tell someone. See a gun outside, run and tell. See a gun inside, run and tell someone. If we see a gun all radKIDS run and tell someone.

- radKIDS ON...
Gun Safety

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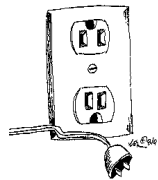


IN THE KITCHEN

- ☐ When Dad is cooking, I don't play in the kitchen. The burners on the stove and pots and pans could hurt me.
- ☐ I always thought the microwave was OK because it doesn't get hot, but what comes out of the microwave *is* usually hot so it's important to be careful.

ELECTRIC SAFETY

All the plugs in our house have safety caps, but once in awhile I find one



off and when I do, I tell my parents. Electricity can hurt you.

Never play with the outlets and NEVER try to stick anything

in them. Watch out for the long cords in the house; they have electricity running through them, and you can trip on them. Oh yeah, and never use any electric stuff around water without a parent's supervision.

FIRE SAFETY

This is one of my favorite things to do with Mom and Dad. Once a month, I get to be the Fire Chief. We go through the house and check all the smoke detectors, then go over our Fire Escape Plan and have a Fire Drill. We go slowly, but we pretend it's real.



To do this at home, you'll need to figure out the best Escape Routes, it's a good



- radKIDS ON...
Fire Safety
- radKIDS
Homework
Home Fire Safety
Plan diagram

idea to have more than one, and you will need to agree on a Safe Place to meet once you're outside.

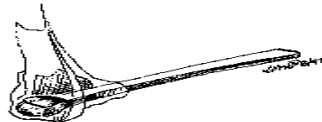
Also, if you're in your room with the door closed, and you see smoke coming in around the door, don't open it! Feel it first with the back of your hand. If your door is hot to the touch, don't open it— find a window if possible, stay low to the ground and call out for help. If the door is cool you can open it. Have a plan for both situations.

radPARENT'S Note: When developing your Fire Escape Plans please remember to plan for window escapes from your child's room(s) and other bedrooms. Determine a safe way to get from window level to ground level.

radKIDS ON... Home Fire Safety

Other fun safety drills we can do are Drop and Roll and Low Crawl.

- 1 The DROP AND ROLL is what you would do if your clothes ever caught fire ... You just *drop* to the ground and *roll* until it's out.
- 2 The LOW CRAWL is practice for getting around in a house that is filled with smoke. The air is clearest near the floor so it's easier to breathe if you're in a low crawl position, on your back or stomach .



AND OF COURSE

NEVER PLAY

WITH MATCHES!

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PHONE SAFETY

My Mom and Dad let me answer the phone sometimes. The phone is fun, but we need to be safe on the phone. When you answer, say “Hello”. After that if you don’t know the caller then ask them to hold on and get a parent. Never tell them where your mom or dad is, just say “I will ask them to call you.”



Take a message for mom or dad and remember if there is a grown-up on the phone they should be talking to a grown-up.

INTERNET SAFETY

The internet is a fun place where we can learn a lot of cool stuff and we can even do our homework by working on the internet. radKIDS know that there is no such thing as privacy on the internet. If we see something on the internet that we don’t understand or know we’re not supposed to see, we should leave and tell someone. The internet can be a trick and radKIDS don’t let people trick us. Remember people can pretend to be anyone or anything on the Internet so remember the radKIDS Rule; If we don’t know who we are chatting with on the computer then we don’t chat and we never tell anyone who we are or anything about us.

If anyone asks, we should tell a grown up we trust.

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- radKIDS ON... Plugged In
- radKIDS ON... Safety Contract
- radKIDS ON... Cyber Bullying

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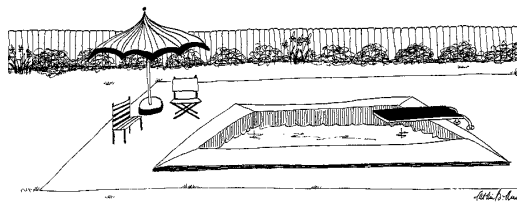
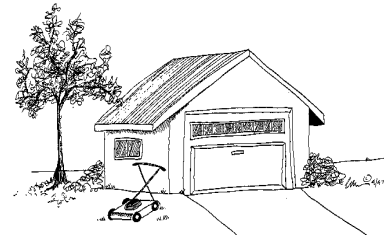
OUTSIDE SAFETY

When I play outside, I am always careful around the DRIVEWAY, the GARAGE, the POOL, and the LAWNMOWER.

❶ The DRIVEWAY is a fun place to ride my bike and to play ball, but I have to watch out for adults. As soon as I see a car coming (or going), I get out of the driveway. I can usually see them but they may not see me; so, I have to be careful and get out of their way. *radKIDS Rule: If there is a car coming in the drive way I get out of the driveway. And if there is a car backing out of my driveway I get out of the driveway.*

❷ The GARAGE is a fun place to play too, but there are some dangers there like tools, poisons, and cars. My dad also keeps lots of his “junk” in there, and I stay clear of that too.

❸ When my dad is mowing the lawn, I stay away from the LAWN-MOWER. I also try to keep my toys off the lawn so he doesn’t run them over.



❹ I love the POOL, but safety is real important there. Remember the *radKIDS Rule: If there is no adult at the pool then there is no ME at the pool.*

- *radKIDS ON...*
Water Safety

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What is our
radKIDS Plan if...
there's a fire at your
house?

