

FAMILY SAFE WORKSHOP

“Brave People Like Us Do Hard Things”

1. Know your address and phone number and a secondary contact
2. Set up your secret password
3. Establish “Safe Zones” and pick up points at school and other activities
4. Establish rules for pick up: Example: meet here. If you can’t contact me and I’m 20 minutes late, call EMERGENCY CONTACT and locate police, teacher or security
5. Establish an “Escape Plan” in the home. This can double as your FIRE DRILL
6. Identify safe strangers wherever you go
7. Give your children the facts, be blunt and honest and a matter of fact
8. Critique TV shows asking “what should they have done?”

Three things to remember:

1. You will be injured, focus on escaping
2. Stay in groups, don’t leave the heard
3. Trust your gut.

Light Reading:

Strong on Defense, By Sanford Strong
The Gift of Fear, By Gavin DeBecker

www.myselfdefenseresource.com