.....

- ▶ Be prepared. Have a fire drill at your house. Remember, you need an Escape Route or two and a Safe Place to meet once you're outside.

WHAT IS OUR radKIDS® Plan
IF... someone you don't know knocks on your door?

☆ Never open the door without looking to see who it is. If it is a stranger or grown-up, do not open the door without your parents.

AND WHAT IF... he/she says they're with the police department or the water or electric company or they have a delivery for you?

☆ He/she is still a stranger or grown-up and you shouldn't open the door without a parent. If they are who they say they are, they should understand. If they get mean and you feel scared and you're home alone, you can always call for help. Remember 9-1-1.

OUT-AND -ABOUT SAFETY



Now that we've talked about staying safe in and around your house, let's talk about being safe when you are away from home. There are lots of places I like to go with my Mom or Dad, and it's very important to have safety rules when you go Out-And-About.

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MALLS, MOVIE THEATRES, STORES, AND VIDEO ARCADES

These are some of my favorite places, but they are also some of the favorite places for stranger danger. What I mean is there are people who might hurt you. Always remember the radKIDS Rule when there are lots of people around like in malls, stores, and video arcades.

What is the radKIDS Rule?

☐ Remember SIGHT-SOUND-DISTANCE

Whenever I am out, I am always in SIGHT of my Mom or Dad. I am always close enough to hear mom or dad (SOUND) or for them to hear me. Lastly and most important, I am always within SIGHT and no more than 3 seconds away from my Mom or Dad (DISTANCE).

I know you will always do your best to follow the radKIDS Rule but ...

What if you got lost? What would you do?

- ☐ Don't panic.
- ☐ Go to a safe place and say "Help, I lost my Mom and Dad."

- ▶ Find a cash register with a clerk at it.
- ▶ Find a Uniformed Police or Security Officer.
- ▶ Find a phone and dial 9-1-1.

- radKIDS ON...What to do if Your Child is Missing
- radKIDS ON... Amber Alert

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- ☐ Rehearse a plan with your parents on what to do and where to go if you get lost or separated from them.

What if someone was trying to trick you or take you away?

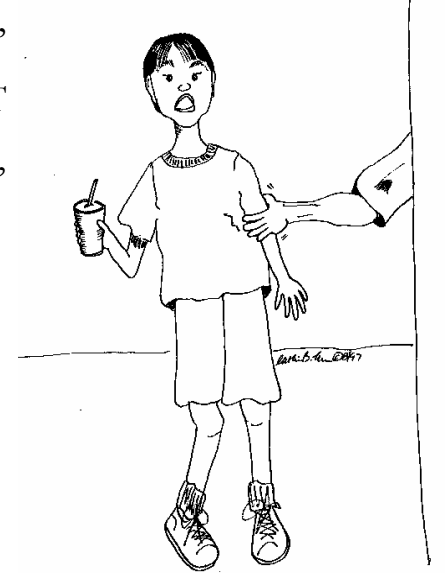
- ☐ **YELL LOUD**—“NO!”, “HELP”, “THIS IS NOT MY DADDY/MOMMY” and keep repeating it!

- ☐ If you break free and the bad person is chasing you,

MAKE A SCENE! ▶ Yell!

▶ Knock things off shelves!

▶ Scatter books belongings, garbage anything that you can find.



★ If you have trouble breaking free, remember the physical defense tactics you learned in radKIDS. If you can, kick the person in the shins, step on their feet, poke them in the eyes. Pick up something real hard and throw it at the person.

Whatever it takes to break away. **(Remember there is nothing more valuable than you in that store.)**

- ☐ **KEEP MAKING A SCENE**

- ☐ **RUN!**

- ☐ Run to a place where there are people, tell someone you need HELP, and point to the person who is trying to take you away; or get to a phone and dial 9-1-1.



PLAYGROUNDS, PARKS, FAIRS, AND BEACHES

Just like at the Mall, other areas we play at need safety too. BUT, the lucky thing is we get to use the same radKIDS Rule —remember **SIGHT-SOUND-DISTANCE** with a trusted grown-up or safety pal.

If Mom, Dad or your Safety Pal is not right there with you, always remember to be careful around people you don't know. If you don't know who someone is, then DON'T talk to them and KEEP your distance. If you want to play with someone, be sure to ask your Mom, Dad, or Safety Pal first.

Here are some other important radKIDS Playground Safety Rules:

- ❶ Make sure your parents, sitter, or whoever is watching you, gives you permission to go to the playground. They might even take you.
- ❷ Tell them what playground you are going to and make sure you don't leave that playground and go somewhere else.
- ❸ Leave the playground at the time your parents tell you to and go straight home. Don't stop to play with friends.
- ❹ Take a buddy along with you. Stay with him/her. Play with your buddy or other friends or group of children.
- ❺ Don't let strangers join in with you while you are playing unless you have your parent or sitter's permission. Beware of some tricks played on kids. ► KICK BALL OR CATCH—a



stranger wants to play catch or ball, and as you play, he tricks you farther and farther away from your parents toward the woods or the road.

► FOOT RACE CHALLENGE—it’s always fun to race, but never race with someone you don’t know.

⑥ Never let a stranger or grown-up touch you if you don’t want them to. Point out to a trusted adult any stranger that bothers you or your friends.

⑦ Never leave a playground with someone you don’t know. Sometimes strangers or grown-ups may ask you to help them with something, without Mom or Dads permission, come see something, or give you candy to go with them. Tell them “NO,” nice and loud. Tell a trusted adult what the stranger asked you to do.

⑧ If you see a friend leaving a playground with a stranger or grown-up you don’t know, tell a trusted adult right away.

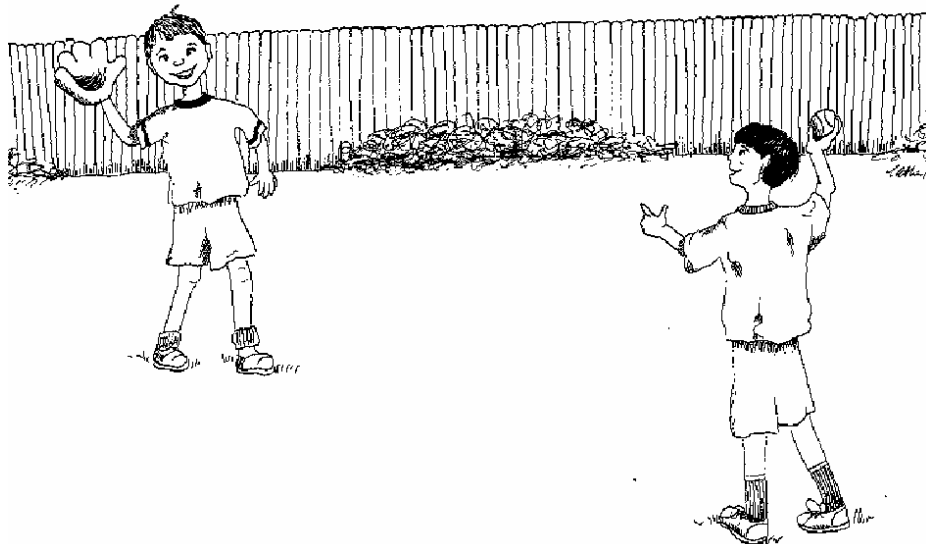
⑨ Never go to the bathroom alone. Take your buddy or parent with you.

⑩ Don’t play in playgrounds or parks after dark.

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GENERAL PLAY SAFETY



To be safe when you play:

- ❶ Take a buddy along when you are outside playing.
- ❷ Never play in deserted buildings, vacant lots, alleys or any area where there is no one around. Make sure your parent(s), sitter, or trusted adult can see you at all times.
- ❸ Never go anywhere with someone you don't know. And even if you know the person, always get your parent's permission before going anywhere.



DOG DEFENSE

I like dogs, but my Mom told me not all dogs will be nice to me. I laughed when she told me about a dog chasing her into a tree. Then she helped me with the following Dog Safety Rules.

- ★ Never approach a strange dog (one you don't know), especially if he or she is on a chain.
- ★ If there is an aggressive or bad dog around, leave the area and tell a grown-up.
- ★ Don't get too close to any dog when either you or he is eating.
- ★ If a dog comes toward you, remain **CALM and FREEZE**. If the dog wants to sniff you, let it—most times the dog will sniff you and leave.
- ★ **DON'T SCREAM, RUN, or TURN YOUR BACK** on the dog. Look for safe places to wait for help, something higher than the ground. Dogs can't climb fences or trees.
- ★ If the **DOG IS BITING**, feed him your jacket or lunch box. And if you fall down, curl up in a ball using your arms to protect your face and throat.



What is our
radKIDS Plan if...

you are Out-and-About with your Mom or Dad?

.....

- ▶ Remember the Sight-Sound-Distance Rule

Whenever I am out, I am always in SIGHT of my Mom or Dad. I am always close enough to hear Mom or Dad (SOUND) or for them to hear me.

And lastly and most important, I am never more than 3 seconds away (DISTANCE).

WHAT IS OUR radKIDS Plan IF... someone you don't know comes up to you on the playground?

- ☆ Keep a safe distance when a stranger or grown-up you don't know approaches you and begins to talk to you.
- ☆ If you are with a trusted grown-up, go to them or call to them.
- ☆ Tell the stranger or grown-up you can't talk to them and get away fast.

WHAT IF... he/she asks to play a game with you?

- ☆ Don't let strangers, grown-ups, or real old kids you don't know join in with you while you are playing unless you have your parent or sitter's permission. **AND WHAT IF...** he/she asks you to help them find something, come see something (they may have a cute picture of a puppy or kitty they say they lost or want to show you) or offers to give you something if you go with them?

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These are all tricks. Tell them “NO” in a nice loud voice, move AWAY quickly, and tell a trusted adult what the person asked you to do.

AND MOST IMPORTANTLY, WHAT IF...

someone grabs you or tries to take you away?



★ **YELL LOUD**—“NO!” “HELP!”

“THIS IS NOT MY DADDY/
MOMMY!”

★ If you break free and the bad person is chasing you, ► **MAKE A SCENE!**

► Yell! ► Knock things off shelves!

► Scatter books, belongings, garbage, anything that you can find.

★ If you have trouble breaking free, re-

member the physical defense tactics you learned in radKIDS. If you can, kick the person in the shins, step on their feet, poke them in the eyes, pick up something real hard and throw it at the person. Whatever it takes to break away.

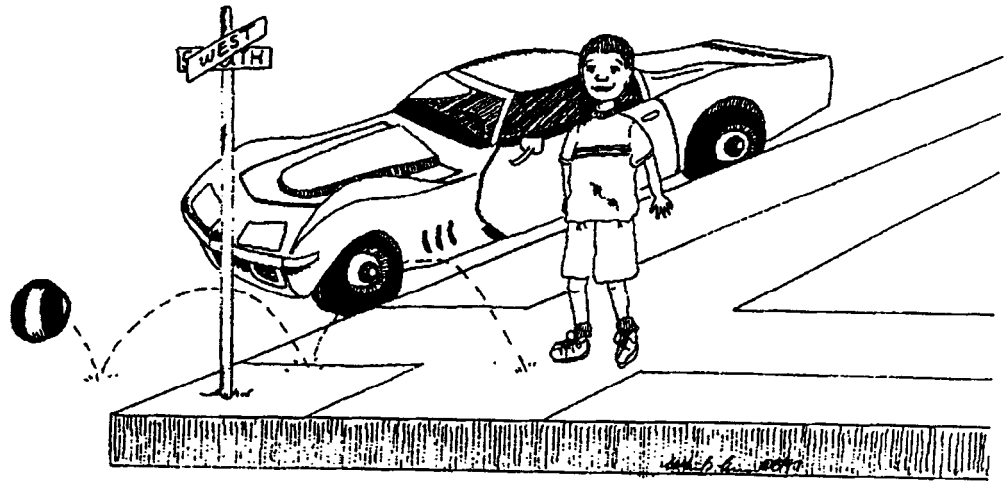
★ **KEEP MAKING A SCENE**

★ **RUN** to ► a place where there are people and tell someone you need HELP. Point to the person who is trying to take you away ► get to a phone and dial 9-1-1.

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VEHICLE SAFETY



Hi! Remember me? I'm Sam, and I am here to talk to you about vehicle safety; that's safety around cars and trucks and buses and stuff. Let's start with safety near the road. I bet you already know a lot about how to stay safe there.

What do you do before crossing the street?

- 1 Never cross the street without a grown-up or a grown-up's permission;
- 2 Stop at the curb;
- 3 Look left, right, and left again—listening helps too, sometimes you will be able to hear a car coming before you see it. All Clear? Then,
- 4 Cross with care.

What do you do if your ball rolls into the street?

- 1 Never chase a runaway ball into the street.
- 2 Follow the steps for crossing the street, above, before retrieving the ball.



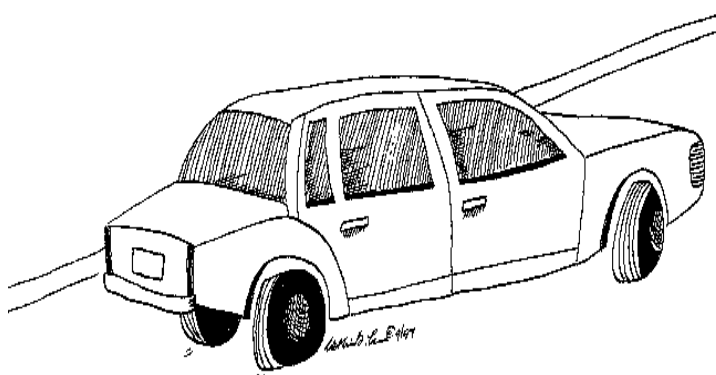
DO YOU RIDE A BUS TO SCHOOL?

If you do, what are some of the safety rules you have to follow?

Do you know these?

❶ Stay at least 3 giant steps back from the curb as the bus approaches; ❷ Wait until the bus comes to a complete stop before getting on or off the bus; ❸ Never walk behind the bus; ❹ If you drop something near the bus, tell the bus driver. Never try to pick up anything near the bus because the driver may not be able to see you.

DO YOUR PARENTS HAVE RULES FOR RIDING IN THE CAR?



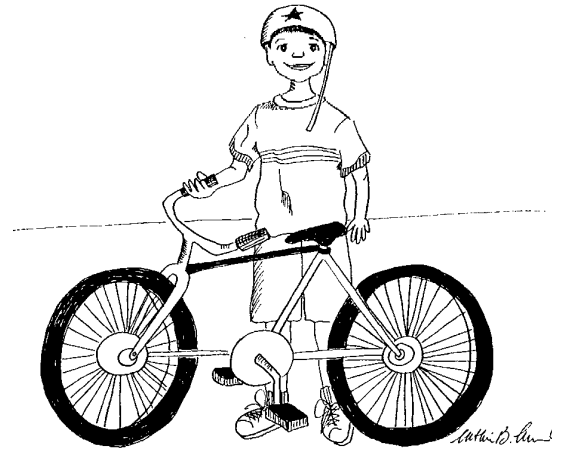
Some may be: ❶ Always wear your seatbelt; ❷ Sit still in your seat; ❸ Lock your door; ❹ Keep hands, feet, and objects to yourself; ❺ Wait until the driver says it's OK to get out before opening the door; and, ❻ Don't distract the driver.



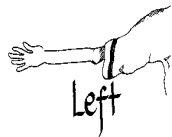
DO YOU RIDE A BIKE?

Riding my bike is one of my very favorite things to do. But, it's important to ride safely.

? What are some radKIDS Safety Rules to follow when riding your bike?



- radKIDS ON...
Your Bicycle Helmet



1 Always wear a helmet—and it's not enough just to wear it, you have to make sure it fits properly. Ask your parents to make sure yours is on right. 2 Stay on the right hand side of the road—traveling in the same direction as traffic.



3 Obey all traffic signs and signals. 4 Always be careful when moving into the street from a driveway or sidewalk. Never dart into the street from between parked cars.

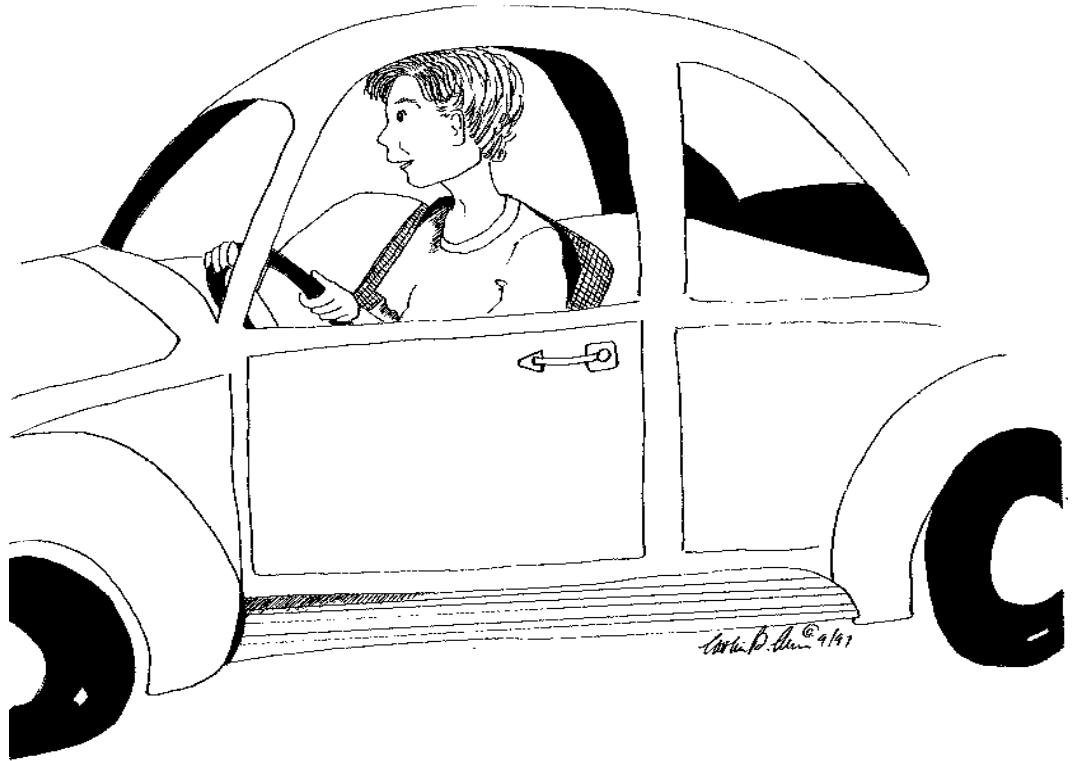


5 Use hand turn signals. 6 Watch out for potholes and obstacles on the road in front of you. 7 Be respectful of other bikers, cars, and people on the road. 8 Don't ride after dark. 9 If riding with friends, stay in a line,

one behind the other.

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WHAT ABOUT STRANGERS IN CARS?

❶ Never get into the car of a stranger or a grown-up that you don't know, no matter how nice he or she acts and no matter what he or she offers or says to you. ❷ Always keep a safe distance away (at least 3 giant steps back). ❸ Walk in the opposite direction of the car. ❹ If the person inside the car tries to talk to you or ask you questions say "NO" and get away fast. ❺ Never go near anyone you don't know who is in a car and is asking for help or anything else. ❻ Tell a trusted adult what the person said or asked. Try to be able to give them a description of the car and the person. ❼ If the person follows you, run to a public place and yell "HELP!" ❽ If you are unable to break away, and the person gets



you into his or her car take a deep breath, keep calm, and begin to look for creative ways to escape. **Remember;** No one has the right to hurt you, so stop them, use your radKIDS skills (Hammer, Kick, Pepper, Yell) break free, and get out of the car. No matter what, never ever give up because you can stop them and get away, and someone is coming to find you.

What is our
radKIDS Plan if...
you are riding your bike?
.....
Always wear a helmet
Stay on the right side of the road
Obey traffic signs and signals
Be careful moving into the street
Use hand signals
Watch the road for obstacles
Be respectful of others
Don't ride after dark
When riding with friends, stay in a line

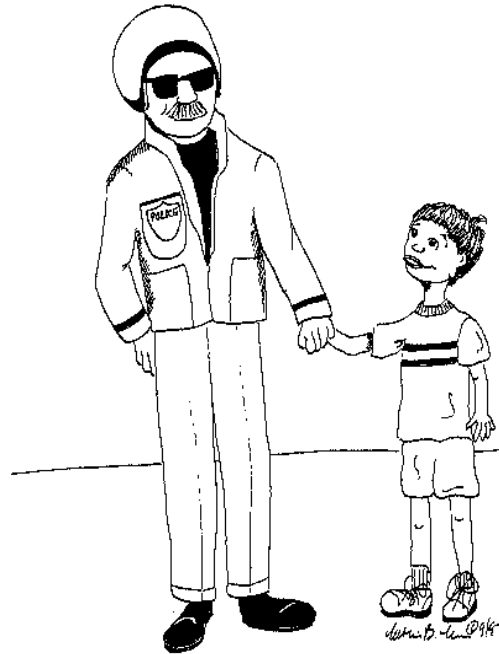
WHAT IS OUR radKIDS Plan IF.. someone you don't know approaches you in a car?

- ☆ Always keep a safe distance away (at least 3 giant steps back).
- ☆ Walk in the opposite direction of the car.
- ☆ If the person follows you run to a public place and yell "HELP!"
- ☆ Tell a trusted adult that someone you don't know approached you in a car ▶ try to be able to give them a description of the car and the person .

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WHAT IF... he/she asks you for directions or for help?

- ☆ Never go near anyone you don't know in a car who is asking for help or anything else.



- ☆ Grown-ups shouldn't be asking kids for help. Go tell a grown-up what happened.

AND WHAT IF... he/she

tries to get you into the car with them?

- ☆ Never get into anyone's car without your parent's permission, no matter how nice the person acts, and no matter what he or she offers or says to

you.

- ☆ If the person tries to force you into the car YELL, BREAK AWAY by any means necessary (remember your radKIDS physical defense tactics) and RUN to TELL a trusted grown-up what happened.
- ☆ If you are unable to break away and the person gets you into his/her car take a deep breath, keep calm, and begin to look for creative ways to escape.

GOOD, BAD, AND UNCOMFORTABLE TOUCH

Have you ever fallen down and hurt yourself? I have. And when it happened to me the first thing I did was run to my mom for a hug. Her hugs make me feel better. That is what good touch is— hugs and hand holding and kisses that make you feel warm and good inside.

Bad touch is kind of the opposite. It's a touch that hurts. It may hurt your body, like if someone hits you. Or it may make you feel bad inside, like once a friend of mine pushed me because she wanted the toy I was playing with. That hurt my feelings and made me angry.

There's another kind of touch too, that is uncomfortable or unwanted touch. Like if someone you don't know very well or like very much tries to give you a hug. It may not hurt you, but it makes you feel strange



on the inside—kind of yucky. If anyone tries to touch you in a way that makes you uncomfortable, it's OK to say “NO,” “I don't like that” or “Please don't do that”. Do you know why? Because your body is your very own, and no one should touch

it if you don't want them to. It's even OK to tell your parent(s) “NO” if you don't want a hug.



Another time touch can be confusing is if someone touches you and then asks you or tells you to keep it secret. They may say bad things will happen if you tell. That's a trick. And if that happens to you, I hope you will find a grown-up that you trust and tell them about it. Secrets that make you feel bad inside are ones you probably need to share.

SAMS'S SECRET

It was a beautiful day outside. The first truly spring-like day of the year. Jennifer was at the playground kicking the soccer ball around when Sam came by and asked to join her. They played and chit-chatted for awhile, then decided to go play in the sandbox. While there, an older boy walked by, and after saying "Hi" to Sam continued on his way.



"Do you know him?" asked Jennifer.

"Yeah, he plays with Corey and I sometimes," Sam replied.

"Oh," Jennifer said. "Is he nice?"

"Wellll...Kind of, but not really," said Sam.



“What do you mean?”

“Just be careful if you ever play with him,” Sam told her. He was beginning to feel uncomfortable.



Jennifer could see that Sam was upset. She asked again “What do you mean?” “I can’t really tell you,” he said, “But just don’t play with him. OK?” “Why not? What can’t you tell me?”

Jennifer asked. Sam was really getting upset. The boy had told him he had to keep it secret, but Sam felt really bad and wanted to share this with someone. He had tried to tell another friend awhile ago, but that boy hadn’t believed him. “He said I had to keep it secret,” Sam finally told her.

“Sam,” Jennifer responded “If a secret makes you feel bad inside, it’s one you probably need to share.”

Sam was scared, but he decided to be brave and tell again.

“Sometimes, when we’re playing, he takes me to the grove and when we’re alone, he touches my private parts and does stuff with his private parts. Then he says if I tell, he won’t be my friend anymore.”

“Gosh Sam, if he’s doing that stuff to you, he’s not really your friend at all. He’s trying to trick you,” Jennifer responded. She was very angry at that boy. “You have to tell your mom and dad.”



Sam was relieved that she had believed him, but he was scared about telling his folks. “But I don’t know what they’ll do,” he said. “What if they get mad at me?”

“They won’t get mad at you. You know how I know?” Jennifer asked.

“No. How?”

“Because something a lot like that happened to me.” Jennifer told Sam.

“Really?!” Sam asked. He was surprised.

“Yes, really,” she replied. “It was a few years ago. A friend of my dad’s was staying at our house. One day, when my parents were out, he started touching my private parts.”

“Wow Jennifer! Was he an old guy?” Sam asked.

“He was my dad’s age,” she replied. “But people who do this can be any age. They can be 5 or 105. And it can be someone you know, a friend, someone in your family, or a stranger.”

“I didn’t know that,” said Sam. “What did you do?”

“Well, what he did made me feel awful inside, and I didn’t know what to do. He said, if I told, we would both go to jail. I believed him and kept the secret. But it happened again and again, and I felt worse and worse. I thought somehow it was my fault. I pictured being handcuffed and taken off to jail. I pictured telling my mom and her





having a heart attack. But, finally, I couldn't take it anymore, and I told my mom. my family and friends were and you know what?"

Sam shook his head "No."

"She wasn't mad at me, and she didn't have a heart attack. She told me it wasn't my fault, I had done nothing wrong, and I was definitely NOT going to jail."

"She really wasn't mad?" Sam asked.

"No, she really wasn't," Jennifer replied. "As a matter of fact, all of my family and friends were real supportive. They all said they were sorry it happened to me, and that it was really brave of me to tell. I felt much better. And you would too if you told."

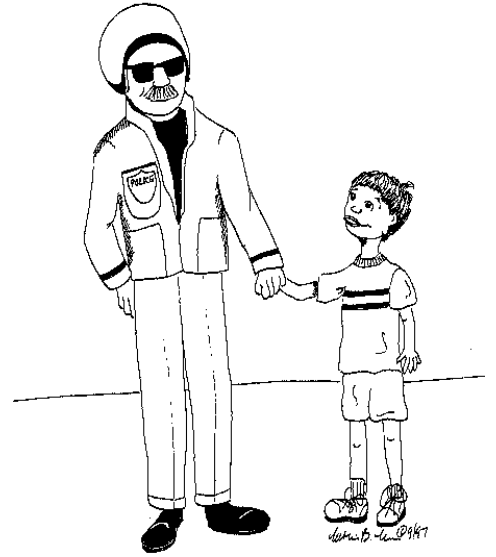
"Would you come with me when I tell?" Sam asked.

"Sure, if it will help. And Sam, I'm really proud of you for telling."



EPILOGUE

Hi everyone. It's me, Sam. I thought you'd like to know I did tell my mom and everything worked out. My mom and I talked, and we decided to call the police. My mom pointed out that if he was doing that to me, there was a chance he might be doing it to other kids too. She also said that if he was



doing it, he needed help. I was nervous about talking to the police at first, but the officer turned out to be really nice. And you know what? I even got to talk to a detective, and she was nice too, and real supportive. And the boy is going to be punished and get help. So, if anything like this ever happens to you, you should tell like I did. Even if you're uncomfortable or scared, you should still be brave and tell.

REMEMBER

If anyone touches you in a way that makes you uncomfortable, it's OK to say "NO".

If they tell you bad things will happen if you tell, don't believe them, it's a trick.

If they tell you to keep it secret, don't. Secrets that make you feel bad inside are the ones you need to share.

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- radKIDS ON...
Responding to
Disclosure

If you tell someone and they don't believe you or don't help you, you need to keep telling until you find someone who does. Always remember; IT'S NOT YOUR FAULT.

WHAT IS OUR radKIDS Plan IF... someone touches your body in a way you don't want to be touched?

- ☆ Move away
- ☆ Say "NO!", "STOP!", "DON'T DO THAT TO ME!"
- ☆ Tell a trusted adult right away

WHAT IF... he/she asks you to keep it a secret or tells you something bad will happen to you or someone you love if you tell?

- ☆ Those are tricks. Don't fall for them.
 - ☆ Tell a trusted grown-up what happened.
-
-



TOP 10 RESPONSES TO STRANGERS TRICKS

What is our radKIDS Plan if...

1. Anyone touches your body in a way you don't want to be touched?

- ☆Move away.
- ☆Say "NO!", "STOP!", "DON'T DO THAT TO ME!"
- ☆Tell a trusted adult right away.



2. A person touches you and then asks you to keep it secret or tells you something bad will happen to you or someone you love if you tell?

- ☆Don't fall for those tricks.
- ☆Tell a trusted grown-up what happened.

3. Someone shows up at school and tells you there is an emergency at home and you need to go with him or her?

- ☆Saying there's an emergency may be a trick.
- ☆Never leave school with someone you don't know or don't want to, for any reason!
- ☆Tell a teacher or trusted adult.
- ☆Talk to your parents now about what will happen if there's a real emergency.

4. Somebody knocks on your door?

- ☆Never open the door without looking to see who it is.
- ☆If it is a stranger or a grown up, do NOT open the door without your parents.
- ☆Even if they say they are with the police department, water or electric company, or that they have a delivery for you.

5. Someone comes up and tries to talk to you?

★Keep a safe distance when anyone approaches you. ★ If you are with a trusted adult go to them or call to them. ★Tell that person you can't talk and move away fast.

6. Someone you don't know asks to play a game with you?



★Don't let strangers join in with you while you are playing unless you have your parent or sitter's permission.

7. A stranger asks you to help them find or come see something or offers to give you something if you go with them?

★These are all tricks. Tell them "NO!" in a nice loud voice, move AWAY quickly and

TELL a trusted adult what that person asked you to do.

8. Someone grabs you or tries to take you away?

★Yell LOUD "NO!", "HELP!", "THIS IS NOT MY MOM/DAD"! ★If you break free and the bad person is chasing you, MAKE A SCENE (► Yell ► Knock things off shelves ► Scatter books, belongings, garbage, anything you can find). ★If you have trouble breaking free, remember the physical defense tactics you learned in radKIDS. If you can, kick the person in the shins, step on their feet, poke them in the eyes... pick up something hard and throw it at them. DO WHATEVER IT TAKES TO BREAK AWAY! ★ Keep making a scene. ★ RUN to a place



where there are people and tell someone you need help; or, to a phone and dial 9-1-1.

9. Someone you don't know approaches you in a car and asks you for directions or for help?

☆Always keep a safe distance away (at least 3 giant steps back).

☆Never go near anyone who is in a car and is asking for help. ☆ Tell them "NO" or that you can't help them and go get a grown-up.



10. If anyone tries to get you into a car or other vehicle with them?

☆NEVER GET INTO

ANY CAR WITHOUT

YOUR PARENT'S PERMISSION NO MATTER HOW NICE

THE PERSON ACTS AND NO MATTER WHAT HE OR SHE

OFFERS YOU! ☆ If they try to grab you YELL, BREAK AWAY

(Do whatever it takes to break away—see number 8), RUN and

TELL. ► If you are unable to break away and the person gets you

into the vehicle take a deep breath, keep CALM, and begin to look

for creative ways to escape.

radKIDS®

9 New Venture Drive
Unit #4

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radKIDS® Family Safety Manual

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What is our radKIDS® Plan if...

TOP 6 SAFETY TIPS

What is our radKIDS® Plan if...

1. You need to use the phone to call for help in an emergency?
 - ▶ Dial 9-1-1 or “0” for the operator. ▶ Stay calm.
 - ▶ Speak slowly. ▶ Give your full name. ▶ Tell the person what is wrong. ▶ Tell the person where you are (If you don’t know, just stay on the line, and they will find you). ▶ Follow the 9-1-1 operator’s instructions very carefully. ▶ Stay on the phone until help arrives.
2. Someone offers you drugs, alcohol, or cigarettes?
 - ▶ Say “NO”! ▶ Get away fast.
 - ▶ Tell a trusted adult.
3. There’s a fire at your house?
 - ▶ Be prepared. ▶ Have fire drills at your house. ▶ Remember you need an Escape Route (or two) and a Safe Place to meet at once you are outside.
4. You are Out-And-About with your parents or caregiver?



▶ Remember the radKIDS Sight-Sound-Distance Rule: Whenever I am out, I am always in SIGHT of my Mom or Dad.

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I am always close enough to hear Mom or Dad (SOUND) or for them to hear me. Lastly, and most important, I am always within sight and not more than 3 seconds away (DISTANCE) from Mom or Dad.

5. If you get lost?

- ▶ Don't panic. ▶ Go to a safe place and say "Help, I lost my Mom / Dad / Caregiver", (find a cashier or uniformed Police or Security Officer). □ Find a phone and dial 9-1-1. ▶ Whenever you go Out- And-About rehearse a plan with your parents on what to do and where to go if you get lost or separated.



6. You are riding your bike?

- Remember the radKIDS Bicycle Safety Rules. ▶ Always wear a helmet. ▶ Stay on the right side of the road. ▶ Obey traffic signs and signals. □ Be careful moving into the street. ▶ Use hand signals. ▶ Watch the road for obstacles. ▶ Be respectful of others. ▶ Don't ride after dark. ▶ When riding with friends, stay in a line.



Dear Parents:

The radKIDS Personal Empowerment Safety Education Organization is proud to have been a part of your families safety education. We hope that you enjoyed your time in this program and gained from the experience. Our mission is to provide education that enhances the ability of children, parents, and families to utilize knowledge, skills, and power to protect themselves from violence and harm. Your children have been able to develop realistic options to escape violence in their lives and I encourage you to remember that they are all welcome back to programs in the future to increase both their confidence and skills. It is our hope that your children now have a foundational understanding that:

- No one has the right to hurt them because they are special.
- They don't have the right to hurt others unless someone is trying to hurt them and then they have every right to STOP THEM and escape.
- It is not their fault when someone hurts or tricks them, it's that persons fault and so they can tell.

These key elements have the potential to prevent your child from ever being a victim in their lives. Our children may be survivors of an act of violence; but through education and choice "radKIDS" do not blame themselves. Your children are now radKIDS and radKIDS refuse to be victims. They have been given an opportunity and a choice. We believe every child is entitled to this opportunity. Thank you for taking part in the radKIDS program. Together we can make a difference and build a safer world one child at a time. We look forward to seeing you again.

radKIDS is a 501(c)3 National not-for-profit children's safety organization. We have been in existence since 1998. In that time we have been fortunate enough to provide this training to thousands of children including yours today. We truly believe that every child is entitled to this education and our work is far from done.

In your community, as well as many others, we have trained instructors to work with your children to provide them with both information and realistic skills to escape violence and or harm in their lives. We are asking that you help us provide this possibly life saving education to other children and parents who have not had this opportunity.

How can you help? We ask is that you help spread the radKIDS message to parents, law enforcement professionals, your school system, your PTA and educators, as well as corporation and foundations in your community who may be interested in helping the children of your community. As a 501(c)3 Non profit organization, all donations are tax deductible. Please visit our website at www.radkids.org for more ideas to Help Us Help More Children.

Thank you
Together We Can Make A Difference by
Building A Safer World for Children One Child at a Time